



The Food Pantries for the Capital District Resource Flyer

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Visit <https://www.lifeworksaction.org/food-programs> for more information about how to access their food programs. You can also call 518-288-3206 or email intake@lifeworksaction.org.



What is NOEP?

The Nutrition Outreach and Education Program (NOEP) offers free and confidential services to connect hungry New Yorkers to nutrition assistance programs such as the SNAP program, the School Breakfast Program, and Summer Food Service Program. Your NOEP Coordinator can assist with evaluating your eligibility for SNAP, help you fill out your application, and will advocate for your right to benefits based on SNAP policy.

NOEP Saratoga County Coordinator:

Deborah Delosa 518-587-2188 x 412

40 New Street, Saratoga Springs, New York 12866

Need Food Assistance?

Call the Food Pantries for the Capital District Referral Line:

518-458-1167 ext. 1

- Receive **FREE** assistance
- Calls are 100% confidential
- Our team can help you:
 - Find emergency food assistance
 - Find food pantries near you
 - Arrange for home delivery of food if you cannot go to the pantry and there is no one to go for you
 - Connect you with other support services

You can also visit our website: <https://thefoodpantries.org/>

- View & print our Basic Resources Guide
- Use our Food Connect Map to find pantries near you, as well as other resources such as:
 - **Free Food Fridges**
 - **Community Meals**
 - **Soup Kitchens**
 - **Mobile Pantries**



Follow the link or QR code below and simply put in your address. The map will show you red pins where food pantries are located.

December Events

December 1st-13th

Sundaes with Santa

December 7th, 2025, 12:30pm-2:00pm

Jonesville Fire Department

953 Main Street, Clifton Park, 12065

- Ice cream sundaes- \$1 each
- Free cookies and drinks
- Fire truck rides

December 14th-31st

A Hanukkah Celebration

December 26th, 2025, 7pm

Wiswall Park, Ballston Spa

Menorah Lighting, community, treats, hot cocoa

If you know of a community resource that is not on this flyer, please email the Referral Team at resourcenavigator@thefoodpantries.org

Infant Needs

You may qualify for WIC if you:

- Live in New York
- Are pregnant or have a child under 5 years old
- Meet income guidelines

Who Can Apply?

- Moms, dads, grandparents, and primary caregivers of children under 5.
- Working families and non-U.S. citizens may also qualify.

To Learn More Visit: hungersolutionsny.org/wic for more information.



Immigrant & Refugee Support

- Albany Community Action Partnership (ACAP): Call (518) 463-3175 or visit www.albanycap.org
- Refugee & Immigrant Support Services of Emmaus (RISSE): Call (518) 621-1041 or visit www.risse-albany.org

Legal Aid Society

Free civil legal services for low-income people. For more information visit <https://www.lasnny.org/>



How to Connect:

Online: Visit healthyalliance.org/help and fill out the assistance form.
Phone: Call 518-520-3211

Need Assistance?

Healthy Alliance Can Help!

Healthy Alliance connects you to local resources at no cost.

Services Offered:

Physical Health, Food Assistance, Housing and Shelter, Mental Health, Substance Abuse Support, Employment Services, and more



Toys for Tots

Contact the charity below that is closest to you to request toys. For the full list visit:
<https://albany-ny.toysfortots.org/local-coordinator-sites/lco-sites/request-toys.aspx>

Mechanicville Area Community Services
Dannielle Castro
(518)664-8322
daniellec@macscinc.org

Salvation Army
Dania Zapata
(518) 584-1640
Dania.Zapata@use.salvationarmy.org

Veterans & Community Housing Coalition
Johanna Guilfoyle
(518) 502-4321
jguilfoyle@vchcny.org

Christ Episcopal Church
Katie Skanes
(518) 209-8898
cectoys@gmail.com

Kee to Independent Growth
Kailyn Clapper
(518) 852-7213
kailync@kigiservices.com

Infant Needs

Food pantries can occasionally stock diapers and formula.
You can reach out to your local pantry to ask if they have the
sizes and formula you need!

Here are some additional resources for infant needs:

[Mom Starts Here](#)



Free Nutrition Education and Advice from a Dietician



Hannaford
9 Clifton County Road, Clifton Park 12065
518-383-4136
Kathleen Miller, MS, RDN, CDN
kathleen.miller@hannaford.com

Hannaford
43 Round Lake Road, Ballston Lake, 12019
Kathy Sirianni-Blood, RDN, CDN
518-899-2392
kathy.sirianni-blood@hannaford.com

In-store healthy demos- stop by the table for nutritious recipe ideas, coupons, and nutrition tips. Ask about scheduling an interactive virtual class or personalized store tour. Please email or call the store for more information.