

February Edition:  
Saratoga County



# **The Food Pantries for the Capital District Resource Flyer**

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Help Starts Here.

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](mailto:intake@lifeworksaction.org).

## **Need Food Assistance?**

**Call the Food Pantries for  
the Capital District  
Referral Line:  
518-458-1167 ext. 1**

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.

- 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**
  - **Llamanos si necesitan ayuda con comida**

## **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



# Home Energy Assistance Program (HEAP)

Need Help with Heating or Cooling Costs?

HEAP helps low-income New Yorkers cover heating and cooling expenses.

## Eligibility:

- U.S. citizens or qualified non-citizens with valid Social Security numbers.
- Meet income guidelines (e.g., up to \$6,390/month for a household of four).

## Benefits:

- One regular benefit per season.
- Emergency benefits for fuel shortages or utility shutoff.
- Covers electricity, natural gas, oil, propane, wood, and more.

## How to Apply:

- Online: [myBenefits.ny.gov](https://myBenefits.ny.gov)
- In Person: Contact your local HEAP office.
- By Mail: Download and send an application to your local office.

## More Information:

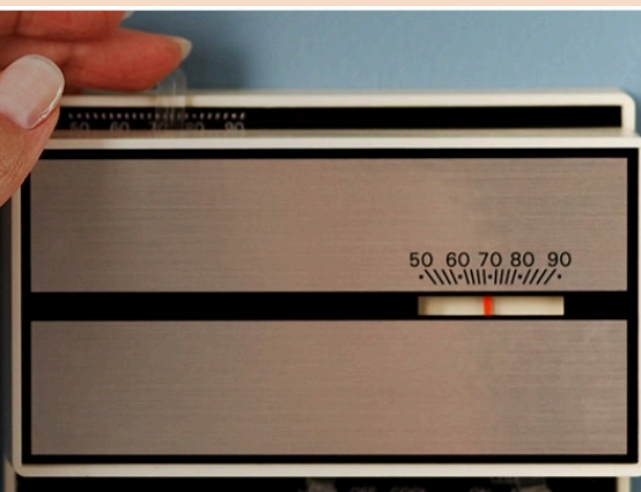
Visit [ny.gov/HEAP](https://ny.gov/HEAP) or call 1-800-342-3009.

Stay safe and warm with HEAP!



## Apply for Heating and Cooling Assistance (HEAP)

Need help paying your energy bill? Low-income New Yorkers can apply for heating and cooling assistance under the Home Energy Assistance Program, or HEAP.



## COMMUNITY EVENTS:



### Malta Repair Cafe

Saturday, February 21<sup>st</sup>, 2026

1pm-4pm

Innovation Center at Saratoga Inc.

16 Stonebreak Road, Ballston Spa, 12020

The first Malta Repair Cafe will be held on Saturday February 21<sup>st</sup>

For more information or to volunteer, please contact

[info@innovationcentersaratoga.org](mailto:info@innovationcentersaratoga.org)

Please note that The Food Pantries for the Capital District will be **closed** on February 16<sup>th</sup> in observation of President's Day.



Saratoga County Department of Aging and Youth Services

# INVITES YOU TO OUR WINTERFEST

Join us this winter at the dates and locations below!

1/6/26 - HALFMOON SENIOR CENTER

1/13/26 - MILTON COMMUNITY CENTER

1/22/26 - CLIFTON PARK SENIOR COMMUNITY CENTER

1/27/26 - GALWAY TOWN HALL

2/3/26 - MOREAU COMMUNITY CENTER

2/10/26 - MECHANICVILLE SENIOR CENTER

2/17/26 - CORINTH SENIOR CENTER

2/24/26 - SARATOGA SENIOR CENTER

## MENU:

Hot Cocoa Bar with Candy Canes

Belgian Waffles with Toppings

Bacon



Partners in Parenting  
Support Group is Hosting A

# COOKING & NUTRITION CLASS

Focusing on Family Meal Planning  
and Child Nutrition

TUESDAY FEBRUARY  
26<sup>TH</sup>, 2026  
9:30am- 11am

Bag of produce will be provided to each attendee  
Walk Ins Welcome, Registration is Preferred

Presented by:

**Cornell Cooperative Extension**  
Saratoga County

Contact Lisa to register  
[Lisay@macscinc.org](mailto:Lisay@macscinc.org)  
518-335-9016 (call or text)

MACSC  
6 South Main St.  
Mechanicville, NY 12118



## 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](http://hungersolutionsny.org/wic) for more information.



## Immigrant & Refugee Support

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