



The Food Pantries for the Capital District Resource Flyer

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Food Resources Flyer



Mobile Pantries and Mass Food Distributions

Produce Pickup Project

579 Clinton Avenue
Albany, NY 12206
(518) 487-4949

Mondays and Thursdays 10am-1pm

<https://www.facebook.com/ProducePickupProject/>

Check social media for closures

Unity on the Move Albany

A Child's Place

50 Philip Street
Albany, NY 12207
(518) 274-2607

Every 3rd Thursday 1pm-3:30pm

Macedonia Baptist Church

26 Wilson Avenue, Albany
January 17, 2026 10am. (While supplies last)



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 Albany County Coordinator: Cherise Bollers
833-628-0087
95 Central Avenue Albany, New York 12206

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 & no one can 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 and simply put in your address. The map will show you red pins where food pantries are located.



January Food Resources

Loaves and Fishes Soup Kitchen

20 Robin St., Albany 12206

Saturdays, 11:30am-1pm

Serves community meals & (if available) pantry bags. If in need of diapers, must show valid WIC card

Metropolitan Baptist Church

105 Second Street, Albany 12210

2nd Saturday of the month 10am-12pm

4th Tuesday of the month 10am-12pm

Honest Weight Free Food Fridge

100 Watervliet Ave. Albany, NY 12206

(518) 482-2667

<https://freefoodfridgealbany.com/findafridge-2>

Please note that The Food Pantries for the Capital District will be **closed** on January 19th in observation of MLK Day.

Code Blue protocols are active whenever the temperature is 32 degrees or less, including wind chill. Code Blue provides safe cold-weather shelter and support for people experiencing homelessness.

Did you know that The Homeless and Travelers Aide Society (HATAS) and The Capital District Transportation Authority (CDTA) partnered to ensure that those needing a free ride to a shelter during code blue can get one? Just let the bus driver know you need ride to a shelter!



Interfaith Partnership for the Homeless (IPH) Safe Haven

26 South Swan St. Albany NY, 12210
518-694-8899
Open November 15-March 31
4:30pm-8:30am

Capital Area Council of Churches Overflow Shelter

646 State St Albany NY, 12203
518-426-1227

Capital City Rescue Mission
259 South Pearl St Albany NY 12202
518-462-0459

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
- In Person: Contact your local HEAP office.
- By Mail: Download and send an application to your local office.

More Information:

Visit ny.gov/HEAP or call 1-800-342-3009.

Stay safe and warm with HEAP!

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: hungrysolutionsny.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/>



Home Delivered Meals for Seniors

Serving meals to home-bound Albany County seniors 60 years or older

Please call Albany County NY Connects at (518) 447-7177 for an intake

To be eligible an individual must meet all three of the following criteria:

Participants must be age 60 or older and have difficulty preparing their own meals.

Need Assistance? Healthy Alliance Can Help!



How to Connect:

Online: Visit healthyalliance.org/help and fill out the assistance form.

Phone: Call 518-520-3211

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

Free Period Pantries

For more info and listing of all locations, please visit

<https://capitalregionmh.com/>
and

[https://www.mooncatcher.org/pe
riod-pantries](https://www.mooncatcher.org/period-pantries)



Love Your Block!

Need help with lead testing, starting a home garden, or emergency preparedness?

Visit www.albanyny.gov//2163/Love-Your-Block to request these services and more!

