

January Edition:  
Rensselaer County



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

# The Food Pantries for the Capital District

## Food Resources Flyer



### Mass Food Distributions

#### Lansingburgh Boys and Girls Club

501 4th Ave  
Troy, NY 12182

January 23, 2026 @ 10:00 am

#### Van Rensselaer Elementary School

25 Van Rensselaer Dr.  
Rensselaer, NY 12144  
January 24, 2026 @ 8:30 am



### 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 Rensselaer County Coordinator: Karen McKenzie**  
(518) 274-2607 x4108  
KMckenzie@unityhouseny.org  
Unity House of Troy, Inc. 2431 6th Ave, Troy, NY 12180



### 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.

## January

**Rensselaer County One-Stop Career Center  
East Greenbush Community Library  
Hurr Education Center  
Tuesday, January 13<sup>th</sup>, 2026  
9am - 1pm**

Whether you're just starting out, looking to make a change, or seeking growth in your current field, our career counseling services are here to guide you every step of the way.

- Create and edit your resume.
- Search for jobs that fit your experience and needs.
- Learn interview skills that will help you get the job you want.

Registration for this event will open on December 9. Please call the library at 518.477.7476, selection number 4, or speak to someone at the adult reference desk to sign up!

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

**If you know of a community resource that is not on this flyer, please email the Referral Team at [resourcenavigator@thefoodpantries.org](mailto:resourcenavigator@thefoodpantries.org)**

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!**

**Joseph's House & Shelter Inc.**  
**74 Ferry St, Troy, NY 12180**  
**518-272-2544**  
**Mid-November to Mid-April**

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



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



## 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)



## Home Delivered Meals for Seniors

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

Please call Rensselaer County Department for the Aging at (518) 270-2730 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](http://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/period-pantries>



## NYS Healthy Neighborhood Program



The New York State Healthy Neighborhood Program is available to several communities in Rensselaer County for assistance with asthma, tobacco cessation, indoor air quality, lead, fire safety, and other environmental health hazards. To learn more call 518-765-3521 or visit their website: <https://www.healthycapitaldistrict.org/index.php?module=Tiles&controller=index&action=display&alias=healthyneighborhoodprogram>