

January Edition:
Schenectady County



The Food Pantries for the Capital District Resource Flyer

The Food Pantries for the Capital District Food Resources Flyer



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 Schenectady County Coordinator:

Louise Novak (518) 374-2427 lnovak@cathcharschdy.org

Catholic Charities Tri-County Services

1462 Erie Boulevard, 2nd Floor, Schenectady, NY 12305



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 and simply put in your address.

The map will show you red pins where food pantries are located.

January Food Resources

Bethel Northside Pantry

1840 Van Vranken Avenue, Schenectady
12308

3rd Thursday of each month
4pm-6pm

Bethesda House Food Pantry

834 State Street, Schenectady 12307
2nd and 3rd Tuesday of the month
9am-11am

Please note that The Food Pantries for the Capital District will be **closed** on January 19th 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

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!



State Street Presbyterian Church
5 Catherine St, Schenectady, NY
518-496-3499

The Salvation Army's Evangeline Booth Miracle Home
168 Lafayette St, Schenectady, NY
518-370-0276
*Women Only

City Mission of Schenectady
425 Hamilton St, Schenectady, NY
518-579-9339

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!

Mom Starts Here Free Family Events

Visit:

<https://www.momstartshere.org/mshevents>
to RSVP to events

Mom Table Talk

January 6th, 2026, 12:00pm-1:00pm
302 Lafayette Street, Schenectady, 12305

Join us for a laid-back chat about parenting, pregnancy, and life in general. Have a cup of coffee or tea while we do fun activities, make friends, and grow together! Kids are always welcome.

Baby Feeding Basics

January 6th, 2026, 1:00pm-2:00pm
302 Lafayette Street, Schenectady, 12305

Having questions about breastfeeding, bottle feeding, introducing baby to solids, or need lactation support? Join us for our monthly Baby Feeding Basics group, and get your questions answered!

Labor and Delivery Chat with Bellevue

January 13th, 2026, 1:00pm-2:00pm
302 Lafayette Street, Schenectady, 12305

Come and learn about labor and delivery! Ask your questions and learn what to expect when you get to the hospital or birthing center. Ashley from Bellevue Women's Center will be here to facilitate this event.

Postpartum Support Group

January 13th, 2026, 1:00pm-2:00pm

This group is for parents with babies from newborn to 12 months old. We will talk about all things postpartum and support each other.

Grow With Us- Parenting Support

January 27th, 2026, 1:00pm-2:00pm
302 Lafayette Street, Schenectady, 12305

This is a small group event where we bring ideas and information about parenting. We discuss connecting with your child, managing parenting stress, child behavior, and more.

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/>



Home Delivered Meals for Seniors

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

Please call Schenectady County NY Connects at (518) 382-8481 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/> period-pantries



Schenectady Community Action Program
Creating Opportunity in Partnership

913 Albany Street Schenectady, NY 12307
518-374-9181

Open Mon - Fri: 8:30am - 4:30pm
3rd Wednesday of the month: 8:30am - 6:30pm

Schenectady Community Action Program is able to assist with housing resources, behavioral health services, early childhood education programs, and employment assistance.