



November Edition:
Rensselaer
County

The Food Pantries for the Capital District Resource Flyer



The Food Pantries for the Capital District Food Resources Flyer



Regional Food Bank Thanksgiving Mass Food Distributions

All sites are Saturday, November 22nd at 10am. For more information see <https://regionalfoodbank.net/2025-thanksgiving-food-distribution-live/>

Below are the Distribution Sites for Rensselaer County:

Hudson Valley Community College

80 Vandenburg Avenue, Troy
12180

Heffner Alumni House

1301 Peoples Avenue, Troy 12180

Sidewalk Warriors Distribution Location

35 State Street, Troy 12180
*only prepared meals

Rensselaer Junior/Senior High School

25 Van Rensselaer Drive,
Rensselaer 12144



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

Karen.McKenzie@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.

NOVEMBER

This Week: November 2nd - 8th

Commission on Economic Opportunity

2328 Fifth Avenue Troy, NY 12180

November 3rd - 7th

9:00am - 4:00pm (break for lunch 12:30pm - 1:00pm). Closed Wednesdays 10:30am - 1:00pm
Procedure: Appointments by phone only. Guests can visit every 14 days, will take walk-ins as time permits. Serves all of Rensselaer County.

Provisions Community Food and Storehouse

461 Fulton Street Troy, NY 12180

Community meal hosted by Amazing Grace Assembly of God
November 8th
4 - 6pm. Serves Watervliet and Cohoes as well.

Next Week: November 9th - 15th

Commission on Economic Opportunity

2328 Fifth Avenue Troy, NY 12180

November 3rd - 7th

9:00am - 4:00pm (break for lunch 12:30pm - 1:00pm). Closed Wednesdays 10:30am - 1:00pm
Procedure: Appointments by phone only. Guests can visit every 14 days, will take walk-ins as time permits. Serves all of Rensselaer County.

Provisions Community Food and Storehouse

461 Fulton Street Troy, NY 12180

November 15th
10:00am - 12:00pm
Serves all of Rensselaer County. Bring ID, no appointment necessary.
Community meal November 12th
4 - 6pm. Serves Watervliet and Cohoes as well.

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.albancap.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 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.

Code Blue

Code Blue provides safe cold-weather shelter and support for people experiencing homelessness.

Code Blue protocols are active whenever the temperature is 32 degrees or less, including wind chill.

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 a ride to a shelter!

Joseph's House & Shelter Inc.

74 Ferry St, Troy, NY 12180

518-272-2544

Mid-November to Mid-April



Angel Tree Program

The Salvation Army Angel Tree program brings the joy of Christmas to hundreds of thousands of children and seniors each year by sharing their wish lists with community donors. Once registered and accepted as an Angel, their first name, clothing sizes, and toy wishes are shared with donors who purchase new clothing and toys for the family to put under their tree. To qualify, applicants must provide documentation like a photo ID, proof of residence, and birth certificates for each child, but no private information is shared with the public. To find out if this application site or another local method is available in your area, you can enter your zip code below.

Register Here: <https://saangeltree.org/>





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>

Straightway to Heaven Ministries
Pastor Ronnie Mills
(843)655-7410
Pastorjmill43@gmail.com

Collective Souls Holding Space
Thomas Mueller
(518)416-9883
collectivesoulsholdingspace@gmail.com

Albany Capital District YMCA
Yvette Outing
(518)272 5900 ext 2232
youting@cdymca.org

In Our Own Voices
Brenda Erazo
(518)432-4188
berazo@inourownvoices.org

Black Nurses Coalition
Dr. Brenda Robinson
(518)596-0936
Blacknursescoalition@gmail.com

369th Veteran Association
Stacey Pompey
(518) 892-0809
P.stacey15@yahoo.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](#)



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>



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>