



The Food Pantries for the Capital District Resource Flyer



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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 Saratoga County:



Salvation Army Glens-Falls
37 Broad Street, Glens Falls
12801



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

LifeWorks provides ingredients for a Thanksgiving meal and a gift card for a turkey or protein of choice to families in Saratoga County. **Please note, this program is designed for families who will have 2 or more at dinner.** If you are in a household of 1, we can schedule a hot meal delivered to you. Please call **518-288-3206** or email intake@lifeworksaction.org.

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

Sergio's Pizza

4 Kelch Dr, Ballston Spa, NY 12020

Mondays & Thursdays

One free personal pizza for each child under 18
dine-in or takeout

Just stop in and ask for the SNAP Pie

No proof required

Next Week: November 9th - 15th

Sergio's Pizza

4 Kelch Dr, Ballston Spa, NY 12020

Mondays & Thursdays

One free personal pizza for each child under 18
dine-in or takeout

Just stop in and ask for the SNAP Pie

No proof required

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: <https://www.lifeworksaction.org/wic-services> for more information.



Immigrant & Refugee Support



LifeWorks Community Action: Call (518) 288-3206 x 1 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/>

Code Blue

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.



Shelters of Saratoga
120 South Broadway
Saratoga Springs, NY 12866
Cell: 518-599-8559

For more information please visit <https://sheltersofsaratoga.org/code-blue-shelter/>,

Home Delivered Meals for Seniors

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

Please call Saratoga County NY Connects at (518) 884-4100 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.

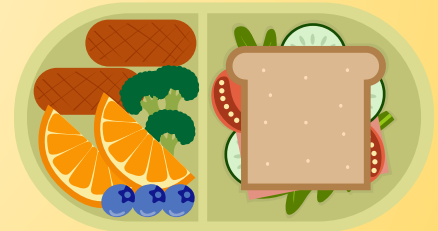


Free School Meals for ALL students in New York State!



Did you know that all students are eligible for free school meals beginning this 2025 school year?

There are no longer income guidelines or applications that restrict eligibility for free or reduced-price meals in New York State.



Contact your school district's food service program to learn more!

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



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
Pastorrjmills43@gmail.com

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

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

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

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

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](#)

