



The Food Pantries for the Capital District Resource Flyer



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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 Schenectady County:

Schenectady High School
1445 The Plaza, Schenectady, NY
12308

Hill And Marks Inc.
1997 NY-5S, Amsterdam, NY 12010



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.

NOVEMBER

This Week: December 1st- 6th

Sycamore Collaborative Food Distribution

839 Albany St Schenectady, NY 12307

November 3rd, 5th, and 7th

9:00am - 11:30am

Guests can visit 2x a month

Rotterdam Community Center

705 Curry Rd, Schenectady, NY 12306

Produce Pantry

November 7th

4:30 pm

Free produce distribution every Friday.
Numbers are handed out beginning at
4:15. No I.D., paperwork, or
preregistration required.

Next Week: December 7th- 13th

Sycamore Collaborative Food Distribution

839 Albany St Schenectady, NY 12307

November 10th, 12th, and 14th

9:00am - 11:30am

Guests can visit 2x a month

Rotterdam Community Center

705 Curry Rd, Schenectady, NY 12306

Produce Pantry

November 14th

4:30 pm

Free produce distribution every Friday.
Numbers are handed out beginning at
4:15. No I.D., paperwork, or
preregistration 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: 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 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.

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.

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

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!



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



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.