



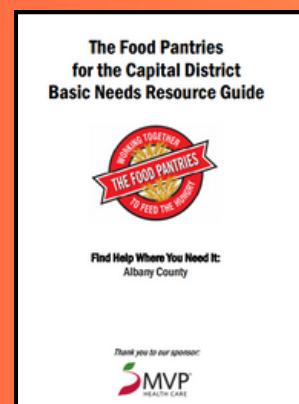
The Food Pantries for the Capital District Resource Flyer

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:
 - 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.

<https://map.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 Albany County seniors 60 years or older

Please call Albany County NY Connects at (518) 447-7177 for an intake

To be eligible an individual must meet all three of the following criteria:

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!

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.

Your NOEP coordinator can assess your eligibility based on income and/or benefits received, saving you valuable time on your application!



Offers one-on-one help applying for SNAP
NOEP Rensselaer County Coordinator: Karen McKenzie
(518) 274-2607 x4108
KMcKenzie@unityhouseny.org
Unity House of Troy, Inc. 2431 6th Ave, Troy, NY 12180

The Pioneer Woman's Goulash

Ingredients:

2 Tbsp. olive oil 1 onion, chopped 3 garlic cloves, chopped 1 1/2 lb. ground beef 1 (15 oz.) can beef broth 1 15-oz. can tomato sauce 1 15-oz. can diced tomatoes 1 tsp. seasoned salt 2 tsp. dried Italian seasoning 1 Tbsp. ground paprika 1/2 tsp. ground black pepper 2 cups elbow macaroni 1 cup sharp cheddar cheese, grated Chopped fresh herbs, like parsley, chives, or dill, optional

Instructions:

1. Place the oil in a pot and place over medium-high heat. Once hot, add the onion and cook until slightly softened, about 3 minutes. Add the garlic and cook 1 more minute. Add the ground beef, breaking it up into little pieces with a wooden spoon, and cook until no pink remains, about 5 minutes. If a lot of liquid or fat remain in the skillet, drain most and discard.
2. Add the beef broth, tomato sauce, diced tomatoes, 1/2 cup water, Worcestershire sauce, seasoned salt, Italian seasoning, paprika, and ground black pepper. Stir to combine and return to a simmer.
3. Add the macaroni and return the pot to a simmer once again. Reduce heat to medium low and cook for about 12 minutes, until the macaroni is tender, stirring occasionally. Remove from the heat and fold in the cheese. Stir until it is completely melted into the sauce. Serve topped with chopped herbs, if you like.

OCTOBER

MONDAY TUESDAY WEDNESDAY

THURSDAY

FRIDAY

SATURDAY
SUNDAY

		<u>FOCUS Churches</u> Breakfast Program 7am-8:30am <u>Salvation Army Albany</u> <u>Mass Food Distribution</u> 8am- While Supplies Last	<u>FOCUS Churches</u> Breakfast Program 7am-8:30am <u>Blessed Sacrament</u> <u>Food Pantry</u> <u>Distribution</u> <u>10 am- 11:30 AM</u>		3	4
6 <u>Blessed Sacrament</u> <u>Food Pantry</u> <u>Distribution</u> 10 am- 11:30 AM <u>Food Not Bombs</u> 5pm-7pm	7 <u>FOCUS Churches</u> Breakfast Program 7am-8:30am	8 <u>FOCUS Churches</u> Breakfast Program 7am-8:30am <u>Salvation Army Albany</u> <u>Mass Food Distribution</u> 8am- While Supplies Last	9 <u>FOCUS Churches</u> Breakfast Program 7am-8:30am <u>Blessed Sacrament</u> <u>Food Pantry</u> <u>Distribution</u> <u>10 am- 11:30 AM</u>		10	11
13 The Food Pantries for the Capital District Closed Today 	14 <u>FOCUS Churches</u> Breakfast Program 7am-8:30am	15 <u>FOCUS Churches</u> Breakfast Program 7am-8:30am	16 <u>FOCUS Churches</u> Breakfast Program 7am-8:30am <u>Blessed Sacrament</u> <u>Food Pantry</u> <u>Distribution</u> <u>10 am- 11:30 AM</u>		17	18
20 <u>Blessed Sacrament</u> <u>Food Pantry</u> <u>Distribution</u> 10 am- 11:30 AM <u>Food Not Bombs</u> 5pm-7pm	21 <u>FOCUS Churches</u> Breakfast Program 7am-8:30am	22 <u>FOCUS Churches</u> Breakfast Program 7am-8:30am	23 <u>FOCUS Churches</u> Breakfast Program 7am-8:30am <u>Blessed Sacrament</u> <u>Food Pantry</u> <u>Distribution</u> <u>10 am- 11:30 AM</u>		24	25
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*Details & more events on the next page!



Event Details for October!

FOCUS Churches of Albany

Breakfast Program

262 State St

Tuesdays, Wednesdays, and Thursdays

7am - 8:30am

Social Justice Center-Food Not Bombs

33 Central Avenue, Albany 12210

Mondays 5pm - 7pm

Free hot meals (vegan), bread, produce, and toiletries

Capital City Rescue Mission

259 South Pearl Street

Breakfast 6:30am

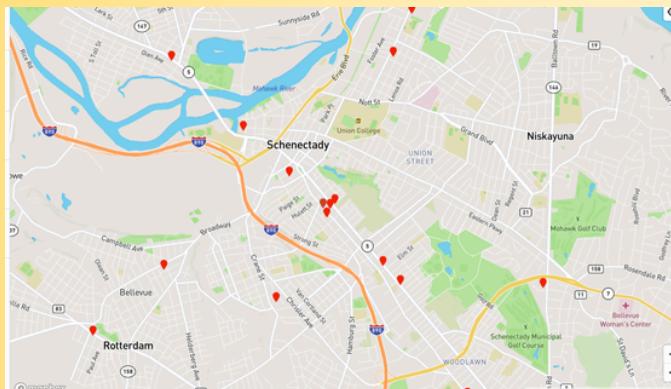
Lunch 11:30am

Dinner Monday-Saturday 6:30pm, Sundays 4pm

Capital District Latino

160 Central Avenue Albany, NY

1st and 3rd Wednesdays and Fridays. Wednesdays are open: 3 pm and serve, 4 pm to 5:30 pm. Fridays open at 1 pm and serve from 2 pm-3:30 pm



<https://map.thefoodpantries.org/>



Find your nearest food resources using our Food Connect Map!

Capital Roots Veggie Mobile

Order Delivery

Comes to 4+ locations every day

Check the schedule:

<https://www.capitalroots.org/veggie-mobile/>

Please call or email 1 day ahead to place order. EBT/SNAP & FMNP accepted

(518) 274-8685

mobilemarkets@capitalroots.org

EVENTS:

Arbor Hill Mass Food

Distribution

Wednesday October 1,
47 Lark St, Albany NY 12210
8am until they run out of food
Please bring bags/carts
518-449-5155

Salvation Army Mass Food

Distribution

Wednesday October 8,
20 South Ferry St, Albany NY
12202
8am until they run out of food
Please bring bags/carts
518-449-5155

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

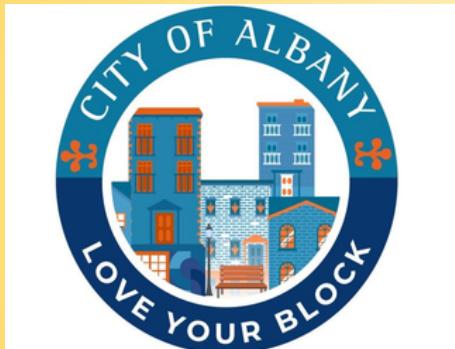
<https://www.mooncatcher.org/period-pantries>



Love Your Block!

Need help with lead testing, starting a home garden, or emergency preparedness?

Visit www.albanyny.gov//2163/Love-Your-Block to request these services and more!



Thank you to our partners!



Regional
Food Bank
OF NORTHEASTERN NEW YORK

