

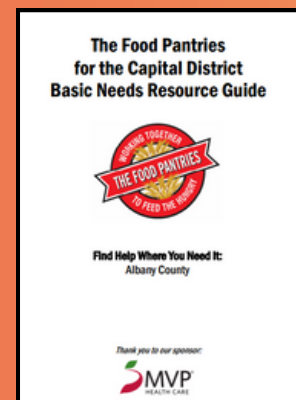


# The Food Pantries for the Capital District Resource Flyer

## 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](http://hungersolutionsny.org/wic) for more information.



## Immigrant & Refugee Support

- Albany Community Action Partnership (ACAP): Call (518) 463-3175 or visit [www.albanycap.org](http://www.albanycap.org)
- Refugee & Immigrant Support Services of Emmaus (RISSE): Call (518) 621-1041 or visit [www.risse-albany.org](http://www.risse-albany.org)

## Legal Aid Society

Free civil legal services for low-income people. For more information visit <https://www.lasnny.org/>



## The Nutrition Outreach and Education Program (NOEP)

Offers one-on-one help applying for SNAP

**NOEP Rensselaer County Coordinator:** Karen McKenzie  
(518) 274-2607 x4108

[KMckenzie@unityhouseny.org](mailto:KMckenzie@unityhouseny.org)

Unity House of Troy, Inc. 2431 6th Ave, Troy, NY 12180

(more information on the next page)

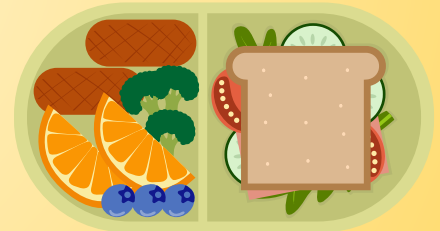


# Free School Meals for ALL students in New York State!



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!



# 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. 2Add 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. 3Add 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
		1 <u>Unity House Of Troy</u> 9am-12pm 1pm-3:30 pm (Twice Per Month)	2 <u>Unity House Of Troy</u> 9am-12pm 1pm-3:30 pm (Twice Per Month)  <u>Sidewalk Warriors Distribution</u> 6pm	3 <u>Unity House Of Troy</u> 9am-12pm 1pm-3:30 pm (Twice Per Month)  <u>Unity on The Move</u> 10:00 am – 12:00 pm, 1:00 pm – 3:00 pm	4   5
6 <u>Unity House Of Troy</u> 9am-12pm 1pm-3:30 pm (Twice Per Month)	7 <u>Unity House Of Troy</u> 9am-12pm 1pm-3:30 pm (Twice Per Month)  <u>YMCA</u> 5pm-6pm	8 <u>Unity House Of Troy</u> 9am-12pm 1pm-3:30 pm (Twice Per Month)	9 <u>Unity House Of Troy</u> 9am-12pm 1pm-3:30 pm (Twice Per Month)  <u>Sidewalk Warriors Distribution</u> 6pm	10 <u>Unity House Of Troy</u> 9am-12pm 1pm-3:30 pm (Twice Per Month)  <u>Unity on The Move</u> 10:00 am – 12:00 pm, 1:00 pm – 3:00 pm	11   12
13 The Food Pantries for the Capital District Closed Today  	14 <u>Unity House Of Troy</u> 9am-12pm 1pm-3:30 pm (Twice Per Month)  <u>YMCA</u> 5pm-6pm	15 <u>Unity House Of Troy</u> 9am-12pm 1pm-3:30 pm (Twice Per Month)	16 <u>Unity House Of Troy</u> 9am-12pm 1pm-3:30 pm (Twice Per Month)  <u>Sidewalk Warriors Distribution</u> 6pm	17 <u>Unity House Of Troy</u> 9am-12pm 1pm-3:30 pm (Twice Per Month)  <u>Unity on The Move</u> 10:00 am – 12:00 pm, 1:00 pm – 3:00 pm	18   19
20 <u>Unity House Of Troy</u> 9am-12pm 1pm-3:30 pm (Twice Per Month)	21 <u>Unity House Of Troy</u> 9am-12pm 1pm-3:30 pm (Twice Per Month)  <u>YMCA</u> 5pm-6pm	22 <u>Unity House Of Troy</u> 9am-12pm 1pm-3:30 pm (Twice Per Month)	23 <u>Unity House Of Troy</u> 9am-12pm 1pm-3:30 pm (Twice Per Month)  <u>Sidewalk Warriors Distribution</u> 6pm	24 <u>Unity House Of Troy</u> 9am-12pm 1pm-3:30 pm (Twice Per Month)  <u>Unity on The Move</u> 10:00 am – 12:00 pm, 1:00 pm – 3:00 pm	25   26
27 <u>Unity House Of Troy</u> 9am-12pm 1pm-3:30 pm (Twice Per Month)	28 <u>Unity House Of Troy</u> 9am-12pm 1pm-3:30 pm (Twice Per Month)  <u>YMCA</u> 5pm-6pm	29 <u>Unity House Of Troy</u> 9am-12pm 1pm-3:30 pm (Twice Per Month)	30 <u>Unity House Of Troy</u> 9am-12pm 1pm-3:30 pm (Twice Per Month)  <u>Sidewalk Warriors Distribution</u> 6pm	31 <u>Unity House Of Troy</u> 9am-12pm 1pm-3:30 pm (Twice Per Month)  	

\*Details & more events on the next page!



# Event Details for October!

## Community Meals

### Unity House of Troy

2431 6th Ave, Troy

Monday-Friday, Lunch 12pm-1pm

### YWCA

21 1st St, Troy

Every Tuesday, 5pm - 6pm

### Unity on The Move

10:00 am – 12:00 pm, 1:00 pm – 3:00 pm

1st/3rd Weeks: 1 Van Schoonhoven Square  
Waterford, NY

2nd/4<sup>th</sup> Weeks: 18 Fourth Street, Rensselaer, NY  
Renwyck Place

### Let's Feed Troy!

Hoosick St. Basketball Courts

174 Earl St., Troy

1st and 3rd Saturday of each month, 12pm

### Schaghticoke Food Pantry

165 Main Street, Schaghticoke

Mondays 9am-11am, Thursdays 4pm-6pm

### Oakwood Community Center Soul Cafe

Pay what you can community meal, 6:00pm, 3<sup>rd</sup>

Monday of every month

313 10th St, Troy, NY 12180

### Sidewalk Warriors Distribution

35 State Street, Troy, NY 12180

Every Thursday

For the following zip codes: 12180 and 12182

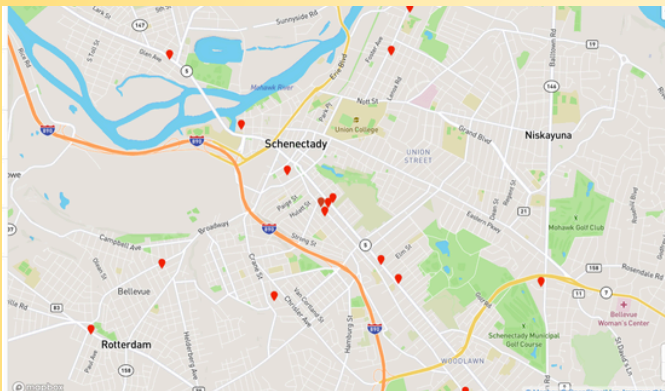
\*Pre-registration required each week\* Please  
visit:

<https://www.swtsignup.com/> to register

### Salvation Army Troy

410 River Street, Troy

Mondays and Fridays 4pm - 5pm



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



Find your nearest food  
resources using our Food  
Connect Map!

### Unity House Mobile Pantry

Comes to Watervliet, Hoosick Falls, Cohoes,  
Berlin, and Rensselaer weekly. Please call  
(518) 274- 2607 to confirm schedule or go  
to the Unity House website  
(<https://www.unityhousesny.org/services/community-resources/>)

### Block Party for Domestic Violence

#### Awareness

Friday, October 10, 2025

2:00 pm – 6:00 pm

The Kathryn Allen Center for Domestic  
Violence Services

6 102nd Street Troy NY 12182

## EVENTS:

### Rensselaer County Senior Center

#### Lunch

Weekdays, 12:00pm - 12:30pm

- East Greenbush-Rensselaer SC, 6 Ridge Road, Rensselaer
- Grafton SC, 2 Roxborough Road, Cropseyville
- Hoosick Falls SC, 21299 NY 22, Hoosick Falls
- Troy SC, 1520 6th Ave, Troy

### 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](mailto:mobilemarkets@capitalroots.org)



## **Need Assistance? Healthy Alliance Can Help!**



### **How to Connect:**

Online: Visit [healthyalliance.org/help](https://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>

# Thank you to our partners!



**Regional  
Food Bank**  
OF NORTHEASTERN NEW YORK

