



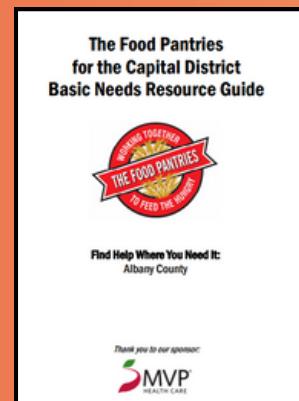
# The Food Pantries for the Capital District Resource Flyer

**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.

# THANKSGIVING FOOD BASKET SIGN UP INFORMATION



## WILL YOUR FAMILY NEED FOOD FOR THANKSGIVING DINNER?

If you live in Schenectady County, you may be eligible for a Thanksgiving Food Basket.

**YOU MUST SIGN UP ON THE DATES BELOW OR YOU WILL NOT RECEIVE A BASKET!  
NO ADDITIONAL FAMILIES WILL BE ADDED AFTER OCTOBER 26th.**

You must bring one of the following forms of qualifying ID with you to sign up:

HEAP award letter

Referral letter from a community agency, spiritual leader or local food pantry

Benefit card

SSI award letter

SSD award letter

WIC card

**Active, current** unemployment

Proof of residency in municipal housing

Proof of veteran status

Current Food Stamp Card

**SOCIAL SECURITY AND MEDICARE CARDS ARE NOT ACCEPTABLE QUALIFYING ID**

**SIGN-UP LOCATION:** ST. JOHN THE EVANGELIST SCHOOL HALL

Entrance on Eastern Avenue, near the  
corner of Eastern and Nott Terrace

**SIGN-UP DATES AND TIMES:** Friday, Oct. 24, 5 p.m. to 8 p.m.

Saturday, Oct. 25, 10 a.m. to 4 p.m.

Sunday, Oct. 26, 1 p.m. to 4 p.m.

### **REMEMBER:**

**YOU MUST SIGN UP FOR YOURSELF IN PERSON. HOWEVER, YOU MAY  
SIGN UP ANOTHER PERSON AS LONG AS HE/SHE IS DISABLED.**

**(You must bring a note from the person with their signature and qualifying ID)**

**YOU MUST BRING PROOF OF YOUR CURRENT ADDRESS AND LIVE  
IN SCHENECTADY COUNTY TO RECEIVE A BASKET.**

**YOU MUST PROVIDE PROOF OF THE NUMBER OF PEOPLE IN YOUR FAMILY IF OVER 6.**

Concerned for the Hungry wants to make sure that there is enough food for everyone to have a good Thanksgiving dinner. Each eligible family may have one basket to share with their household.

## 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 Schenectady County Coordinator:**

Louise Novak (518) 374-2427 [lnovak@cathcharschdy.org](mailto:lnovak@cathcharschdy.org)  
Catholic Charities Tri-County Services  
1462 Erie Boulevard, 2nd Floor, Schenectady, NY 12305

(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. 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>Our Lady of Fatima</u> <u>Food Pantry</u> 10:00am - 5:00pm  <u>Wednesday Lunch</u> 12pm-1pm	<u>Our Lady of Fatima</u> <u>Food Pantry</u> 10:00am - 5:00pm  <u>P.G. Wright Food Pantry</u> 9am - 11am	<u>Our Lady of Fatima</u> <u>Food Pantry</u> 10:00am - 5:00pm	
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13 The Food Pantries for the Capital District Closed Today  	14 <u>Our Lady of Fatima</u> <u>Food Pantry</u> 10:00am - 5:00pm	15 <u>Our Lady of Fatima</u> <u>Food Pantry</u> 10:00am - 5:00pm  <u>Wednesday Lunch</u> 12pm-1pm	16 <u>Our Lady of Fatima</u> <u>Food Pantry</u> 10:00am - 5:00pm  <u>P.G. Wright Food Pantry</u> 9am - 11am	17 <u>Our Lady of Fatima</u> <u>Food Pantry</u> 10:00am - 5:00pm	18
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\*Details & more events on the next page!



# Event Details for October!

## Wednesday Lunch

First Reformed Church  
12pm-1pm  
8 North Church St  
Schenectady

## Our Lady of Fatima Food Pantry

1735 Alexander Rd Delanson, NY  
Monday-Friday 10:00am - 5:00pm  
By appointment only. Can visit once a month

## Street Soldiers

Entrance to Vale Park  
Nott Terr &, Franklin St, Schenectady, NY  
Every Sunday, 4PM, rain or shine!

## Community Meals

### Bethesda House

834 State St, Schenectady  
Monday - Friday  
1:30pm - 3:30pm

### Salvation Army

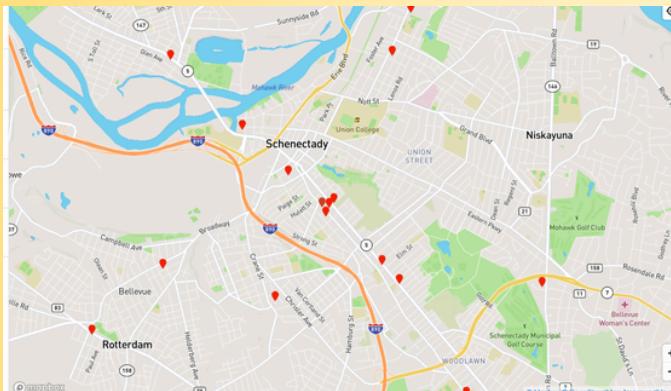
222 Lafayette St Schenectady  
Monday - Friday  
Breakfast 7:30am - 8:30am  
Lunch 11:30am - 12:30pm

### The City Mission of Schenectady

512 Smith St  
Takeout meals  
Monday - Saturday 4:30pm - 5:30pm  
427 Hamilton St  
Bagged lunches available 24/7

### P.G. Wright Food Pantry

2450 Van Vranken Ave - Building 11 Schenectady, NY  
Days Open: 1st and 3rd Thursday of each month.  
Hours of operation: 9:00 AM to 11:00 AM  
Clients are encouraged to bring their own bags



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



Find your nearest food resources using our Food Connect Map!

## The Rotterdam Produce Pantry

(Free)

Rotterdam Community Center  
705 Curry Road, Rotterdam,  
12306  
Every Friday 4:30 PM

## YWCA: Take Back The Night

October 16  
1 N Church St. Schenectady NY  
Graham's Coffee Parlor  
5:30 pm-7:00pm

## EVENTS:

### Bethel Northside Food Pantry

1840 Van Vranken Avenue, Schenectady  
3rd Thursday of the month 4pm-6pm  
Please bring a reusable bag!  
For more information call Dan Hudson at 518-334-0811

### Patty's Place by the YWCA

Sycamore Community Hub  
837 Albany St, Schenectady  
Every Tuesday, 1pm - 2pm  
Drop-in center for basic hygiene & menstrual products  
More info: kgorman@ywca-neny.org

### Capital Roots Veggie Mobile

Produce 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 and FMNP accepted.  
(518) 274-8685  
[mobilemarkets@capitalroots.org](mailto:mobilemarkets@capitalroots.org)

### Food Pantry at Harmony Fellowship

2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month 3pm-5pm  
888 Albany St.

## 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



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.

# Thank you to our partners!



Regional  
Food Bank  
OF NORTHEASTERN NEW YORK

