

March Edition:
Albany County



The Food Pantries for the Capital District Resource Flyer

The Food Pantries for the Capital District Food Resources Flyer



Mobile Pantries and Mass Food Distributions

Macedonia Baptist Church

26 Wilson Avenue, Albany

March 21st, 2026 10am. (While supplies last)

Unity on the Move Albany

A Child's Place

50 Philip Street

Albany, NY 12207

(518) 274-2607

Every 3rd Thursday 1pm-3:30pm

Produce Pickup Project

579 Clinton Avenue

Albany, NY 12206

(518) 487-4949

Mondays and Thursdays 10am-1pm

<https://www.facebook.com/ProducePickupProject/>

Check social media for closures



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 Albany County Coordinator: Cherise Bollers

833-628-0087

95 Central Avenue Albany, New York 12206



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 & no one can go for you
 - Connect you with other support services
 - Llamanos si necesitan ayuda con comida



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.

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.

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!



Interfaith Partnership for the Homeless (IPH) Safe Haven

26 South Swan St. Albany NY, 12210
518-694-8899
Open November 15-March 31
4:30pm-8:30am

Capital Area Council of Churches Overflow Shelter

646 State St Albany NY, 12203
518-426-1227

Capital City Rescue Mission

259 South Pearl St Albany NY 12202
518-462-0459

The Food Pantries for the Capital District March is Nutrition Month!



Eating healthy is easier than you think! Here are some tips for making healthy food choices:

Fruits & Vegetables:

- Frozen, dried, or canned fruits and veggies are just as good as fresh. Make sure you buy fruits and veggies with no sugar added.



The 20-5 Rule

When reading nutrition labels, look for foods where:

- % Daily Value for **healthy** nutrients, like calcium, fiber, and vitamins is closer to **20**
- % Daily Value for **unhealthy** nutrients, like fat, sugar, and sodium is closer to **5**

Proteins:

- Protein can come from animals (meat, poultry, eggs) or plants (beans, nuts, seeds).
- Choose “lean” protein with low fat content like skinless chicken breast, turkey cutlet, pork tenderloin, or beef shoulder.



Look for % Daily Value closer to **5**

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

Look for % Daily Value closer to **20**

Grains:

- Try to make at least half of the grains you eat (bread, pasta, crackers, cereal) whole grains.



Dairy:

- Choose low-fat or fat free milk, yogurt, and cheese.



The 80-20 Rule

To maintain a nutritious diet, try to eat:

- healthy foods** (fruits & vegetables, whole grains, lean proteins) about **80% of the time**
- unhealthy foods** (sweets, salty snacks like chips, fatty foods) **no more than 20% of the time**

The Food Pantries for the Capital District



Creamy One Pot Mushroom and Leek Orzo

Ingredients (For 2 people)

- 2 cups mushrooms
- 1 leek (see below for substitutes)
- 2 teaspoons olive oil
- 1 cup frozen peas
- ½ cup or 100g uncooked orzo pasta
- 1 cup salt reduced vegetable stock
- ¼ cup light cream cheese
- Juice of ½ a lemon

Instructions

Brush dirt off the mushrooms and wash the leek, then thinly slice.

Heat olive oil in a medium saucepan over medium heat. Add the mushrooms and cook for 4–5 minutes until soft. Remove mushrooms from the pan and set aside. In the same pan, add the leek, frozen peas, risoni, and chicken stock. Stir everything together and bring to a gentle simmer. Cook for 8-10 minutes, stirring occasionally, until the risoni is tender and most of the liquid is absorbed. Turn off the heat. Stir in the cooked mushrooms, cream cheese, and lemon juice until everything is well combined and creamy.

No leek? Use shallots (2-3), green onions or scallions instead. Yellow, white, or sweet onions are also a good substitute.

Want more veggies? Add spinach, zucchini, or asparagus.

You can also add grilled chicken or fish.

Source:

<https://nomoneynotime.com.au/healthy-easy-recipes/creamy-one-pot-mushroom-and-leek-risoni>

COMMUNITY EVENTS:



THE COLLABORATORY

Trinity Alliance
OF THE CAPITAL REGION
INVESTING IN OUR COMMUNITY'S FUTURE

A blue silhouette icon of a family consisting of two adults and two children.

FOOD FARMACY

The Collaboratory, Albany College of Pharmacy and Health Sciences (ACPHS), and Trinity Alliance of the Capital Region are working together to run a 6 month long Food as Medicine program approved by ACPHS Institutional Review Board (#25-012).



Participants will receive supplemental fresh, healthy groceries every week for six months

YOU MAY BE ABLE TO JOIN THE PROGRAM IF YOU...

- Have type 2 diabetes AND / OR high blood pressure
- Are willing to have your A1C and lipid panels checked at the start and end of the program (includes two finger pricks each time)
- Are willing to participate in a survey at the start and the end of the program

For More Information:

518-694-7712

TheCollaboratory@acphs.edu

COMMUNITY EVENTS:



GET YOUR TAXES DONE ...

FOR FREE!



AT A VOLUNTEER INCOME TAX ASSISTANCE SITE

BY APPOINTMENT ONLY!!

February 3 - April 15

**Tuesdays-Thursdays
9:15 AM to 1:45 PM.**

**Program alternates weeks between 15
Trinity Place and 47 Lark Street,
Albany**

Call 518-449-5155, ext. 102 for an
appointment or schedule online at
unitedwaygcr.org/cash.

COMMUNITY EVENTS:

Community Resource Room

A free, accessible community space supporting independence, employment, and skill building

Capital District Center for Independence, Inc.

1716 Central Ave.
Albany, NY 12205

Services Available

- Free WiFi & Computer Access and printing
- Technology & Tele-Services Support
- Job/Career Exploration
- Skill Building
- Online Application Assistance (*employment, benefits, housing, community services*)

Contact us

Phone: 518-459-6422
Email: info@cdciweb.com



**Now
Open**

**Monday - Friday
8:30 am to 4 pm**



NEW!

Electrical Technician Program

The Electrical Technician program will prepare students for pre-apprenticeships with local trade unions and direct employment opportunities with private employers in residential, commercial, and industrial settings. Our hands-on, high-impact classroom training environment will ensure students demonstrate the skills required to meet National Electrical Code (NEC) and National Fire Protection Association (NFPA 70E) safety standards.

Program Schedule

16.5 weeks at seven hours per week
Tuesday & Wednesday evenings
5:00 p.m. to 8:30 p.m.

Location

Capital District EOC at HVCC South
20 Warren Street, Albany, NY

Program Entry Requirements

New York State Resident
18 years or older
High School Diploma or GED

**Tuition
Free!**



📍 431 River St., Troy, NY
☎️ 518- 273-1900
✉️ EOCinfo@hvcc.edu

Floor Care Technician

Tuition-Free! (for those who qualify.)

What will I learn?

Graduates of the Floor Care Technician program will have a comprehensive understanding of floor care, from how floors are constructed and manufactured to how they are properly installed, maintained, and restored. You will develop professional-level skills in using the right cleaning products, equipment, action processes, and floor care protocols in medical facilities, where the highest standards for safety, sanitation, and infection control are maintained.

Why should I enroll?

- Floor Care Technicians are in **high-demand** in the Capital Region and nationwide
- Competitive salary, benefits, and overtime opportunities
- Graduates may receive **direct employment opportunities** with Albany Medical Center
- Total program length is only **40 hours** and can be completed in **just 2 weeks**
- The program is offered **tuition-free**

Where do I apply?

- For more information on eligibility, documents needed, and program start date, call enrollment services at **518-273-1900**
- **Apply in-person.** No appointment needed. Monday - Friday between 8:30 a.m. and 3:30 p.m. at the Capital District Educational Opportunity Center - 431 River Street in Troy, NY 12180

Where is the class?

• **Albany Medical Center:** 22 New Scotland Avenue, Albany, NY 12208

CAPITAL DISTRICT
SUNY UCAWD



ALBANY MED
Health System



518-273-1900



hvcc.edu/eoc



431 River St. Troy, NY

COMMUNITY EVENTS:

AUTISM
SPECTRUM
FAIR



MARCH 31, 2026 | 5-7 PM
MONTESSORI MAGNET SCHOOL
45 TREMONT ST. | ALBANY, NY 12205



A FREE event for all
Capital Region children
and families!

The event will feature:

- Sensory stations for the kids
- Dozens of agencies that can help
- Raffles and products for purchase
- Refreshments

Free busing is available. See below for times and locations. No reservation is needed. Parking is available behind the school and at Westland Hills Park.

The event is sponsored by Montessori Magnet School and the City School District of Albany's programs for children on the autism spectrum.

For more information, contact Sue Hodom at (518) 475-6683 or shodom@albany.k12.ny.us.

Below are pick-up times for free transportation to the event. The route will run in reverse at the end of the event for transportation home.

TIME	STOP
4:15-4:20 p.m.	John A. Howe Library (105 Schuyler St.)
4:25-4:30 p.m.	North Albany Middle School (570 North Pearl St.)
4:40-4:45 p.m.	Arbor Hill Library (148 Henry Johnson Blvd.)
5:00-5:05 p.m.	Delaware Library (485 Delaware Ave.)
5:15-5:20 p.m.	Pine Hills Library (517 Western Ave.)
5:25-5:30 p.m.	Montessori Magnet School (45 Tremont St.)

COMMUNITY EVENTS:

Join the effort to



PARTICIPATE IN OUR

COMMUNITY SURVEY

Share your feedback with Mayor Applys



SCAN THE QR CODE

- Your voice matters
- Your neighborhood counts
- Your input shapes Albany

ACTIVATEALBANY.COM/SURVEY

If you know of a community resource that is not on this flyer, please email the Referral Team at resourcenavigator@thefoodpantries.org