

March Edition:  
Rensselaer County



# **The Food Pantries for the Capital District Resource Flyer**

# The Food Pantries for the Capital District Food Resources Flyer



## Mass Food Distributions

### Lansingburgh Boys and Girls Club

501 4th Ave

Troy, NY 12182

March 16th, 2026 @ 10:00 am

### Van Rensselaer Elementary School

25 Van Rensselaer Dr.

Rensselaer, NY 12144

March 21st 2026 @ 8:30 am

REGIONAL  
FOOD  
BANK

### 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 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



## 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**
  - **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.

## March is Nutrition Month!



### Hannaford Online Classes Mediterranean Eats: Your Path to Wellness

Join a Hannaford Dietitian for a **free live educational and interactive class**.

Join your Hannaford Dietitian to learn the benefits of the Mediterranean Diet. Often considered more of a lifestyle, the Mediterranean diet encourages foods which may help lower cholesterol, assist in weight management, help stabilize blood sugars and boost cognitive function among other benefits.

Participants will receive a link to join the webinar in their confirmation email.

Free online classes available Sunday-Friday, **starting March 1<sup>st</sup>**. Multiple dates and times offered.

More information and registration: <https://www.eventbrite.com/e/mediterranean-eats-your-path-to-wellness-2026-tickets-1975349000034?aff=ebdsoporgprofile>

# 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	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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 and Resources

## Bring Your Own Device (BYOD)

East Greenbush Rensselaer Senior Center

Thursday, March 5, 2026, 10:30 AM - 11:30 AM

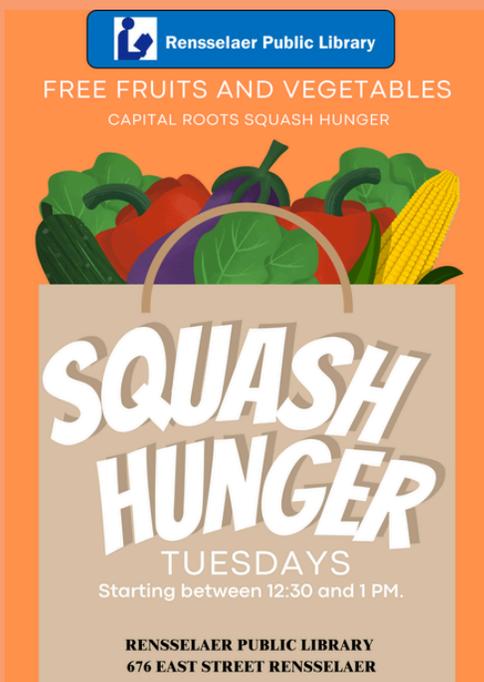
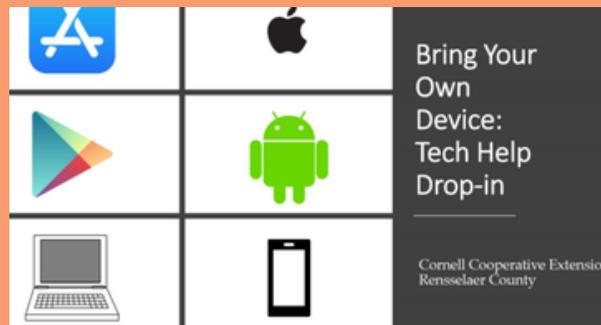
### BRING YOUR OWN DEVICE (BYOD) Tech Help:

Have questions about your phone, tablet, or laptop? Stop by for free tech help with Digital Literacy Resource Educator Michelle! She can help you sign in to accounts, find your files, learn basic tech skills, and get comfortable using your device.

To make a reservation, call Michelle (518) 272 – 4210 ext 108 or Email [ms3756@cornell.edu](mailto:ms3756@cornell.edu) to **save your spot!**

**Location:** East Greenbush Senior Center, 166 Columbia Turnpike, Rensselaer, New York 12144

**More information:** <https://rensselaer.cce.cornell.edu/events/2025/02/10/bring-your-own-device-byod-east-greenbush-rensselaer-senior-center>



## Free fruits and vegetables

### SQUASH HUNGER TUESDAYS

March 10, 17, 24, and 31 from 12:45pm to 3:30pm

Free fruits and vegetables, sponsored by Capital Roots. No qualifications needed, as supplies last.

**Location:** Rensselaer Public Library - 676 East Street, Rensselaer, NY 12144

# Community Events and Resources

## JOIN US FOR A NEIGHBORHOOD CONVERSATION

...about how tobacco impacts lives  
and communities.

Tobacco may have taken a toll on you personally,  
or on someone you love. Tobacco marketing may  
be tempting your child to start smoking or making  
it hard for someone you know to quit.

**SHARE YOUR  
VOICE AND  
OPINION.**

Be a part of the  
conversation.  
Be a part of  
the solution.

Some communities are  
harder hit by the impact of  
tobacco use and tobacco  
marketing than others.  
In Rensselaer County, this is  
especially true for residents

living in the most economically  
stressed neighborhoods in the cities of Troy and  
Rensselaer. If you live in one of these neighbor-  
hoods, we invite you to help us understand the  
impact of tobacco on you, your family and your  
community.

**TO THANK YOU FOR YOUR PARTICIPATION,  
WE WILL PROVIDE:**

- \$20 GIFT CARD to Price Chopper/Market 32
- Complimentary Child Care
- Transportation Reimbursement
- Dinner on us!

**SEATS ARE LIMITED**

**CALL KATRINA TO RESERVE YOUR SEAT  
AT THE TABLE TODAY 518-459-2388 ext 3**

**YOU HAVE 3 OPPORTUNITIES  
TO JOIN US**

### CITY OF TROY RESIDENTS

**WEDNESDAY, MARCH 18 6:00-7:30 PM**  
Lansingburgh Boys & Girls Club, 501 4th Avenue, Troy

**WEDNESDAY, MARCH 25 6:00-7:30 PM**  
CEO, 2328 Fifth Avenue, Building B, Troy

### CITY OF RENSSELAER RESIDENTS

**THURSDAY, MARCH 26, 6:00-7:30 PM**  
Rensselaer Public Library, 676 East St, Rensselaer

SPONSORED BY



Capital District  
**Tobacco-Free  
Communities**

## 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.



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



## 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)



### Home Delivered Meals for Seniors

Serving meals to home-bound Rensselaer County seniors 60 years or older

Please call Rensselaer County Department for the Aging at (518) 270-2730 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 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.



**Joseph's House & Shelter Inc.**  
**74 Ferry St, Troy, NY 12180**  
**518-272-2544**  
**Mid-November to Mid-April**

**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!**

### **Home Energy Assistance Program (HEAP)**

Need Help with Heating or Cooling Costs?

HEAP helps low-income New Yorkers cover heating and cooling expenses.

**Eligibility:**

- U.S. citizens or qualified non-citizens with valid Social Security numbers.
- Meet income guidelines (e.g., up to \$6,390/month for a household of four).

**Benefits:**

- One regular benefit per season.
- Emergency benefits for fuel shortages or utility shutoff.
- Covers electricity, natural gas, oil, propane, wood, and more.

**How to Apply:**

- Online: [myBenefits.ny.gov](http://myBenefits.ny.gov)
- In Person: Contact your local HEAP office.
- By Mail: Download and send an application to your local office.

**More Information:**

Visit [ny.gov/HEAP](http://ny.gov/HEAP) or call 1-800-342-3009.

Stay safe and warm with HEAP!

## **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>

# OAKWOOD TECHNIQUES

AN AFTER-SCHOOL **PERFORMING ARTS**  
PROGRAM FOSTERING A LIFELONG LOVE OF  
THE ARTS AND SELF-EXPRESSION

## SPRING SESSION:

Tuesdays and Thursdays  
February 3<sup>rd</sup> - May 28<sup>th</sup>

Sign up for full after-school program or just  
classes!

After-school snack and activities until 4pm

Classes 4-5:45pm

Dinner and dismissal 5:45-6pm

Snack and dinner served each day

Recital performance held in May

**REGISTER TODAY!**  
CLASSES ARE FREE BUT  
SPACE IS LIMITED



Or contact Justin Relf at  
oakwoodtechniques@  
oakwoodcommunitycenter.org

## CLASSES:

**Percussion Ensemble** - learn how to play a variety of  
percussion instruments and how to read and play from  
sheet music!

**Acting Class** - learn the art of acting to communicate a  
message, theatre terminology, and improvisation!

**Dance Class** - learn how to move, create, and duplicate  
choreography in a group setting!



# **NYS TAP Tax Filing Appointments**

## **March 2<sup>nd</sup>**

### **East Greenbush Library**

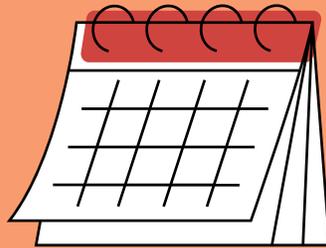
Taxpayer Assistance Program (TAP)

If your 2025 federal adjusted gross income (FAGI) was \$89,000 or less and you have investment income of \$11,950 or less, you qualify to receive free tax assistance from the department. We can help you prepare and e-file your 2025 federal and state income tax returns at no cost.

(Note: Federal adjusted gross income is defined as gross income minus adjustments to income.

Gross income includes your wages, dividends, capital gains, business income, retirement distributions, as well as other income. For more information, visit the IRS at Definition of Adjusted Gross Income.)

During a pre-scheduled virtual, in-person session, or walk-in session, our department representatives will guide you through free tax preparation software, step by step, as you complete and file your own tax return. Our online tax software is a safe and secure way to file. It's quick and easy!



**Register for a TAP session: East Greenbush Community Library:**

<https://www.tax.ny.gov/tap/calendars/bookings-east-greenbush-community-library.htm>

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