

March Edition:
Saratoga County



The Food Pantries for the Capital District Resource Flyer

The Food Pantries for the Capital District Food Resources Flyer



Visit <https://www.lifeworksaction.org/food-programs> for more information about how to access their food programs. You can also call 518-288-3206 or email intake@lifeworksaction.org.

Need Food Assistance?

**Call the Food Pantries for
the Capital District
Referral Line:
518-458-1167 ext. 1**

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 below and simply put in your address. The map will show you red pins where food pantries are located.

- 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**

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 Saratoga County Coordinator:

Deborah Delosa 518-587-2188 x 412

40 New Street, Saratoga Springs, New York 12866



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 and Resources

Partners in Parenting
Support Group is Hosting A

COOKING & NUTRITION CLASS

Focusing on Family Meal Planning
and Child Nutrition

TUESDAY FEBRUARY
26TH, 2026
9:30am- 11am

Bag of produce will be provided to each attendee
Walk Ins Welcome, Registration is Preferred

Presented by:

Cornell Cooperative Extension
Saratoga County

Contact Lisa to register
Lisay@macscinc.org
518-335-9016 (call or text)

MACSC
6 South Main St.
Mechanicville, NY 12118

Community Events and Resources



**"Gather & Dine" Daily Senior Lunch Program Monday-Friday from 12 to 12:30pm
Moreau Community Center - 144 Main Street, South Glens Falls, NY 12803**

Suggested contribution is \$2 per meal.

24-hour reservations are REQUIRED. Call the Center at (518)792-6007. DO NOT leave a message on voice mail - be sure to talk to a person to secure your reservation.

Game Day – Mahjong, Cards, Dominos, Puzzles, and More!

March 4th from 12:30pm to 3:30pm - Free event

Moreau Community Center - 144 Main Street, South Glens Falls, NY 12803

Bring a game with your friends and have fun! Refreshments provided.



If you'd like to start a new game group, give Cheryl a call at (518)792-6007 x16.

Website: <https://moreaucommunitycenter.org/event/game-day-mahjong-cards-dominos-puzzles-and-more/2026-03-04/>

Penny Bingo

March 6th from 9:15am to 11:30am - Free event

Moreau Community Center - 144 Main Street, South Glens Falls, NY 12803



All are welcome to play for FREE! Just bring your pennies, have fun, and win prizes!

Every Friday except for when special events are held at the Center. Call or check Facebook page when in doubt.

Refreshments provided.

Website: <https://moreaucommunitycenter.org/event/penny-bingo-3/2026-03-06/>



Halfmoon CELEBRATIONS

Association, Inc.

In conjunction with the Town of Halfmoon



EASTER "EGG"STRAVAGANZA

Saturday, March 28, 2026

Halfmoon Town Complex, 2 Halfmoon Town Plaza, Harris Road

12:00pm-4:00pm



FREE ACTIVITIES

*Pictures with the
Easter Bunny,
Crafts, Face Painting,
Photo Mirror, Balloon Artists,
and so much more.
Meet some of the Easter
Bunny's Friends!*

*Refreshments available
for purchase to benefit
Halfmoon Celebrations
& Character Counts*



Like us on Facebook: Halfmoon Celebrations Events
Our website: www.halfmooncelebrations.org



For more information you can reach us at: halfmooncelebrations@gmail.com

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
- In Person: Contact your local HEAP office.
- By Mail: Download and send an application to your local office.

More Information:

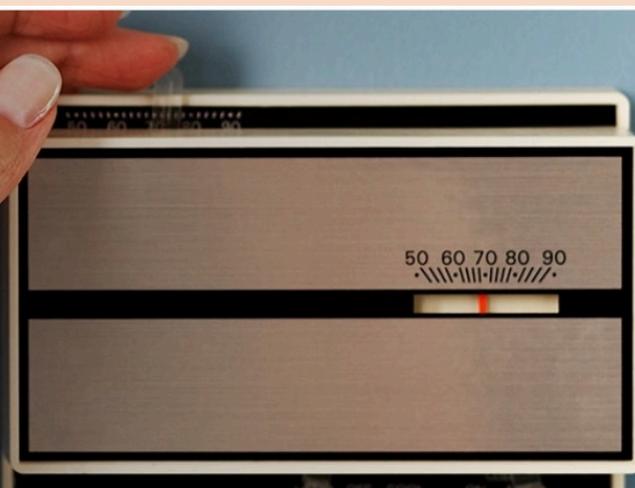
Visit ny.gov/HEAP or call 1-800-342-3009.

Stay safe and warm with HEAP!



Apply for Heating and Cooling Assistance (HEAP)

Need help paying your energy bill? Low-income New Yorkers can apply for heating and cooling assistance under the Home Energy Assistance Program, or HEAP.



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.albanycap.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/>



How to Connect:

Online: Visit healthyalliance.org/help and fill out the assistance form.
Phone: Call 518-520-3211

Need Assistance?

Healthy Alliance Can Help!

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