

March Edition:
Schenectady County



The Food Pantries for the Capital District Resource Flyer

The Food Pantries for the Capital District Food Resources Flyer



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 Schenectady County Coordinator:

Louise Novak (518) 374-2427 lnovak@cathcharschdy.org

Catholic Charities Tri-County Services

1462 Erie Boulevard, 2nd Floor, Schenectady, NY 12305



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 Food Resources

Bethel Northside Pantry

1840 Van Vranken Avenue, Schenectady
12308

3rd Thursday of each month
4pm-6pm

Bethesda House Food Pantry

834 State Street, Schenectady 12307

2nd and 3rd Tuesday of the month
9am-11am

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

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!

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!



State Street Presbyterian Church
5 Catherine St, Schenectady, NY
518-496-3499

**The Salvation Army's Evangeline Booth
Miracle Home**
168 Lafayette St, Schenectady, NY
518-370-0276
*Women Only

City Mission of Schenectady
425 Hamilton St, Schenectady, NY
518-579-9339

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.



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.



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%
* 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 **5**

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

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:

Community Pet Wellness Clinic- DOGS - Animal Protective Foundation

March 9, 9:30am - 1:30pm (Pre-registration required)

Benson's Pet Center, 1520 Altamont Ave, Schenectady, NY 12303

- FREE Vaccinations! (DA2PP, FVRCP, rabies)
- FREE Microchipping!
- FREE Mini-Checkup by a Veterinarian!
- FREE Pet Food and Flea/Tick Preventatives!

Dogs only



Pre-registration appointments only. No walk-ins. More info:

<https://secure.qgiv.com/for/animalprotectivefoundation/event/wellnessclinics/>

Free Concert - Nathan Amaral, violin - Mont Pleasant Middle School

Thursday, March 12 at 7:30 PM (doors open 45 minutes before concert)



Learn more: <https://capitalregionclassical.org/product/nathan-amaral/>

Mom's Care Group of Schenectady

Join this caring group starting on January 20th for a safe space to chat about all things motherhood. You can build new relationships, learn, and feel supported alongside other mothers, grandmothers, and caregivers from the community.

Every Tuesday 10am-12pm- Sycamore Collaborative's Multipurpose Room, 937 Albany Street, Schenectady



YWCA NENY - Parenting classes - Registration now open!

Classes begin on April 2nd and the program will be 13 weeks long.

Registration closes on April 13th.
YWCA is accepting 4 to 6 cohorts at this time.

Sign up: bit.ly/YWCANENYParentingClass



YWCA NENY IS HAPPY TO BRING THE COMMUNITY **PARENTING CLASSES**

Our class focuses on real-world skills for raising safe, respectful, and emotionally effective communication, positive discipline, behavior management, safety, and healthy boundaries.

**THURSDAYS, 11AM-1PM
945 PALMER AVE,
SCHENECTADY NY**

**VISIT
bit.ly/YWCANENYParentingClass
to sign up today.**

FOR QUESTIONS,
PLEASE CONTACT TARA AT
E: YWCA.NENYPARENTINGCLASS@GMAIL.COM

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/>



Home Delivered Meals for Seniors

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

Please call Schenectady County NY Connects at (518) 382-8481 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.

Need Assistance? Healthy Alliance Can Help!



How to Connect:

Online: Visit 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.