



The Food Pantries for the Capital District Resource Flyer Albany County



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

Mass Food Distributions

Walls Temple AME Zion Church – Albany County

August 8 @ 1:00 pm

Walls Temple AME Zion Church
27 Delaware Street
Albany, NY 12202

The Salvation Army (Albany)

August 12 @ 8:00 am

Salvation Army Albany
20 S Ferry Street
Albany, NY 12202

Trinity Alliance Arbor Hill Center

August 19 @ 8:00 am

Trinity Alliance Arbor Hill Center
47 Lark Street
Albany, New York 12210

Macedonia Baptist Church

August 15 @ 10:00 am

Macedonia Baptist
26 Wilson Ave
Albany, NY





The Golden Arches Pack Giveback Program

**August 5th from
4pm-6pm**

391 Central Ave. in Albany
1006 Central Ave. in Albany
31 Holland Ave. in Albany

Backpacks are available while supplies last.
Each student is limited to one bag and they
must be present to receive it



<https://mcidsnybackpacks.com>

BACKPACK REGISTRATION



CAPITAL CITY
RESCUE
MISSION

Giving Hope Transforming Lives

WHAT YOU NEED TO KNOW:

- CHILD'S birth certificate or other proof of ID REQUIRED
- May register for NO MORE THAN 5 CHILDREN
- Children must be Pre-K - 6th grade
- May ONLY sign up during the times listed below...

REGISTRATION JULY 14 - AUGUST 14

Mondays - 6:00pm-7:00pm

Tuesdays - 10:00am-12:00pm

Wednesdays - 1:00pm-3:00pm

AND

Friday, August 14 - 10:00am-3:00pm

Sign-up location:

Capital City Rescue Mission
259 S Pearl St
Albany, NY 12202

Questions?

518.462.0459
givinghope@albanymission.com



AUG 29, 2026



11AM - 2PM



**55 SARGENT ST.
SUITE 120
COHOES, NY 12047**

HOSTED BY

The Extended Family
A NON PROFIT AGENCY

For more information contact Julissa@theextendedfamily.solutions

Back to School Bash!



**First Unitarian Universalist
Society of Albany
405 Washington Ave. Albany,
NY 12206**

**Saturday August 1st
10:00 AM- 4:00 PM**

IN OUR OWN VOICES, INC.



**Free Child Safety ID's
Courtesy of Albany Police Dept.**

**Free School Supplies
For Kids in Grades K-12**

**Free Ice Cream
Courtesy of Stewart's Shops**

Free HIV/HCV Testing



The Jay & Miko
FOUNDATION

SCHOOL SUPPLY & RESOURCE DRIVE

Family
Pick-Up Day

1:00 pm - 3:30 pm

August 29, 2026

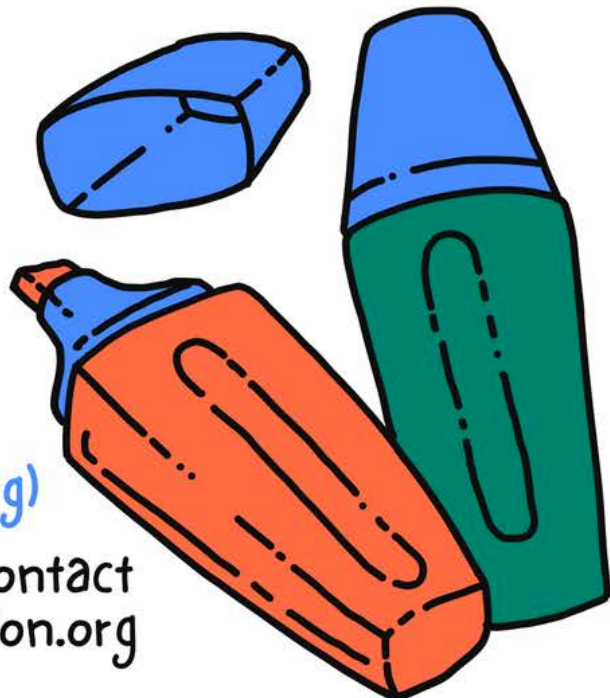
at the Dream Center
148 Central Ave. Floor 2
Albany, NY

In Need of School
Supplies/Resources?
Register today!



www.tayandmikofoundation.org

For more information you can contact
us at info@tayandmikofoundation.org



DISCLAIMER: This is not a school sponsored event. This school or school district is not responsible or liable of any problems or damages arising from participation in this activity.

COMMUNITY EVENTS:



VOICES OF A VILLAGE COMMUNITY CONVERSATION & DINNER

Have your say on the issues that matter—the housing crisis, community safety, environmental justice, and connection to resources. Join the conversation, share ideas, and help shape a stronger, fairer community.

Save the Dates



Time: 6:30– 8:30 pm

Location: South End Children's Cafe

33 Rensselaer St

Albany, NY 12202

FREE DINNER & CHILD CARE! FOR MORE INFORMATION EMAIL INNOVATION-BLOCKS@AVILLAGE.ORG

COMMUNITY DINNERS
4TH Saturday of the month 6pm
8 Kate Street, Albany
Bring a dish to share if able



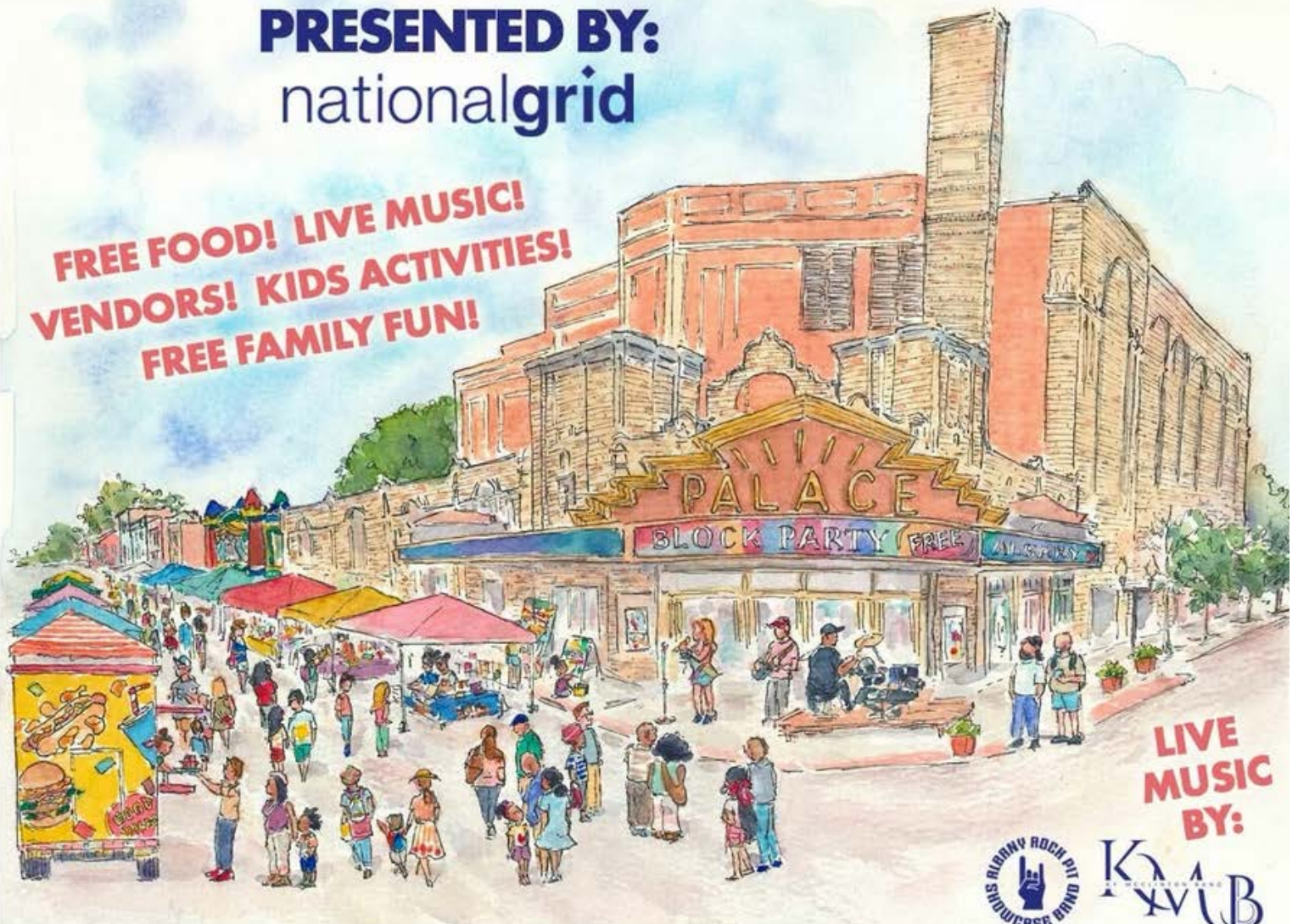
COMMUNITY BLOCK PARTY

FREE FOOD
COURTESY OF:

TED'S 
FISH FRY
— EST. 1949 —

PRESENTED BY:
national**grid**

**FREE FOOD! LIVE MUSIC!
VENDORS! KIDS ACTIVITIES!
FREE FAMILY FUN!**



SAT, AUGUST 15, 2026

19 CLINTON AVENUE, ALBANY NY 12207 | WWW.PALACEALBANY.ORG



THE BENDER FAMILY
FOUNDATION



BeaconBank



Ostroff
ASSOCIATES



TOUHEY
FOUNDATION





MHEP

MENTAL HEALTH EMPOWERMENT PROJECT

I LOVE ALBANY BLOCK PARTY!

Save the Date

August 27 | 1:00 PM - 7:00 PM

Rain Date: August 28th

Second St., Albany, NY

Between Lark St. & Henry Johnson Blvd.

Food | Music | Games | Raffles
Face Painting | Giveaways & More!

Interested in
donating?



Interested in
being a vendor?



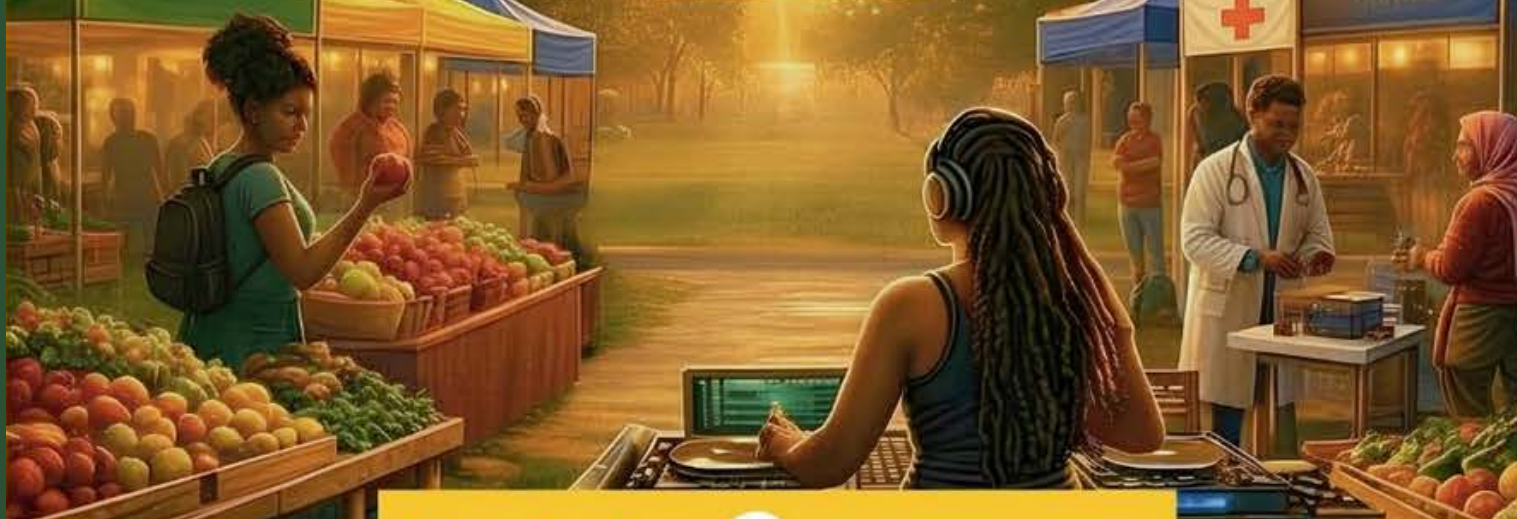
Interested in
volunteering?





AVILLAGE

2026 NIGHT MARKET SERIES



Music by:  DJ CELEB

Local artists & vendors. Free produce, food, music & community resources

FRIDAY
JUNE 12
5-8 pm

Let's Reimagine Albany Together:
Health Equity Kick-Off

*Lincoln Park Bowl
228 Eagle St, Albany*

FRIDAY
JULY 10
5-8 pm

Liberty & Justice For All:
We Deserve To Thrive

*N. Albany Sacred Heart Park
33 Walter St, Albany*

FRIDAY
AUG 14
5-8 pm

Legacy & Liberation:
The Freedom Exchange

*Arbor Hill Sports Complex
Lark St & Manning Blvd, Albany*

FRIDAY
SEPT 11
5-8 pm

Ready, Set, School!

*Black Lives Matter Park
484 Livingston Ave, Albany*

FRIDAY
OCT 9
5-8 pm

Harvesting Hope:
*Celebrating Community, Culture &
Collective Power*

*Lincoln Park Bowl
228 Eagle St, Albany*

For more information, contact Chris: (518) 396-5419 | innovation-blocks@avillage.org

COMMUNITY EVENTS:



KAT SO THE PULL UP BARBER -PROJECT- ON TOUR

“EVERY CUT IS A PART OF SOMEONE'S JOURNEY”

“MY CHAIR IS A PROTECTED SPACE”

“CREATING TRUST OVER TRAUMA”

JUNE 12

 **LINCOLN PARK BOWL**
1 LINCOLN PARK, ALBANY, NY 12208

JUNE 13

 **A BIG GAY MARKET** 
2026 100V BIPOC PRIDE POP UP MARKET
@ WASHINGTON PARK (KNOX STREET MALL) IN ALBANY
SATURDAY, JUNE 13TH • 12PM – 5PM

JULY 10

 **NORTH ALBANY SACRED HEART PARK**
105 HILL ST, ALBANY, NY 12206

JULY 12

 **A BIG GAY MARKET** 
2026 JULY MARKET @ WASHINGTON PARK
ON KNOX ST MALL, ALBANY, NY 12207
SUNDAY, JULY 12TH • 11AM – 4PM

AUGUST 14

 **ARBOR HILL SPORTS COMPLEX**
80 SOUTH PEARL ST, ALBANY, NY 12202

SEPTEMBER 11

 **BLACK LIVES MATTER PARK**
41 HENRY JOHNSON BLVD, ALBANY, NY 12210

OCTOBER 9

 **LINCOLN PARK BOWL**
1 LINCOLN PARK, ALBANY, NY 12208



**PULL UP.
GET RIGHT.
GIVE BACK.**

FOLLOW THE JOURNEY!


@katsothepullupbarber (TIKTOK)


katso_thepullupbarber (IG)

**THE PULL UP BARBER
—PROJECT—**

2026 WEEKLY SCHEDULE

EFFECTIVE JUNE 15, 2026



VEGGIE MOBILE®

Produce Aisle On Wheels

**FRESH, AFFORDABLE PRODUCE—
RIGHT WHERE YOU LIVE.**

Shop weekly and all year-round.

Sponsored by



We Accept.



EBT/
SNAP



FMNP
Checks



Double Up
Food Bucks



FreshConnect
Checks



Cash



Credit
• Debit

Call or e-mail at least one day ahead to place an order
518-274-8685 • WWW.CAPITALROOTS.ORG • MOBILEMARKETS@CAPITALROOTS.ORG

2026 WEEKLY SCHEDULE

EFFECTIVE JUNE 15, 2026

Bringing fresh fruits and vegetables
to neighborhoods across the Capital Region!

MONDAY

NEW

Joseph Allen Apartments
2:00 PM – 2:30 PM
780 Albany St, Schenectady

NEW

Schaffer Heights
2:45 PM – 3:45 PM
107 Nott Terrace, Schenectady

TUESDAY

Whitney Young
10:30 AM – 11:30 AM
920 Lark Dr, Albany

TIME
CHANGE

Kane Apartments (Sprout)
11:15 AM – 11:45 AM
5 115th St, Troy

USCRI
11:45 AM – 12:30 PM
155 Washington Ave, Albany

Monument Square (Sprout)
12:00 PM – 12:45 PM
2 1st St, Troy

NEW

Blooming Grove Senior Housing
1:00 PM – 1:30 PM
99 Blooming Grove Dr, Troy

Father Leo (Sprout)
2:15 PM – 3:00 PM
3151 Mariaville Rd, Schenectady

Edison Senior (Sprout)
3:15 PM – 3:45 PM
1310 Princetown Rd, Schenectady

FMNP Pop-Up
3:30 PM – 4:30 PM
Check @CapitalRootsNY for Location!

WEDNESDAY

Capital District
Psychiatric Center
10:30 AM – 11:15 AM
75 New Scotland Ave, Albany

St. Sophia
11:30 AM – 12:30 PM
440 Whitehall Rd, Albany

TIME
CHANGE

Westview Homes (Sprout)
11:30 AM – 12:30 PM
680 Central Ave, Albany

TIME
CHANGE

Thurlow Terrace (Sprout)
12:45 PM – 1:45 PM
2 Thurlow Terrace, Albany

Cohoes Senior Center
2:00 PM – 3:00 PM
10 Cayuga Plaza, Cohoes

NEW
DAY

Drake / Idlewild (Sprout)
2:00 PM – 2:30 PM
112 2nd St, Albany

TIME
CHANGE

Kennedy Towers
3:15 PM – 4:00 PM
2100 6th Ave, Troy

TIME
CHANGE

O'Neil Apartments (Sprout)
4:00 PM – 4:30 PM
2121 6th Ave, Troy

LEGEND

- NEW = New Stop
- TIME CHANGE = Time Change
- NEW DAY = New Day
- (Sprout) = Veggie Mobile® Sprout Stop

THURSDAY

Van Rensselaer Heights
10:15 AM – 11:00 AM
460 Forbes Ave, Rensselaer

Renwyck Place Apartments
11:15 AM – 12:00 PM
18 4th Ave, Rensselaer

Burns Apartments
11:30 AM – 12:15 PM
720 Federal St, Troy

Watervliet Public Library
12:30 PM – 1:30 PM
1501 Broadway, Watervliet

Capital Green Apartments
2:00 PM – 2:45 PM
400 Central Ave, Albany

TIME
CHANGE

Van Schoonhoven Square (Sprout)
2:45 PM – 3:30 PM
1 Van Schoonhoven Square,
Waterford

Steamboat Square Apartments
3:00 PM – 3:45 PM
200 Green St, Albany

NEW
DAY

Lansingburgh Apartments (Sprout)
3:15 PM – 3:45 PM
2 1st St, Troy

FRIDAY

South Mall Towers
10:30 AM – 11:30 AM
101 S Pearl St, Albany

Conway Court Apartments
11:30 AM – 12:15 PM
12 Conway Court, Troy

Eugene Hanratta Senior Housing
12:30 PM – 1:15 PM
500 16th St, Watervliet

Summit Towers
1:30 PM – 2:30 PM
720 Albany St, Schenectady

Ogden Mills Apartments
2:30 PM – 3:30 PM
1 Ogden Mills Plaza, Cohoes

Ten Eyck Apartments
2:45 PM – 3:45 PM
375 Broadway, Schenectady

Good Food.
Healthier
Communities

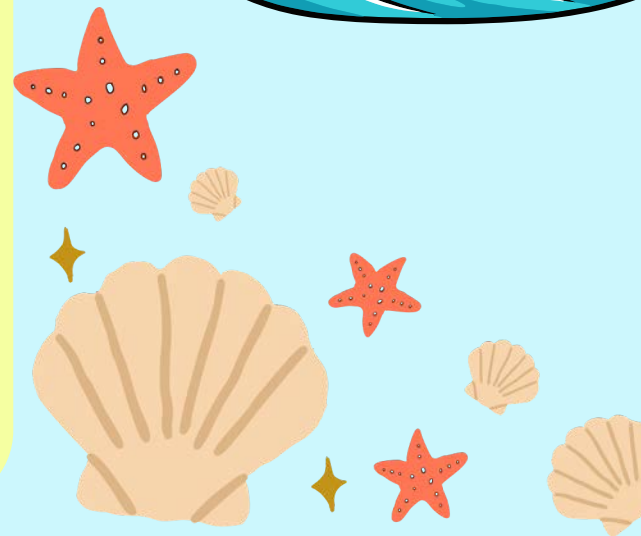


2026 SUMMER MEALS ARE HERE!

**BEGINNING
JULY 7TH,
2026**

Free, nutritious meals are available for all kids and teens 18 and under at nearby sites. Many locations also offer activities. See the next page for sites.

- See link to find a summer meal spot near you
<https://hungersolutionsny.org/find-food-help/summer-meals/>
- Summer EBT (S-EBT) helps eligible families buy food for school-age children during summer. Visit NYSOTDA's Summer EBT page for details.
- See this link for details about Federal legislation impacting SNAP
<https://feedingamericaaction.org/snap-and-obbb/>



2026 SUMMER MEAL SITES

Hours: Mon-Fri

Giffen Memorial Elementary School	274 S Pearl St Albany, NY 12202	10:30am-12:30pm
Arbor Hill Elementary School	1 Arbor Dr Albany, NY 12207	8:00am-9:00am, 12:00pm-1:00pm
Albany International Academy	50 Lark St Albany, NY 12210	8:30am-9:30am, 12:00pm-1:00pm
William S Hackett Middle School	45 Delaware Ave Albany, NY 12202	8:00am-9:00am, 12:00pm-12:30pm
Thomas S O'Brien Acad Of Sci & Tech	94 Delaware Ave Albany, NY 12202	08:00am-9:00am, 11:30am-12:30pm
Sheridan Prep Academy	400 Sheridan Ave Albany, NY 12206	10:30am-12:30pm
Albany School Of Humanities	108 Whitehall Rd Albany, NY 12209	10:30am-12:30pm
Tony Clement Education Center	395 Elk St Albany, NY 12206	Mon-Thurs 08:45am- 10:00am, 11:00am-12:15pm
Roots Academy-West Hill	676 Clinton Ave Albany, NY 12206	10:30am-12:30pm
Albany High School	700 Washington Ave Albany, NY 12203	8:30am-9:30am, 12:00pm-1:00pm
Pine Hills Elementary School	41 N Allen St Albany, NY 12203	8:00am-9:15am, 11:30am-12:30pm
Abram Lansing School	26 James St Cohoes, NY 12047	08:00am-09:00am, 12:00pm- 01:00pm
Cohoes High School	1 Tiger Way Cohoes, NY 12047	07:15am-09:30am,11:00am- 12:30pm
Watervliet Gazebo Park	6th St & 3rd Ave Watervliet, NY 12189	11:00am-01:00pm
Watervliet Civic Center	14th St. And 1st Ave. Watervliet, NY 12189	08:00am-09:00am, 11:00am-01:00pm
Watervliet Housing Authority	2400 2nd Ave Watervliet, NY 12189	11:00am-01:00pm
Paine Street Park	Paine St Green Island, NY 12183	10:30am-01:00pm
Watervliet Junior-Senior HS	1245 Hillside Dr Watervliet, NY 12189	08:00am-09:00am, 10:30am-01:00pm

ALBANY POLICE 2026



Join the Albany
Police Department
in your neighborhood
for a summer of
connection,
community, and
good times!

COMMUNITY
POP-UP
BBQ 



★ THANK YOU TO OUR GENEROUS SPONSORS! ★



JULY

Grand St / Madison Ave

Date: July 9, 2026

Time: 5:30 PM – 7:30 PM

Event: APD Barbecue

Eagle Point / Sunset Park

Date: July 15, 2026

Time: 5:30 PM – 7:30 PM

Event: APD Barbecue

North Swan St Park

Date: July 21, 2026

Time: 5:30 PM – 7:30 PM

Event: APD Barbecue

Livingston Park / N. Lake Park

Date: July 23, 2026

Time: 5:30 PM – 7:30 PM

Event: APD Barbecue

AUGUST

Rosemont Park

Date: August 6, 2026

Time: 5:30 PM – 7:30 PM

Event: APD Barbecue

Buckingham Park

Date: August 13, 2026

Time: 5:30 PM – 7:30 PM

Event: APD Barbecue

SEPTEMBER

Oak Street Park

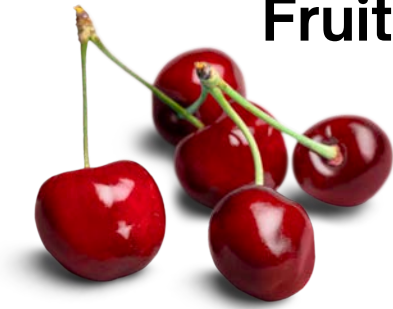
Date: September 10, 2026

Time: 5:30 PM – 7:30 PM

Event: APD Barbecue

The Food Pantries for the Capital District

Fruit & Vegetable Spotlight



Cherries

Cherries are nutritious stone fruits packed with essential vitamins, minerals, and antioxidants that can support heart health, promote better sleep, and help ease symptoms associated with arthritis and gout

- Fresh cherries are available from June through August
- Cherries are especially high in polyphenols, a group of plant compounds that help fight cellular damage, reduce inflammation, and promote overall health
- All cherry varieties are highly nutritious and packed with fiber, vitamins, minerals
- Cherry varieties primarily fall into two categories: sweet and tart (sour). Sweet cherries are typically eaten fresh, while tart cherries are used in baking and preserves.

Source :<https://www.healthline.com/nutrition/cherries-benefits>

Summer Squash



Yellow squash is a type of summer squash belonging to the Cucurbita pepo family, the same family as zucchini, pumpkins, and cucumbers. It is known for its bright yellow skin and soft, edible flesh

- Unlike winter squashes (like butternut or acorn squash), yellow squash has thin, edible skin, high water content, a mild, slightly sweet taste and soft texture when cooked
- There are two main types of yellow squash: straightneck squash – straight and smooth and crookneck squash – curved with a slightly bumpy texture

Source: <https://myhealthopedia.com/yellow-squash-benefits-nutrition-side-effects/>

The Food Pantries for the Capital District



Chili Mac and Cheese

Ready in less than 30 minutes!

Ingredients (For 4 servings)

- 2 Tbsp. olive oil
- 1 lb. ground beef
- 3 garlic cloves, minced
- 1 small yellow onion, diced
- 2 Tbsp. chili powder
- 2 tsp. ground cumin
- Kosher salt and black pepper
- 3 cups beef broth
- 1 (8-oz.) can tomato sauce
- 12 oz. large elbow macaroni
- 1 (15-oz.) can pinto beans, drained
- 1 1/2 cups grated cheddar, for serving (6 oz.)
- 1 cup grated pepper jack cheese (about 4 oz.)
- Cilantro, for serving
- Hot sauce, to taste
- Sour cream, for serving (optional)

Instructions

- Heat the olive oil in a large skillet over medium high heat.
- When the oil is hot, add the ground beef, garlic, and onion. Season with the chili powder, cumin, and a good pinch of salt and pepper.
- Cook, breaking up the meat with a wooden spoon, until the beef is cooked through and browned, 6 to 8 minutes.
- Stir in the beef broth, tomato sauce, macaroni, and beans. Bring to a simmer, cover, and cook, stirring occasionally, until the sauce is thick and the macaroni is al dente, 12 to 14 minutes.
- Remove the pan from the heat.
- Add the cheddar and pepper jack, and fold until the cheese is completely melted.
- Serve in bowls with cilantro, more cheddar, some hot sauce, and sour cream.

Source:

<https://www.thepioneerwoman.com/food-cooking/recipes/a62058968/chili-mac-and-cheese-recipe/>

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
 - Llámanos 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.



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 Coordinators:

Jessica Welshans 518-533-5922 jwelshans@lasnny.org

Cheryl Corning 518-689-6335 ccorning@lasnny.org

95 Central Avenue Albany, New York 12206