



The Food Pantries for the Capital District Resource Flyer Rensselaer 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

Van Rensselaer Elementary School

August 15 @ 8:30 am

Van Rensselaer Elementary School

25 Van Rensselaer Dr.

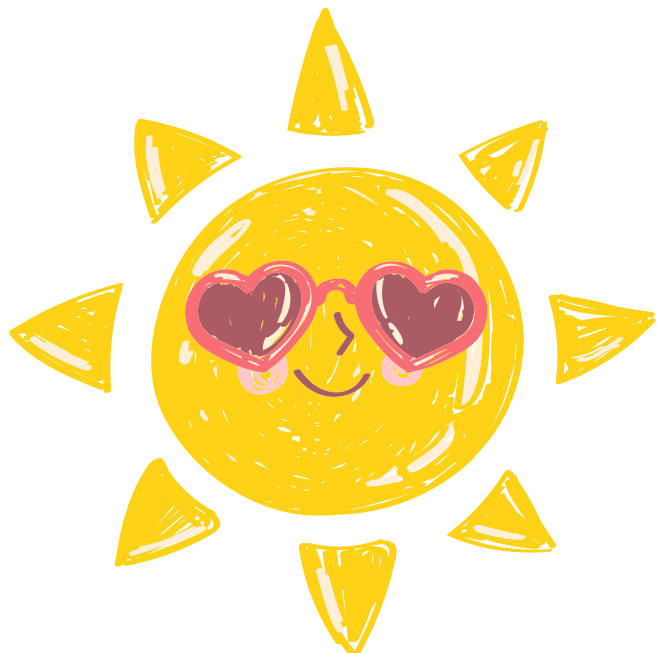
Rensselaer, NY 12144 United States

Lansingburgh Boys and Girls Club

August 17 @ 9:30 am

Lansingburgh Boys and Girls Club

501 4th Ave, Troy, NY 12182



Community Pop-Up Free Pet Food Pantry

Dog & cat food
+ limited pet supplies



- 🐾 Wednesday, July 22
- 🐾 1-3 PM
- 🐾 378 10th St, Troy, NY
- 🐾 Look for the MHHS van



MOHAWK HUDSON
HUMANE
SOCIETY

🐾 While supplies last! 🐾



**Circles of Mercy annually
provides back packs and
assorted school supplies for the
students at the Rensselaer City
Schools.**

**11 Washington Street
Rensselaer, New York 12144
Tel: 518-462-0899
Fax: 518-462-2892
circlesofmercy@nycap.rr.com**



<https://circlesofmercy.org/>



2026 SUMMER MEAL SITES ARE HERE!

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.

**BEGINNING
JULY 7TH,
2026**

- 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

Site name	Site Address	Hours (Mon-Fri)
Berlin Elementary School	53 School St Berlin, NY 12022	08:00am-09:00am, 11:00am-11:45am
Hope 7 Community Center	596 Pawling Ave Troy, NY 12180	12:00pm-01:00pm, 03:00pm-3:30pm
Griswold Heights	350 Griswold Heights Troy, NY 12180	8:30am-9:30am, 11:30am-12:30pm
Team Hero	274 Second St Ste 101 Troy, NY 12180	8:30am-9:30am, 12:00pm-1:00pm
Turnpike Elementary School	55 New Turnpike Rd Troy, NY 12182	08:00am-9:00am, 11:00am-12:00pm
Lansingburgh Boys & Girls Club	501 4th Ave Troy, NY 12182	12:00pm-12:30pm, 03:00pm-3:30pm
Rensselaer Park Elementary School	70 110th St Troy, NY 12182	08:00am-09:00am, 11:00am-12:00pm
Lansingburgh Senior High School	320 7th Ave Troy, NY 12182	07:20am-09:00am, 11:00am-12:00pm
Knickerbocker Park Playground	104th St & 7th Ave Troy, NY 12180	10:00am-10:45am, 2:30pm-3:00pm
Unity House	79 102nd St Troy, NY 12180	09:00am-09:30am, 12:00pm-12:30pm
Martin Luther King	3 Eddy'S Ln Troy, NY 12180	08:00am-09:00am, 11:30am-01:00pm
Sunnyside Center	110 East Sunnyside Way Troy, NY 12180	11:00am-12:00pm, 02:30pm-03:15pm
YMCA Troy	2500 21st St Troy, NY 12180	11:00am-12:00pm, 03:00pm-03:30pm



2026 WEEKLY SCHEDULE

EFFECTIVE JUNE 15, 2026



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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

TIME
CHANGE

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

TIME
CHANGE

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 (Sprout)
11:30 AM – 12:15 PM
720 Federal St, Troy

Watervliet Public Library (Sprout)
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
41 114th St, Troy

FRIDAY

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

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

Eugene Hanratta Senior Housing (Sprout)
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 (Sprout)
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



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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://myhealthpedia.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.

Call or text the **SNAP Helpline** at 844-366-3435 or email
SNAPHelp@HungerSolutionsNY.org

