



The Food Pantries for the Capital District Resource Flyer Saratoga County



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



The Golden Arches Pack Giveback Program

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

10 Trieble Ave. in Ballston Spa
1 Park Plaza in Mechanicville
3632 Main St. in Warrensburg

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



<https://mcdsnybackpacks.com>



FREE *Summer* MEALS

FOR CHILDREN
18 AND UNDER
IN SARATOGA
COUNTY

BEGINNING
JUNE 29, 2026



FIND A SITE NEAR YOU:



COME TOGETHER.
EAT TOGETHER.
HAVE FUN TOGETHER.

captaincares.org/summermeals | 518-371-1185

The Food Pantries for the Capital District Food Resources Flyer



Franklin Free Store

Stop in any weekday from 9 AM – 12 PM to shop their stock of essential items – completely free for neighbors in need.

Shoppers are welcome up to two times per month.

Franklin Free Store:

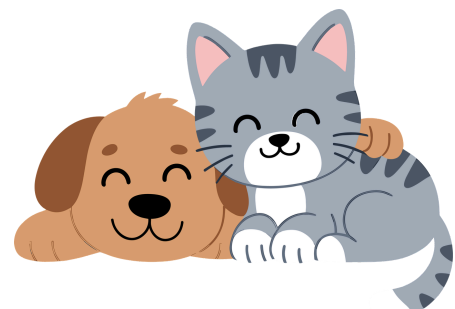
101 Washington St.
Saratoga Springs, NY 12866

Benson's Cares - Pet Food Pantry

By Appointment Only

12 Fire Road, Clifton Park, NY 12065

(518) 383 - 5418 ext. 2111



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.



Putnam Place
SARATOGA SPRINGS, NY

BBQ & BLUES JAM

EVERY TUESDAY
7PM - 10PM
PAY WHAT YOU WANT

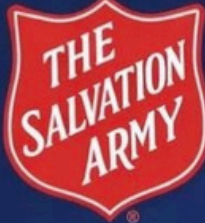
-  **OPEN BLUES JAM SESSION**
-  **BACKLINE PROVIDED**
-  **BARBECUE FOOD ON THE PATIO**

★ **HOSTED BY** ★

Sly Fox & George Boone

 **WANT TO JOIN THE JAM?**
SIGN UP IN ADVANCE:
GARY@PUTNAMPLACE.COM

The Food Pantries for the Capital District August in Saratoga



FREE CLOTHING

For anyone in need!



WEEKDAYS 9 AM TO 3 PM

- ♥ Clothing
- 👢 Shoes
- 👜 Handbags & Accessories

Do you know someone in need?
Tell them to visit us!



Salvation Army of Saratoga Springs
27 Woodlawn Ave
Saratoga Springs, NY 12866

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
 - 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.



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:

Legal Aid Society of Northeastern NY

Ann Malak 518-689-6312 amalak@lasnny.org

40 New Street, Saratoga Springs, NY 12866