



The Food Pantries for the Capital District Resource Flyer Schenectady 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**

1224 State St. in Schenectady

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



<https://mcdsnybackpacks.com>



SCHENECTADY COALITION
for a **HEALTHY COMMUNITY**

SUMMER HEALTH FAIR

AUGUST 17, 2026
3PM-6PM

SCHENECTADY ARMORY
125 WASHINGTON AVE

**FREE BACKPACK
GIVEAWAY FOR
KIDS!**

Join us for a free Summer Health Fair focused on family health, wellness, and community connections.

FEATURING:

- FREE HEALTH SCREENINGS
- KIDS' ACTIVITIES
- COOKING DEMONSTRATIONS
- COMMUNITY RESOURCES
- GIVEAWAYS AND MORE

Contact harte@ellismedicine.org for more information.



**ST PETER'S HEALTH
PARTNERS**



**U•P•P•E•R
UNION
S•T•R•E•E•T**
SCHENECTADY, NY



Ellis
MEDICINE





2026 Summer Lunch for ALL kids in Schenectady

Sponsored By: Sycamore Collaborative

Questions? Call us at 518-374-2683 x 109

- Meals available to any youth ages 18 and younger
- Sites are open Monday - Friday This
- institution is an equal opportunity provider

Sites Open 7/1 thru 9/4

Site	Address	Zip Code	Time
Tribute Park	868 Eastern Ave	12308	11:30 - 12:30 pm
Central Park Pavilion	Ashmore Ave	12309	11:45 - 12:45 pm
Schenectady Public Library	99 Clinton St	12305	12:00 - 1:00 pm
Southgate Apartments	105 Frank St	12304	12:15 - 1:15 pm
Jerry Burrell Park	753 Hamilton St	12307	12:15 - 1:15 pm
Mont Pleasant Library	1036 Crane St	12303	12:30 - 1:30 pm

Sites Open 7/6 thru 8/21

Site	Address	Zip Code	Time
Steinmetz Park	2114 Lenox Rd	12308	11:30 - 12:30 pm
Northside Village	Corner of Wood Ave & Van Vranken Ave	12308	11:45 - 12:45 pm
Hillhurst Park	Campbell Ave	12306	12:30 - 1:30 pm

**MEALS MUST BE EATEN
ON SITE**





SUMMER MEALS

2026

BLOCK PARTIES!

Join us all summer for **FREE** food
and fun for the whole family!



518SummerMeals.org

WHEN

WHERE

Tuesday, June 30
NOON-3:00 PM

**KICK OFF
PARTY**

Jerry Burrell Park
753 Hamilton Street

Tuesday, July 14
4:30-6:30 PM

Central Park
500 Iroquois Way

Tuesday, July 28
11:00 AM-1:00 PM

Steinmetz Park
2114 Lennox Road

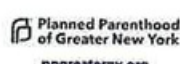
Tuesday, August 11
4:30-6:30 PM

Hillhurst Park
2301 Campbell Avenue

Tuesday, August 25
Noon-2:00 PM

Jerry Burrell Park
753 Hamilton Street

Powered by



Supported by



August Food Resources

Farmstand: Sycamore Collaborative –
Schenectady County

August 13 @ 10:00 am

Sycamore Collaborative Food Pantry
839 Albany Street
Schenectady, New York 12307

Sycamore Collaborative

August 27 @ 9:00 am

Sycamore Collaborative Food Pantry
839 Albany Street
Schenectady, New York 12307

Bethesda House Food Pantry

834 State Street, Schenectady 12307
2nd and 3rd Tuesday of the month
9am-11am

Food Box Program - Schenectady Greenmarket

For just \$10 per week, receive a **curated box of seasonal items sourced from local farms**—available for pickup or home delivery.

Learn more and complete the Food Box Interest Form here:
<https://www.schenectadygreenmarket.com/food-box>

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

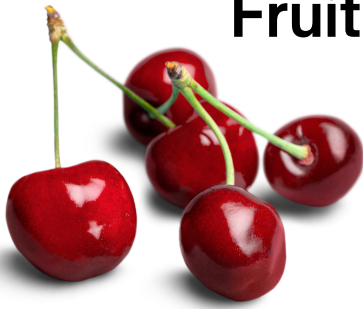


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The Food Pantries for the Capital District

Fruit & Vegetable Spotlight



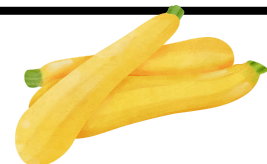
Cherries

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

