

The Food Pantries for the Capital District

Basic Needs Resource Guide



Find Help Where You Need It:

Saratoga County

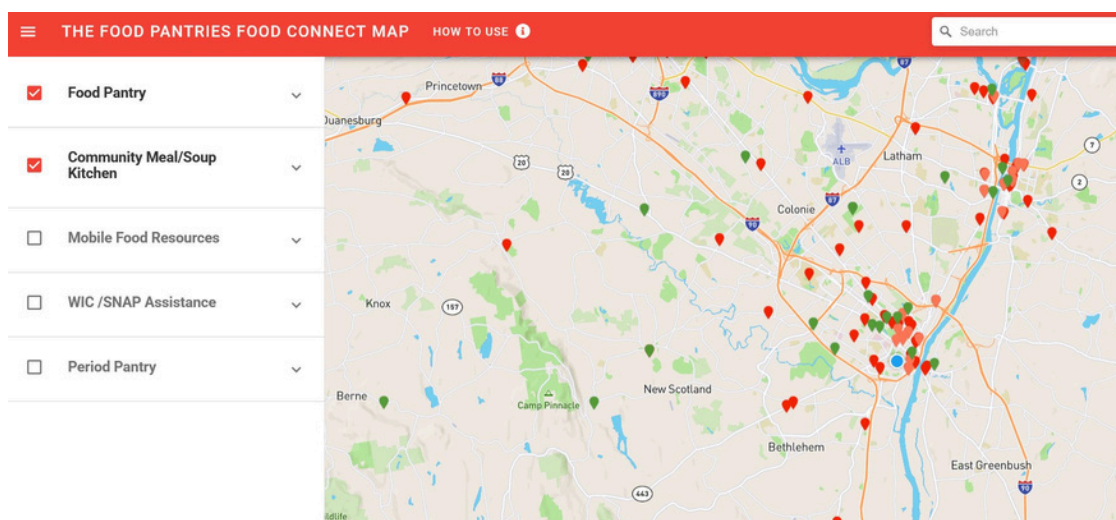
Thank you to our sponsor:



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Check out our Food Connect Map for more information on nearby food pantries, community meals/soup kitchens, period pantries, and more by scanning the QR code or visiting our website.



The Food Pantries for the Capital District

32 Essex Street, Albany, NY 12206

(518) 458-1167

pantries@thefoodpantries.org



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* Discounted rates are dependent on subsidy eligibility and are not available in all counties. Individual premium rate may vary.

Hotline and Service Referral List

**24 hour hotlines and referrals*

<u>Hotline and Services List</u>	<u>Contact Information</u>
Adult Protective Services	(518) 447-7177 (Albany) (518) 266-7900 (Rensselaer) (518) 884-4159 (Saratoga) (518) 344-2830 (Schenectady)
NYS HIV Hotline—AIDS Counseling and Testing	(800) 541-2437 (800) 233-7432
Al-Anon For Family and Friends of Alcoholics	(518) 292-0577
Alcoholics Anonymous	(518) 463-0906
NYS Office of Addiction Services and Supports	1(877)- 846-7369 or Text 467 369
Cancer Services (NYS)	(866) 442-2262
Child Abuse Hotline (National)*	Call or Text (800) 422-4453
Child Health Plus (NYS)	(800) 698-4543
NYS Office of Children and Family Services	(800) 345-5437
NYS Office of Victim Services	(800)-247-8035
Domestic Violence Assistance (Unity House) Online Chat Available: unityhouseny.org	(518) 272-2370 Text: (518) 720-6161
Domestic Violence Hotline (Equinox)* Online Chat Available: equinoxinc.org	(518) 432-7865

Hotline and Service Referral List

**24 hour hotlines and referrals*

<u>Hotline and Services List</u>	<u>Contact Information</u>
Domestic Violence Hotline (Wellspring)* Online Chat Available: wellspringcares.org	(518) 584-8188
Eldercare Locator	(800) 677-1116
The Food Pantries for the Capital District Referral Line	(518) 458-1167 extension 1
Human Trafficking Hotline (National)*	(888)373-7888 Text: 233733
Hunger Hotline (USDA National) Linea Directa del Hambre (USDA Nacional Espanol)	(866) 348-6479 (English) (877) 842-6273 (Espanol)
Meals on Wheels Home Delivered Meals for Seniors	(518) 465) 6465 (Albany) (518) 270-2730 (Rensselaer) (518) 372-5667 (Schenectady) (518) 884-4100 (Saratoga)
Medicaid Helpline	(800) 541-2831
Narcotics Anonymous	(888) 399-5519
Poison Control*	(800) 222-1222
Capital District Psychiatric Center	(518) 549-6000
Northern Rivers Mobile Crisis Services	(518) 292-5499

Hotline and Service Referral List

**24 hour hotlines and referrals*

<u>Hotline and Services List</u>	<u>Contact Information</u>
NYS Office for the Prevention of Domestic Violence	(800) 942-6906 (Call) 844-997-2121 (text)
Social Security Administration	(800) 772-1213
Summer Food Program (USDA)	(833) 452-0096
Suicide Prevention Hotline (National)*	988 For TTY: Dial 711 then 988
Mortgage Help (Homeowner's Hope Hotline)	(888) 995-4673

SARATOGA COUNTY

Saratoga Food Assistance

To find a food pantry that serves your neighborhood call
The Food Pantries for the Capital District - (518) 458-1167
ext. 1

SNAP (Food Stamps) eligibility, prescreening, and application information:

NOEP Saratoga (Nutrition Outreach and Education Program) - (518) 587-5188 ext. 412

SNAP Saratoga (Supplemental Nutrition Assistance Program) - (518) 884-4155

Information about WIC (Women, Infants, and Children) Program:

Lifeworks- (518) 288-3232

Saratoga Community Meals

<u>Program Name</u>	<u>Phone</u>	<u>Program Details</u>
LifeWorks Community Action	(518)581-8233	Presbyterian New England Congregational Church 24 Circular Street, Saratoga Springs Mon-Sat 11:45am-1pm Sun 3pm-4pm

 = BREAKFAST



Help Starts Here.

Saratoga Medical Assistance

<u>Program</u>	<u>Phone Number</u>	<u>Program Details</u>
Saratoga Mental Health Clinic	(518) 584-9030	133 South Broadway, Saratoga Springs M-F 8:30am-5pm
Planned Parenthood of Saratoga Springs	(518) 584-0041	236 Washington Street, Saratoga Springs Wednesdays 9am-4:30pm
Saratoga County Health Department	(518) 584-7460	6012 County Farm Road, Ballston Spa
Saratoga Community Health Center	(518) 886-5600	24 Hamilton Street, Saratoga Springs M-F 8am-4:30pm
Saratoga Hospital	(518) 587-3222	211 Church Street, Saratoga Springs Open 24 hours

Saratoga Community Resources

<u>Program</u>	<u>Phone Number</u>	<u>Program Details</u>
CAPTAIN Community Human Services	(518) 371-1185	5 Municipal Plaza Suite 3, Clifton Park
LifeWorks Community Action	(518) 288-3206	39 Bath Street, Ballston Spa M-F 8am-4pm
Franklin Community Center	(518) 587-9826	95 Washington Street, Saratoga Springs M-F 8am-4pm
Legal Aid Society	(518) 587-5188 (833) 628-0087 for intake	40 New Street, Saratoga Springs
Mechanicville Area Community Services Center	(518) 664-8322	6 South Main Street, Mechanicville

Saratoga County Social Services

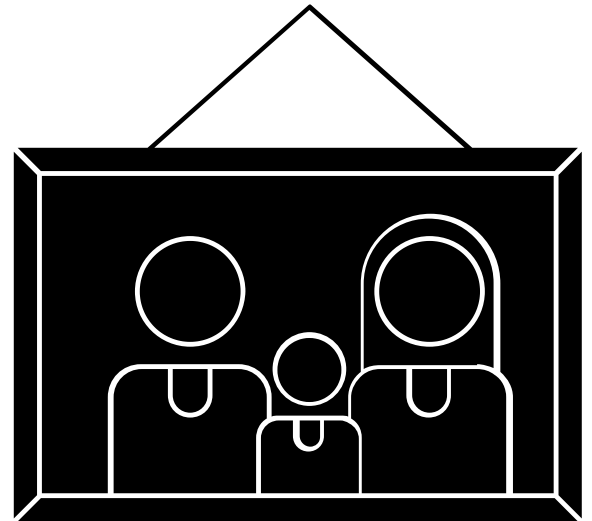
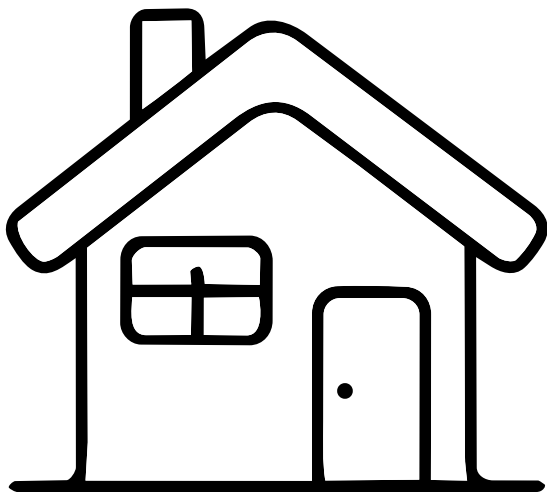
Saratoga County Department of Social Services -

152 West High Street, Ballston Spa

(518) 884-4140

Saratoga Housing and Shelter Assistance

<u>Program</u>	<u>Phone Number</u>	<u>Program Details</u>
CAPTAIN Youth and Family Services	(518) 371-1185 (STEHP) (518) 729-6524 (Supportive Housing Program) (518) 584-6042 (24 Hr Youth Shelter)	STEHP (Solutions to End Homelessness Program)
Home Energy Assistance Program (HEAP)	(518) 884-4146	odta.ny.gov/program/heap/
Mother Susan Anderson Emergency Shelter	(518) 584-3122	60 Caroline Street, Saratoga Springs Women and children
Shelters of Saratoga	(518) 581-1097 ext. 0 for bed availability and a pre-screening	14 and 20 Walworth Street, Saratoga Springs
Veteran and Community Housing Coalition	(518) 885-0091	20 Prospect Street, Building 2, Suite 313, Ballston Spa



Saratoga Clothing and Furniture Assistance

<u>Program</u>	<u>Phone Number</u>	<u>Program Details</u>
CAPTAIN's Treasures	(518) 371-1185	1705 Route 9, Clifton Park Clothing and household goods at no cost to individuals or families suffering significant hardships, such as victims of domestic violence or theft, or who have lost their home due to fire or other disaster. If you're in need, please call 518-371-1185 for additional information on the Voucher Program
Franklin Community Center	(518) 587-9826	101 Washington Street, Saratoga Springs M-F 9am-12pm no appointment necessary Please bring reusable bag.
The Boutique at Moreau Community Center*	(518) 792-6007	144 Main Street, South Glens Falls M-F 8:30am-3:30pm
Noah's Attic Thrift Shop*	(518) 885-9455	15 West High Street, Ballston Spa T and F 9:30am-3pm W and Th 9:30am-4pm Sat 9:30am-2:30pm
Second Hand Rose*	(518) 695-4640 infosecondhandrose thriftshop@gmail.co	116 Broad Street, Schuylerville
Upper Room Thrift Shop*	(518) 885-6886	101 Milton Avenue, Ballston Spa T 9:30am-12pm, call church office to arrange a time to visit if outside of regular hours Clothing is offered for a minimal cost and sold per filled bag

**Price points may vary - call ahead for availability and pricing*

THE FOOD PANTRIES FOR THE CAPITAL DISTRICT

Mission: To address hunger in the Capital District through our member food pantries. We support our members by providing funding, purchasing, collecting, and delivering food. We provide a forum for networking, coordination of services, education and training

Vision: A dynamic network of well-stocked food pantries nourishing our hungry neighbors in the Capital District.

ABOUT THE FOOD PANTRIES:



We are a coalition of more than 70 food pantries



Our service area is Albany, Rensselaer, Saratoga, and Schenectady Counties



We collect food from food drives for free distribution to our member pantries- The community can help by hosting Food and Fund Drives



\$1 can help provide 6.25 pounds of food to the hungry



All the services we provide to our members are free for them to utilize

HOW WE FEED THE HUNGRY:

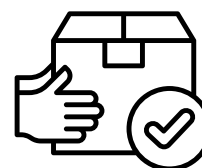
In 2025 we helped fund, collect, and deliver enough food for 5.4 million meals and our pantries served more than 114K community members



3.8 million pounds of food delivered to our member pantries



181,143 pounds of food collected



411,467 pounds of donations distributed

2025

Who We Serve

through our member pantries



114,982 people access food from our member food pantries each year. On average, an individual visits a pantry approximately 5 times each year. Some use a food pantry in the event of a crisis and some need food pantries to alleviate a chronic state of food insecurity.

138,573 pantry visits by infants & children (ages 0-17)

265,433 pantry visits by adults (ages 18-64)

57,090 pantry visits by older adults (ages 65+)

Hunger in the Capital District

According to Feeding America 2023 data, more than 2 million children and adults in New York are food insecure. Essentially more than 14% of the population of NY do not have enough food to meet basic nutritional needs. we know those numbers have increased dramatically since 2023.

Albany County

12.9% of total population = 40,690 people are food insecure

17% .4% of children = 9,780 infants and children are food insecure

Rensselaer County

12.6% of total population = 20,280 people are food insecure

17.4% of children = 5,380 infants and children are food in

Saratoga County

10% of total population = 23,820 people are food insecure

10% of children = 4,580 infants and children are food insecure

Schenectady County

12.6% of total population = 20,120 people are food insecure

17.3% of children = 5,970 infants and children are food insecure



New York State

14.5% of total population = 2,831,080 people are food insecure

19% of children = 750,180 infants and children are food insecure



The Effects of Hunger on Your Neighbors and the Community



Prolonged food insecurity

Hungry children do not perform well in school

Hungry adults do not perform well in the workplace

Hungry older adults are forced to choose between medication and basic utilities and food

Hungry veterans choose between food and shelter

Truth and Myth of the SNAP Program

Formerly called Food Stamps

TRUTH

At least 42% of the hungry in our 4 counties do not qualify for SNAP, according to Feeding America

SNAP benefits typically supply enough food for only 3 weeks of the month

SNAP only provides approximately a \$4.67 per day food allowance, according to Center on Budget and Policy Priorities

Some people who are food insecure do not want to apply for SNAP- they just need short-term assistance or only visit a pantry to fill a gap in income



MYTH

SNAP provides enough food to feed the hungry

People on SNAP don't work

Food pantries, churches, and charities could fill the need if SNAP ended

Who are “The Hungry” in Our Communities?



Single parents

Veterans

Unemployed

individuals

Older adults

College students

Babies and children of struggling

families