

The Food Pantries for the Capital District Basic Needs Resource Guide



Find Help Where You Need It:

Rensselaer County

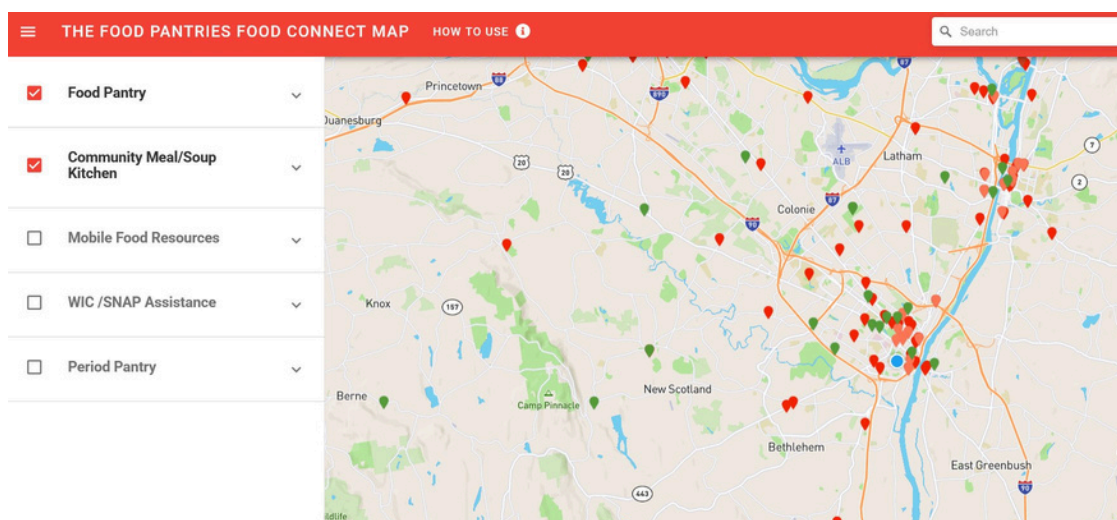
Thank you to our sponsor:



Table of Contents

- 4..... Hotline and Service Referral List
- 7..... Food Assistance
- 8..... Medical Assistance
- 9..... Community Resources
- 10..... Housing and Shelter
- 10..... Clothing and Furniture
- 11... Quick Facts About Hunger and The Food Pantries for the Capital District

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



Free or low-cost health insurance. Find out if you are eligible today.*

MVP Health Care® has a range of affordable, high-quality health plans available through the NY State of Health™ Marketplace.

- Free or low-cost New York State sponsored Medicaid Managed Care and Child Health Plus
- \$0 and \$20 premium Plans
- Many individual and family plans

 Call **1-800-TALK-MVP** (825-5687)
(TTY 1-800-662-1220)

 Visit **mvphealthcare.com**



Look for MVP Health Care when applying for health insurance on the NY State of Health™ Marketplace. To learn more about applying for health insurance through the NY State of Health™, The Official Health Plan Marketplace, visit nystateofhealth.ny.gov or call 1-855-355-5777. Health benefit plans are issued or administered by MVP Health Plan, Inc.; MVP Health Insurance Company; MVP Select Care, Inc.; and MVP Health Services Corp., operating subsidiaries of MVP Health Care, Inc. Not all plans available in all states and counties.

* 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

RENSSELAER COUNTY

Rensselaer 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 Rensselaer (Nutrition Outreach and Education Program) - (518)274-2607
SNAP Rensselaer (Supplemental Nutrition Assistance Program) - (518) 266-7800

Information about WIC (Women, Infants, and Children) Program:
Commission on Economic Opportunity (CEO) - (518) 272-6159, 2331 Fifth Avenue, 2nd
Floor Troy

Rensselaer Community Meals

<u>Time</u>	<u>Program Name</u>	<u>Program Details</u>
Mon-Friday, 11:30am-1pm	Unity House of Troy	2431 6th Avenue, Troy (518) 274-2607
Mon and Fri 4pm-5:30pm	Salvation Army Troy	410 River Street, Troy (518) 272-4901
Thurs, Fri 6pm-7pm	Damien Center of Troy	392 2nd Street, Troy (518) 272-7100
1st Fri of every month 2pm-4pm	Blooming Grove Reformed Church	706 Bloomingrove Drive, Rensselaer (518) 286-2910

 = BREAKFAST

 = LUNCH

Rensselaer Medical Assistance

<u>Program</u>	<u>Phone Number</u>	<u>Program Details</u>
The Community Hospice	(518) 285-8100	295 Valley View Boulevard, Rensselaer
Healthy Families Rensselaer County	(518) 274-1279	1300 Massachusetts Avenue, Troy
Hope House Inc.	(518) 486-8973	Treatment for substance abuse disorders
Planned Parenthood of Troy	(518) 434-5678	120 Hoosick Street, Troy
Rensselaer County Health Dept.	(518) 270-2655	1600 7th Avenue, Troy
Troy Damien Center (For HIV/AIDS Patients Only)	(518) 274-5920 ext. 206	392 2nd Street, Troy
Troy Health Center	(518) 833-6900	849 2nd Avenue, Lansingburgh, 12182 Medical Hours: M-F 8am-5pm Dental Hours: M and W 8am-5pm

Rensselaer Community Resources

<u>Program</u>	<u>Phone Number</u>	<u>Program Details</u>
Commission on Economic Opportunity (CEO)	(518) 272-6012	2328 5th Avenue, Troy
Circle of Mercy	(518) 462-0899	11 Washington Street, Rensselaer 10am-2pm M-F, Tues only 10am-3pm (other times available by appointment only)
Legal Aid Society	(518) 462-6765	95 Central Avenue, Albany
Nassau Resource Center	(518) 766-9014	15 Church Street, Nassau
START Children's Center	(518) 271-6001	127 Bloomingrove Drive, Troy M-F 9am-5pm
TRIP (Troy Rehabilitation and Improvement Program), Inc. and RCHR (Rensselaer County Housing Resources), Inc	(518) 272-8289 (518) 272-1950 info@triponline.org	409 River Street, 1st Fl, Troy
Unity House of Troy	(518) 274-2607	2431 Sixth Avenue, Troy

Rensselaer County Social Services

Rensselaer County Department of Social Services -
127 Bloomingrove Drive, Troy
(518) 833-6000

Rensselaer County Adult Protective Services -
1600 7th Avenue, Troy
(518) 266-7900

Rensselaer Housing and Shelter Assistance

<u>Program</u>	<u>Phone Number</u>	<u>Program Details</u>
Home Energy Assistance Program (HEAP)	(518) 266-7960	odta.ny.gov/program/heap/
Joseph's House & Shelter	(518) 272-2544	74 Ferry Street, Troy
St. Paul's Center	(518) 434-2910	(Families only)
Troy Housing Authority	(518) 273-3600	1 Eddy's Lane, Troy

Rensselaer Clothing and Furniture Assistance

<u>Program</u>	<u>Phone Number</u>	<u>Program Details</u>
Circles of Mercy-Catherine's Closet	(518) 462-0899	11 Washington Street, Rensselaer 10am-2pm M-F, Tues only 10am-3pm (other times available by appointment only)
Faith and Love Thrift Store	(518) 463-0114	85 Washington Avenue, Rensselaer Tues-Fri 11am-4pm
Oakwood Free Store	(518) 272-2434 info@oakwoodcommunitycenter.org	313 Tenth Street, Troy Second Saturday of each month 9am-11am
ReStyle (Unity House)*	(518) 274-2607	547 River Street, Troy M & F 9am-2pm T,W,Th 9am-6pm
T.A.U.M. (Troy Area United Ministries)	(518) 274-5920 ext. 204	392 2nd Street, Troy Mon-Fri 10am-2pm Furniture program

**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:

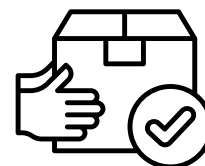
In 2025 we helped fund, collect, and deliver enough food for 5.4 million meals and our pantries served more than 114K community members



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