

The Food Pantries for the Capital District

Basic Needs Resource Guide



Find Help Where You Need It:
Albany County

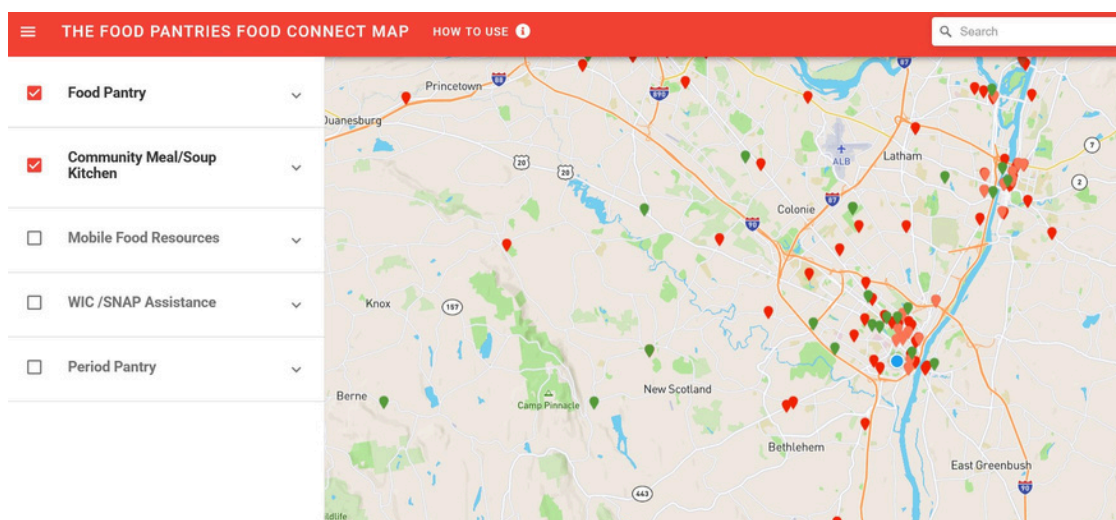
Thank you to our sponsor:



Table of Contents

- 4..... Hotline and Service Referral List
- 7..... Food Assistance
- 9..... Medical Assistance
- 10..... Community Resources
- 11..... Housing and Shelter
- 12..... Clothing and Furniture
- 13.... 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



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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

ALBANY COUNTY

Albany 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 Albany (Nutrition Outreach and Education Program) - (518) 462-6765 ext. 327
SNAP Albany (Supplemental Nutrition Assistance Program) - (518) 447-2551

Information about WIC (Women, Infants, and Children) Program:
Albany Women's Health Center of Albany Medical College - (518) 432-4033, 220
Green Street, Albany
Cohoes Family Care Mom's Program (518) 235-7282, 55 Mohawk Street, Cohoes

Albany Community Meals

 = BREAKFAST  = LUNCH  = DINNER

<u>Time</u>	<u>Program Name</u>	<u>Program Details</u>
Daily 6:30 AM	Capital City Rescue Mission	259 S. Pearl Street, Albany (518) 462-0459
Tues, Wed, Thurs 7:30am-8:30am	Westminster Presbyterian Church	85 Chestnut Street, Albany (518) 443-0460

<u>Time</u>	<u>Program Name</u>	<u>Program Details</u>
Tues, Sat 11:30am-1pm	St. John's/St. Ann's	88 4th Avenue (518) 472-9091
Wed 11:30am-12:30pm	Sacred Heart Church	33 Walter Street, Albany (518) 434-0680
Mon-Sat Sunday is bagged lunch 11:30am	Capital City Rescue Mission	259 S. Pearl Street, Albany (518) 462-0459
Mon, Thurs 11:45am-1pm	Sister Maureen Joyce Center	369 Livingston Avenue, Albany (518) 462-9885
Wed 12pm-1pm	Israel AME Church	381 Hamilton Street, Albany (518) 463-8779
Sat 11:30am-1pm	Loves and Fishes Soup Kitchen	518-870-9010
Daily 1pm-3pm	Sheridan Hollow Drop-In Center	176 Sheridan Avenue, Albany (518) 694-8899
Sat 4:30pm-5:30pm	United Church of Cohoes	123 Mohawk Street, Cohoes (518) 237-0278
Mon-Sat 6pm Sat 4pm	Capital City Rescue Mission	259 S. Pearl Street, Albany (518) 462-0459
Mon 5pm-7pm	Food Not Bombs	Social Justice Center 33 Central Avenue, Albany (518) 237-0278

Albany Medical Assistance

<u>Program</u>	<u>Contact Info</u>	<u>Program Details</u>
Albany County Health Department	(518) 477-4580	M-F 8:30am-4:30pm 175 Green Street, Albany
Albany County Cancer Services Program	(518) 525-8680	Free Cancer Screening Call for locations
Capital City Rescue Mission	(518) 462-0459 ext. 233	Free Medical Clinic Tues and Fri 8:45am-3pm 88 Trinity Place Albany
Capital District Psychiatric Center	(518) 549-6000	24 hour assistance 75 New Scotland Avenue, Albany
Hope House Inc.	(518) 486-8973	Treatment for substance abuse disorders
Medicaid/Medicare	(518) 447-7300	
Planned Parenthood Albany	(518) 434-5678	855 Central Avenue, Albany
Whitney Young Jr. Health Services	(518) 465-4771	920 Lark Drive, Albany



Albany Community Resources

<u>Program</u>	<u>Contact Info</u>	<u>Program Location</u>
Albany Community Action Partnership (ACAP)	(518) 463-3175	333 Sheridan Avenue, Albany
Catholic Charities of the Diocese of Albany	(518) 453-6650	40 North Main Avenue, Albany
Equinox Chemical Dependency, Domestic Violence, and Mental Health Services	(518) 435-9931	500 Central Avenue, Albany
Legal Aid Society	Call Legal Line for Intake (Monday-Friday 9am-5pm) 833-628-0087	95 Central Avenue, Albany
Trinity Alliance of the Capital Region	(518) 449-1511	15 Trinity Place, Albany

Albany County Social Services

Albany County Department of Social Services -

162 Washington Avenue, Albany
(518) 447-7300

Albany County Department of Aging -

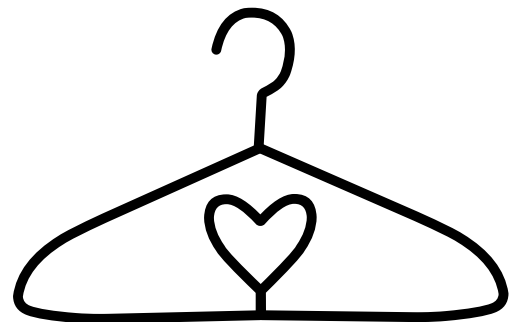
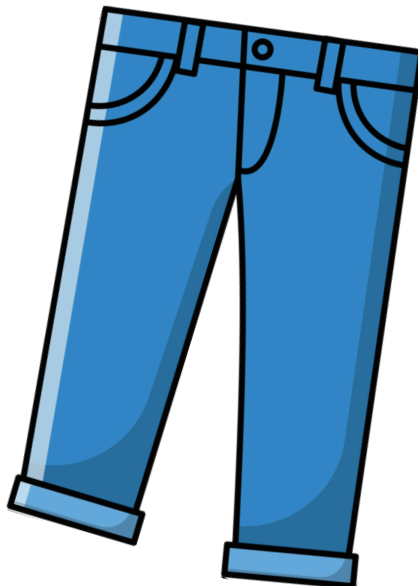
162 Washington Avenue, Albany
(518) 447-7198

Albany Housing and Shelter Assistance

<u>Program</u>	<u>Contact Info</u>	<u>Program Details</u>
Albany Housing Authority, Resource Center	(518) 380-5600 ResourceCenter@albanyhousing.org	200 Green Street, Albany
Cornell Cooperative Extension Housing and Energy Assistance Program (HEAP)	(518) 765-3500 energy@albanycountyny.gov	230 Green Street, Albany, 3rd Floor
NY Connects	(518) 447-7177	Homebound older residents in need of day-to-day assistance, including meals
Community Connections Interfaith Partnership for the Homeless	(518) 694-8899	315 Sheridan Avenue, Albany M-F 8:30am-3pm Open to anyone in need- no appointment needed. Showers, laundry, mailboxes, case management, and benefits assistance, connections to health care and mental health services, and phone/computer access
United Tenants of Albany	(518) 436-8997	255 Orange Street, Albany M-Th 10am-3:30pm, Closed 12pm-1pm for lunch
Equinox-Youth Supportive Services	(518) 462-5528 Ask for Anthony Jackson	The Boys & Girls Club 21 Delaware Avenue Albany Monday-Friday 12pm-8pm

Albany Clothing and Furniture Assistance

<u>Program</u>	<u>Phone Number</u>	<u>Program Details</u>
Capital City Rescue Mission	(518) 462-0459 ext. 294	Clothing: <u>Women & Child-</u> Wed, Friday 9:30am-11:30am, 1:30pm-3pm <u>Men-</u> Tues, Thurs 9:30am- 11:30am, 1:30pm-3pm 95 Trinity Place, Albany Furniture is available by appointment only: Thursday & Friday 10:30am-12:30pm
St. Mary's Outreach	(518) 462-4357	Tues and Friday 9am-11:30am 10 Lodge Street, enter from Steuben Street
Sheridan Hollow Drop-In Center (Please call ahead)	(518) 694-8899	Mon-Fri 9:30am-2pm 26 S. Swan Street, Albany



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:

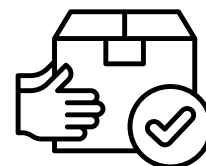
In 2025 we helped fund, collect, and deliver enough food for 5.4 million meals and our pantries served more than 114K community members



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