

The Food Pantries for the Capital District Basic Needs Resource Guide



Find Help Where You Need It:

Schenectady County

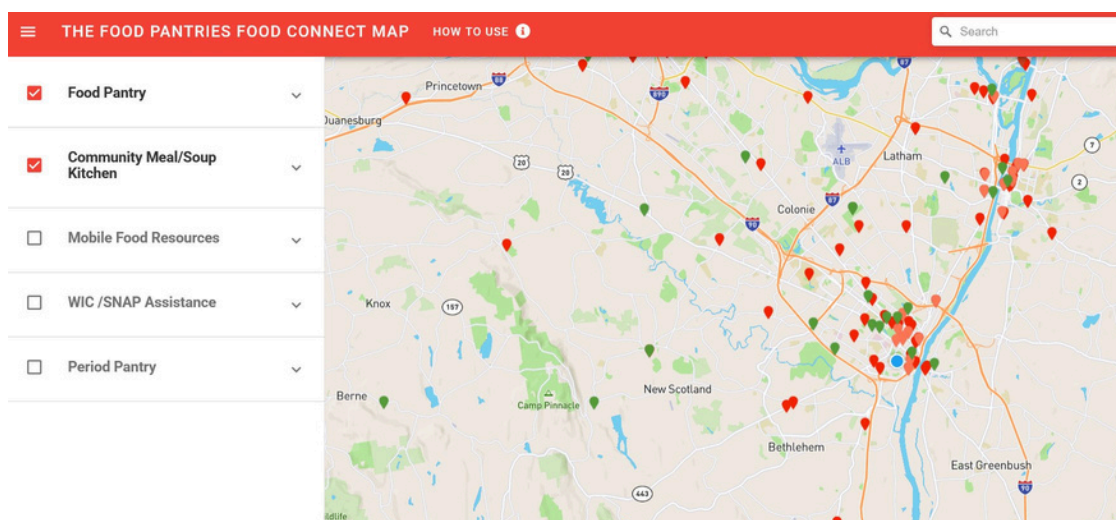
Thank you to our sponsor:



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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

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<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

SCHENECTADY COUNTY

Schenectady Food Assistance

Food Assistance

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

SNAP (Food Stamps) eligibility, ^{ext. 1}prescreening, and application information:
NOEP Schenectady (Nutrition Outreach and Education Program) - (518) 374-2427 ext.
210

SNAP Schenectady (Supplemental Nutrition Assistance Program)/ Department of
Social Services - (518) 388-4470

Information about WIC (Women, Infants, and Children) Program:
Schenectady Public Health (518) 386-2824, 107 Nott Terrace, Schenectady



Schenectady Community Meals

<u>Time</u>	<u>Program Name</u>	<u>Program Details</u>
Mon-Friday, 7:30am-8:30am	Salvation Army Schenectady	222 Lafayette Street, Schenectady (518) 346-0222
Sun (except the 1st Sun of the month) 8:30am-9:30am	First United Methodist Church	603 State Street, Schenectady (518) 374-4403
Last Sat of the month 10am-11am	Emmanuel Friedens Church	218 Nott Terrace, Schenectady (518) 374-4114
Mon-Fri 12pm-1pm	Salvation Army Schenectady	222 Lafayette Street, Schenectady (518) 346-022
Mon-Fri 1:30pm-3:30pm	Bethesda House	834-836 State Street, Schenectady (518) 374-7873
Last Sunday of the Month 1:30pm-2:30pm	Christ Church Episcopal	970 State Street, Schenectady (518) 374-3064
3rd Sunday of the Month 12pm-1pm	Holy Name of Jesus	1040 Pearl Street, Schenectady (518) 372-1992
3rd and 4th Saturday of the Month 12:30pm-3pm	Gathered Remnant Ministry	1374 10th Avenue, Schenectady (518) 374-3487
Fridays 11:30am-12:30pm 3rd Sunday of the month 12pm-1pm	Our Redeemer Lutheran Church	106 South Reynolds Street (right behind Gabriel's Grocery) (518) 346-8081
Mon-Sat 4:30pm-5:30pm	City Mission	512 Smith Street, Schenectady (518) 246-2275 ext. 0 Sandwiches available all day

 = BREAKFAST

 = LUNCH

 = DINNER

Schenectady Medical Assistance

<u>Program</u>	<u>Phone Number</u>	<u>Program Details</u>
Ellis Family Health Center	(518) 382-2000	624 McClellan Street, Schenectady
Planned Parenthood of Schenectady	(518) 374-5353	1040 State Street, Schenectady M and W 8am-6pm T and Th 8am-5pm F 8am-4pm
Schenectady County Public Health Services	(518) 386-2815	107 Nott Terrace, Suite 306 Schenectady

Schenectady Community Resources

<u>Program</u>	<u>Phone Number</u>	<u>Program Details</u>
Legal Aid Society Albany Office Amsterdam Office	(833) 628-0087 (518) 462-6755 (518) 842-9466	Help Line 95 Central Avenue, Albany 6 Market Street, Amsterdam
Healthy Schenectady Families	(518) 386-2824 ext. 3	Family support specialists can: • Answer questions about pregnancy, birth, and parenting • Help plan for the future • Support you with handling the stresses of parenting • Help you access community resources
Schenectady Community Action Program (SCAP) Resource Center	(518) 374-9181	913 Albany Street, Schenectady
Sycamore Collaborative	(518) 374-2683	837 Albany Street, Schenectady

Schenectady County Social Services

Schenectady County Department of Social Services -
797 Broadway, Schenectady
(518) 388-4470

Schenectady County Adult Protective Services -
797 Broadway, Schenectady
(518) 344-2830

Schenectady Housing and Shelter Assistance

<u>Program</u>	<u>Phone Number</u>	<u>Program Details</u>
Schenectady Community Action Program, Inc. (SCAP)	(518) 374-9181	913 Albany Street, Schenectady
Bethesda House of Schenectady	(518) 374-7873	834 State Street, Schenectady
City Mission of Schenectady	(518) 346-2275	425 Hamilton Street, Schenectady
Veteran and Community Housing Coalition	(518) 885-0091	20 Prospect Street, Building 2, Suite 313, Ballston Spa

Schenectady Clothing and Furniture Assistance

<u>Program</u>	<u>Phone Number</u>	<u>Program Details</u>
Salvation Army Schenectady Corps Community Center	(518) 346-0222	222 Lafayette Street, Schenectady
Schenectady Community Action Program (SCAP)	(518) 374-9181	913 Albany Street, Schenectady

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:

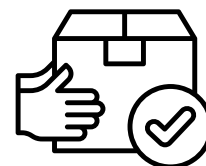
In 2025 we helped fund, collect, and deliver enough food for 5.4 million meals and our pantries served more than 114K community members



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