



September Edition

The Food Pantries for the Capital District Resource Flyer Albany County



If you know of a community resource that is not on this flyer, please email the Referral Team at resourcenavigator@thefoodpantries.org

Mass Food Distributions

Walls Temple AME Zion Church – Albany County

September 5th @ 1:00 pm

Walls Temple AME Zion Church

27 Delaware Street Albany, 12202

The Salvation Army (Albany)

September 9th @ 8:00 am

Salvation Army Albany

20 S Ferry Street Albany, 12202

Trinity Alliance Arbor Hill Center

September 16th @ 8:00 am

Trinity Alliance Arbor Hill Center

47 Lark Street Albany, 12210

Macedonia Baptist Church

September 19th @ 10:00 am

Macedonia Baptist Church

26 Wilson Ave Albany, 12205



COMMUNITY EVENTS:

Summer Mobile Office Hours at the

Farmer's Market



First United Methodist Church of Voorheesville
68 Maple Ave, Voorheesville NY



JUNE 17TH
JULY 15TH

AUGUST 19TH
SEPTEMBER 16TH



3:30PM -
6:30PM



Albany Public Library - Delaware Branch
331 Delaware Ave, Albany NY



JUNE 30TH
JULY 21ST

AUGUST 11TH
SEPTEMBER 29TH



4:00PM -
7:00PM

Orsini Park - Summer Concert Series
175 Main St, Altamont, NY 12009



JULY 7TH JULY 14TH
AUGUST 4TH



7:00PM -
9:00PM



South End Night Market
Arbor Hill Sports Complex



AUGUST 14TH



5:00PM -
8:00PM

Black Lives Matter Park



SEPTEMBER 11TH



5:00PM -
8:00PM



NEW YORK STATE ASSEMBLYMEMBER
GABRIELLA A. ROMERO
SOUTH ASSEMBLY DISTRICT
ALBANY, GUILDERLAND, NEW SCOTLAND

COMMUNITY EVENTS:



Please join us for the
**Fall Community
Block Party**



**Let's Celebrate
Community**



September 13 | 2:00 PM - 5:00 PM

Salvation Army

20 South Ferry Street , Albany

Sponsored by the Salvation Army, Fidelis
and the South End Children's Cafe



**Music Performances Kids Zone Food
Resources and Friends!**



COMMUNITY EVENTS:

CDL
CAPITAL DISTRICT LATINOS

MEN OF COLOR

HEALTH & WELLNESS EVENT



Enjoy healthy refreshments, engaging activities, raffles, and exciting prizes during a day dedicated to the health, strength, and well-being of men of color.



SATURDAY
SEPTEMBER 12TH, 2026



10:00 AM - 2:00PM



160 Central Ave.,
Albany, NY 12206



Health Education

Learn practical ways to prevent and manage:

- Cardiovascular disease
- Chronic kidney disease
- Colorectal cancer
- Diabetes



Physical Movement

Suggestions & Examples to keep an active and energetic lifestyle.



Nutrition

Healthy recipes, smart swaps, and nutrition tips.



Mental Health

Recognize warning signs, know when to seek help, and find community resources.



Community Resources

Connect with trusted local organizations and resources that support your health, wellness, and overall well-being.

JOIN US & WIN!



GIFT CARDS
\$25



*Chance to win
a Fitbit
smartwatch*



*Enjoy a Free
Healthy Lunch*

FOR MORE INFORMATION:
518-801-9440 EXT 5079



COMMUNITY EVENTS:



MHEP

MENTAL HEALTH EMPOWERMENT PROJECT



MHEP'S *Community Closet*

NEW SUMMER HOURS



will be every
Tuesday and Wednesday
10am. - 2pm.



LOCATION

204 Second Street
Albany, N.Y. 12210
518. 434.1393



MHEP is a non-profit 501c (3),
and runs on
Community Donations
and Volunteers.



Our closet is
free to everyone
in the community
and runs on donations.



FOR DONATIONS, VOLUNTEER OPPORTUNITIES, EMERGENCIES,
OR SCHEDULING NEEDS, PLEASE CONTACT:



Rich O'Connor



Alanna Mount



518Outreach@mhepinc.org



www.mhepinc.org



amount@mhepinc.org



@mhepinc



COMMUNITY EVENTS:



Music by:  **CELEB**

Local artists & vendors. Free produce, food, music & community resources

FRIDAY
JUNE 12
5-8 pm

Let's Reimagine Albany Together:
Health Equity Kick-Off

*Lincoln Park Bowl
228 Eagle St, Albany*

FRIDAY
JULY 10
5-8 pm

Liberty & Justice For All:
We Deserve To Thrive

*N. Albany Sacred Heart Park
33 Walter St, Albany*

FRIDAY
AUG 14
5-8 pm

Legacy & Liberation:
The Freedom Exchange

*Arbor Hill Sports Complex
Lark St & Manning Blvd, Albany*

FRIDAY
SEPT 11
5-8 pm

Ready, Set, School!

*Black Lives Matter Park
484 Livingston Ave, Albany*

FRIDAY
OCT 9
5-8 pm

Harvesting Hope:
*Celebrating Community, Culture &
Collective Power*

*Lincoln Park Bowl
228 Eagle St, Albany*

For more information, contact Chris: (518) 396-5419 | innovation-blocks@avillage.org

COMMUNITY EVENTS:



KAT SO THE PULL UP BARBER -PROJECT- ON TOUR

“EVERY CUT
IS A PART OF
SOMEONE'S
JOURNEY

“MY CHAIR IS
A PROTECTED
SPACE

“CREATING
TRUST OVER
TRAUMA

JUNE
12



LINCOLN PARK BOWL

1 LINCOLN PARK, ALBANY, NY 12208

JUNE
13



A BIG GAY MARKET 

2026 IOOV BIPOC PRIDE POP UP MARKET
@ WASHINGTON PARK (KNOX STREET MALL) IN ALBANY

SATURDAY, JUNE 13TH • 12PM – 5PM

JULY
10



NORTH ALBANY SACRED HEART PARK

105 HILL ST, ALBANY, NY 12206

JULY
12



A BIG GAY MARKET 

2026 JULY MARKET @ WASHINGTON PARK
ON KNOX ST MALL, ALBANY, NY 12207

SUNDAY, JULY 12TH • 11AM – 4PM

AUGUST
14



ARBOR HILL SPORTS COMPLEX

80 SOUTH PEARL ST, ALBANY, NY 12202

SEPTEMBER
11



BLACK LIVES MATTER PARK

41 HENRY JOHNSON BLVD, ALBANY, NY 12210

OCTOBER
9



LINCOLN PARK BOWL

1 LINCOLN PARK, ALBANY, NY 12208



PULL UP.
GET RIGHT.
GIVE BACK.

FOLLOW THE JOURNEY!



@katsothepullupbarber
(TIKTOK)



katso_thepullupbarber
(IG)

THE PULL UP BARBER
PROJECT

COMMUNITY EVENTS:

ALBANY POLICE 2026

Join the Albany
Police Department
in your neighborhood
for a summer of
connection,
community, and
good times!

COMMUNITY
POP-UP
BBQ 



JULY

Grand St / Madison Ave

Date: July 9, 2026

Time: 5:30 PM – 7:30 PM

Event: APD Barbecue

Eagle Point / Sunset Park

Date: July 15, 2026

Time: 5:30 PM – 7:30 PM

Event: APD Barbecue

North Swan St Park

Date: July 21, 2026

Time: 5:30 PM – 7:30 PM

Event: APD Barbecue

Livingston Park / N. Lake Park

Date: July 23, 2026

Time: 5:30 PM – 7:30 PM

Event: APD Barbecue

AUGUST

Rosemont Park

Date: August 6, 2026

Time: 5:30 PM – 7:30 PM

Event: APD Barbecue

Buckingham Park

Date: August 13, 2026

Time: 5:30 PM – 7:30 PM

Event: APD Barbecue

SEPTEMBER

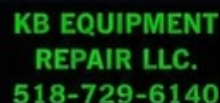
Oak Street Park

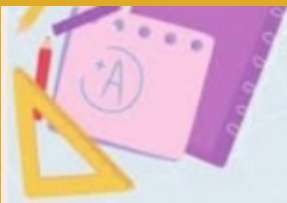
Date: September 10, 2026

Time: 5:30 PM – 7:30 PM

Event: APD Barbecue

★ THANK YOU TO OUR GENEROUS SPONSORS! ★





BACK TO SCHOOL SUPPLIES

Thursday, September 3, 2026

10 AM – 1 PM

First come, first served!



Required

- Your school's official supply list (Printed or on phone.)

We have **50** pre-filled backpacks ready to go!

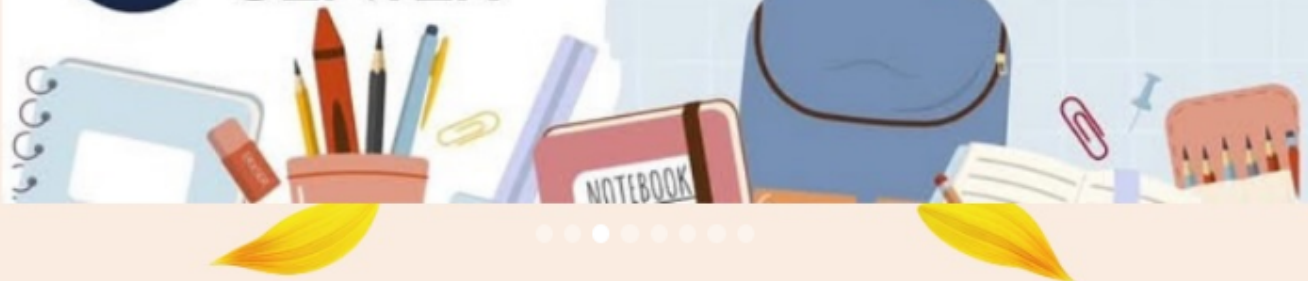
- Binders
- Notebooks
- Folders
- Filler Papers
- Dividers
- Pencils
- Pens
- Mechanical Pencils
- Highlighters
- Post-it notes
- Snacks!



CONNECT
CENTER



49 Johnston Ave,
Cohoes, NY, 12047



COMMUNITY EVENTS:

Walk in service – All are welcome **Free Health Screenings!**

Every fourth Wednesday

From 10 AM – 12 PM

15 Trinity Pl, Albany

July 22

September 23

October 28

Services Offered:

- Cardiovascular Screenings
- Narcan Training and Distribution
- Blood Pressure Screenings
- Hepatitis C Testing
- HIV Testing

Trinity Alliance
OF THE CAPITAL REGION
INVESTING IN OUR COMMUNITY'S FUTURE



Brought to you by:



THE COLLABORATORY



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
 - Llamanos 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.

NOEP Albany County Coordinators:

Jessica Welshans 518-533-5922 jwelshans@lasnny.org

Cheryl Corning 518-689-6335 ccorning@lasnny.org

95 Central Avenue Albany, New York 12206