



## 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.

[www.TheFoodPantries.org](http://www.TheFoodPantries.org)

### ABOUT HUNGER IN THE CAPITAL DISTRICT

According to Feeding America, more than 2 million children and adults in New York are food insecure. Essentially, more than 10.7% of the population of NY do not have enough food to meet basic nutritional needs.

### New York State and Capital District hunger statistics (2019)

#### New York State

10.7% of total population = 2,090,550 people are food insecure

15.6% of children = 626,450 infants and children are food insecure

#### Albany County

10.4% of total population = 31,850 people are food insecure

14.9% of children = 8,460 infants and children are food insecure

#### Rensselaer County

10.9% of total population = 17,300 people are food insecure

16.3% of children = 5,070 infants and children are food insecure

#### Saratoga County

8.1% of total population = 18,400 people are food insecure

10.4% of children = 4,840 infants and children are food insecure

#### Schenectady County

10.3% of total population = 16,020 people are food insecure

15.7% of children = 5,260 infants and children are food insecure

### THE EFFECTS OF HUNGER ON YOUR NEIGHBORS AND THE COMMUNITY

Prolonged food insecurity can lead to a lifetime of poor health

Hungry children do not perform well in school

Hungry adults do not perform well in the workplace

Hungry senior citizens are forced to choose between medication and basic utilities and food

Hungry veterans choose between food and shelter

### TRUTH AND MYTH OF THE SNAP (formerly called food stamps) PROGRAM

MYTH-SNAP provides enough food to feed the hungry

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

TRUTH-SNAP benefit typically supply enough food for only 3 weeks of the month

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

TRUTH-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

### WHO ARE "THE HUNGRY" IN OUR COMMUNITIES?

Single Parents

Senior Citizens

Veterans

College Students

Underemployed individuals

Babies and children of struggling families

# The Food Pantries for the Capital District Basic Needs Resource Guide



## Find Help Where You Need It:

Albany County

Rensselaer County

Saratoga County

Schenectady County

*Thank you to our sponsor:*



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The Food Pantries for the Capital District  
d/b/a The Food Pantries  
32 Essex Street  
Albany, NY 12206  
518-458-1167  
pantries@thefoodpantries.org  
www.TheFoodPantries.org



## 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.

[www.TheFoodPantries.org](http://www.TheFoodPantries.org)

### ABOUT THE FOOD PANTRIES—QUICK FACTS

- The Food Pantries is a coalition of more than 68 food pantries
- Our service area is Albany, Rensselaer, Saratoga, and Schenectady Counties
- The Food Pantries was founded in 1979
- 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 of the services we provide to our members are completely free for them to utilize

### HOW THE FOOD PANTRIES HELPS FEED THE HUNGRY IN OUR COMMUNITIES

**In 2021, we helped fund, collect and deliver enough food for more than**

**2.4 million meals and 279,832 pantry visits**

**Delivery Service**—3,103,915 pounds of food delivered to our member pantries

**Food Drives**—214,889 pounds of food collected

**Donated Products Delivered**—202,958 pounds of donations distributed

**Infant Needs**— 75,116 diapers and 688 cans of formula distributed

**Food Funding**—Money is put on account at the food bank for our food pantries to pay for food, and we purchase milk vouchers, grocery store gift certificates and produce gift certificates.

**Information and Referrals**— 7,633 people were referred to pantry services and additional programs.

### WHO WE SERVE THROUGH OUR MEMBER PANTRIES (2021 Numbers and Statistics)

Approximately 65,709 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.

**69,897 pantry visits by infants and children (ages 0-17)**

**123, 737 pantry visits by adults (ages 18-59)**

**28,117 pantry visits by senior citizens (ages 60+)**

**We are maintaining the highest service levels in our coalition’s history**

## Schenectady Community Resources

Legal Aid Society	(518) 462-6765	55 Colvin Avenue, Albany
Schenectady Community Action Program (SCAP) Resource Center	(518) 374-9181	913 Albany Street Schenectady
Schenectady One Stop Center	(518) 344-2737	797 Broadway
Schenectady County Chapter, NYSARC, Inc.	(518) 372-1160	214 State Street
Schenectady Inner City Ministry	(518) 374-2683	837 Albany Street

## Schenectady County Social Services

Schenectady County DSS	(518) 388-4470	797 Broadway
DSS Adult Protective Services - Schenectady	(518) 344-2830	797 Broadway

## Schenectady Housing and Shelter Assistance

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

## Schenectady Clothing and Furniture Assistance

Salvation Army Schenectady Corps Community Center	(518) 346-0222	222 Lafayette Street
Schenectady Community Action Program (SCAP)	(518) 374-9181	913 Albany Street
Home Furnishings Program, Inc. *Referral Required	(518) 346-2444	603 State Street

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

# Helping You Live Your Healthiest Life.



Free checkups, screenings, and vaccinations



Mental health and crisis support



Programs to help you quit smoking,  
lose weight, and more



Local customer service

Call **1-888-94-CDPHP (23747)**  
to get started.



Capital District Physicians' Health Plan, Inc.  
CDPHP Universal Benefits,® Inc.  
Capital District Physicians' Healthcare Network, Inc.

# Hotline and Service Referral List

Adult Protective Services	(518) 447-7177
NYS HIV Hotline—AIDS Counseling and Testing	(800) 541-2437
Línea directa de SIDA en Español	(800) 233-7432
Al-Anon <i>for Friends and Families of Alcoholics</i>	(518) 292-0577
Alcoholics Anonymous	(518) 463-0906
Alcoholism and Substance Abuse (NYS Council)	(800) 553-5790
Hope Line	(877) 846-7369
Cancer Services (NYS)	(866) 442-2262
Child Abuse Hotline (National)* Call or Text	(800) 422-4453
Child Health Plus (NYS)	(800) 698-4543
Children and Family Services (NYS Office)	(800) 345-5437
Crime Victims Assistance	(518) 457-5727
Domestic Violence Assistance (Unity House) Online Chat Available: <a href="http://unityhouseny.org">unityhouseny.org</a>	(518) 272-2370 Text: (518) 720-6161
Domestic Violence Hotline (Equinox)* Online Chat Available: <a href="http://equinoxinc.org">equinoxinc.org</a>	(518) 432-7865
Domestic Violence Hotline (Wellspring)* Live Chat Available: <a href="http://wellspringcares.org">wellspringcares.org</a>	(518) 584-8188
Eldercare Locator	(800) 677-1116
The Food Pantries for the Capital District	(518) 458-1167

## Schenectady Community Meals

### BREAKFAST

Mon- Fri	7:30 AM - 8:30AM	Salvation Army Schenectady	222 Lafayette St. (518) 346-0222
Sun (except 1st Sun of the month/holidays)	8:30 AM - 9:30 AM	First United Methodist Church	603 State St. (518) 374-4403
Last Sat of the month	10:00 AM - 11:00 AM	Emmanuel Friedens Church	218 Nott Terrace (518) 374-4114

### LUNCH

Mon - Fri	1200 PM-1:00PM	Salvation Army Schenectady	222 Lafayette St (518) 346-0222
Mon - Fri	2:30 PM-4:00 PM	Bethesda House	834-836 State St (518) 374-7873
Sundays	3:00 PM-3:30PM	City Mission	512 Smith St (518) 246-2275 ext. 0
Last Sun of the Month	1:30 -2:30 PM	Christ Church Episcopal	970 State St (518) 374-3064

### DINNER

Mon - Sat Takeout	4:30 PM-5:30 PM	City Mission	512 Smith St (518) 246-2275 ext. 0
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# SCHENECTADY COUNTY

## Schenectady Food Assistance

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

For SNAP (Food Stamp) eligibility prescreening and application information:  
**NOEP (Nutrition Outreach and Education Program)** - (518) 374-2427  
**SNAP (Supplemental Nutrition Assistance Program)** - (518) 388-4470

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

Information about Summer Meals:  
 Dial 211, or text "Food" to 304-304

Food 4 Schdy App:  
 Search "Food 4 Schdy" on the Google Play or Apple App Store

## Schenectady Medical Assistance

Cancer Services of Schenectady	(518) 841-3726	Call for Locations
Ellis Family Health Center	(518) 382-2000	600 McClellan Street
Family & Child Service of Schenectady, Inc	(518) 393-1369	1007 Maryland Ave, Schenectady
Healthy Schenectady Families	(518) 386-2824	107 Nott Terrace
Hometown Health Center	(518) 370-1441	1044 State Street
Planned Parenthood of Schenectady	(518) 374-5353	1040 State Street
Schenectady County Chapter, NYSARC, Inc	(518) 372-1160	214 State Street
Schenectady County Public Health Services	(518) 386-2815	107 Nott Terrace, Suite 306
Damien Center (HIV/AIDS)	(518) 449-7119	728 Madison Ave, Suite 100, Albany

Human Trafficking Hotline (National)*	(888) 373-7888 Text: 233733
Hunger Hotline (USDA National)	(866) 3-HUNGRY (866) 348-6479
Línea Directa del Hambre (USDA Nacional Español)	(877) 8-HAMBRE (877) 842-6273
Meals on Wheels <i>Home Delivered Meals for Seniors</i>	(518) 465-6465
Medicaid Helpline	(800) 541-2831
Narcotics Anonymous	(888) 399-5519
Poison Control*	(800) 222-1222
Psychiatric Center (Capital District Psychiatric Center)	(518) 549-6000
Psychiatric CDPC Crisis Unit and Crisis Mobile Unit	(518) 549-6500
Sexual Assault Crisis Hotline	(518) 447-7716
Social Security Administration	(866) 253-9183
Summer Food Program (USDA)	(518) 486-1086
Suicide Prevention Hotline (National) * For TTY: Dial 711 then 988	Dial 988
Mortgage Help (Homeowner's Hope Hotline)	(888) 995-4673

This is not a comprehensive list,  
 for more information regarding  
 human service and support agencies please call:

**United Way: Dial 211**

**For Emergencies: Dial 911**

\*24 hour hotlines and referrals

# ALBANY COUNTY

## Albany Food Assistance

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

For SNAP (Food Stamp) 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 the Women, Infants, and Children Program (WIC):  
**Albany Women’s Health Center of Albany Med. College - (518) 432-4033, 220 Green St.**  
**Cohoes Family Care Mom’s Program - (518) 235-7282, 55 Mohawk St., Cohoes**

Information about Summer Meals:  
 Dial 211, or text “Food” to 304-304

## Albany Medical Assistance

Albany County Health Department	(518) 447-4580	M-F 8:30 AM - 4:30 AM 175 Green St.
Albany County Cancer Services Program	(518) 525-8680	Free Cancer Screening
Alliance for Positive Health	(518) 434-4686	Testing for HIV and STDs
Cancer Services of Albany	(518) 525-8680	Call for Locations
Capital City Rescue Mission Free Clinic	(518) 462-0459	Free Medical Clinic Tues, Fri 9:00 AM - 3:00 PM 88 Trinity Place
Capital District Psychiatric Center	(518) 549-6000	24 Hour Assistance
Damien Center (AIDS Community Center Peer Programing, Referrals)	(518) 449-7119	Open 24 hours 728 Madison Ave #100 Albany, NY 12208
Healthy Families New York	(518) 447-7054	Home based program for expectant and new parents
Healthy Capital District Initiative (Insurance Assistance)	(518) 462-7040	M-F 9 AM–3 PM
Medicaid/Medicare	(518) 447-7300	M-F 8:30 AM–4:30 PM
Planned Parenthood Albany	(518) 434-5678	M 8AM-4PM, T/Fri/Sat 9AM- 4PM, W/Th 11:30AM-7:30PM 855 Central Ave. Albany, NY 12206
Whitney Young Jr. Health Services	(518) 465-4771	M-F 7:30 AM–5 PM 920 Lark Drive

## Saratoga Housing and Shelter Assistance

CAPTAIN Youth and Family Services	(518) 371-1185  (518) 369-9928 (24 Hr Youth Shelter)	5 Municipal Plaza, Suite 3, Clifton Park
HEAP Saratoga County	(518) 884-4146	152 West High Street Ballston Spa
Mother Susan Anderson Emergency Shelter	(518) 222-5242	60 Caroline St, Saratoga Springs
Shelters of Saratoga	(518) 581-1097	14 Walworth St, Saratoga Springs
Veteran and Community Housing Coalition	(518) 885-0091	20 Prospect St, Building 2, Suite 313, Ballston Spa

## Saratoga Clothing and Furniture Assistance

CAPTAIN's Treasures	(518) 383-1788	1705 Route 9, Clifton Park
Franklin Community Center	(518) 587-9826	95 Washington St, Saratoga Springs
Moreau Community Center Thrift Shop	(518) 792-6007	144 Main St, South Glens Falls
Noah's Attic Thrift Shop	(518) 885-9455	10 West High St, Ballston Spa
Second Hand Rose	(518) 695-4640	116 Broad St, Schuylerville

## Saratoga Community Meals

### BREAKFAST

<i>Mon-Fri</i>	<i>7:30 AM - 10:00 AM</i>	<i>Salvation Army Saratoga</i>	<i>27 Woodlawn Ave, Saratoga Springs (518) 584-1640</i>
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### LUNCH

<b>Mon-Sat</b> <b>Sun</b>	<b>11:45 AM - 1:00 PM</b> <b>3:00 PM - 4:00 PM</b>	<b>Saratoga EOC</b> <b>LifeWorks Community Action</b>	<b>24 Circular St, Saratoga Springs (518) 581-8233</b>
<i>Sundays</i>	<i>2:00 - 4:00 PM</i>	<i>St. Clement's Outreach</i>	<i>231 Lake Ave, Saratoga Springs (518) 584-6122</i>

## Saratoga Community Resources

CAPTAIN Community Human Services	(518) 371-1185	5 Municipal Plaza # 3, Clifton Park
Saratoga EOC LifeWorks Community Action	(518) 288-3206	39 Bath Street, Ballston Spa
Franklin Community Center	(518) 587-9826	95 Washington St, Saratoga Springs
Legal Aid Society	(518) 587-5188	40 New St, Saratoga Springs
Mechanicsville Area Community Center	(518) 664-8322	6 South Main St, Mechanicville

## Saratoga County Social Services

Saratoga DSS	(518) 884-4140	152 West High St, Ballston Spa
DSS Adult Protective Services - Saratoga	(518) 884-4159	152 West High St, Ballston Spa

## Albany Community Meals

### BREAKFAST

Tues, Wed, Thurs;	7:30 AM - 8:30 AM	FOCUS Churches	85 Chestnut St. (518) 443-0460
Daily	6:30 AM	Capital City Rescue Mission	259 S. Pearl St. (518) 462-0459
Mon - Fri	9:00 AM - 10:30 AM	Sheridan Hollow Drop-In Center	26 S. Swan St (518) 694-8899

### LUNCH

<b>Mon, Thurs</b> <b>Sun</b>	<b>11:00AM - 1:00 PM</b> <b>12:00 PM - 2:00 PM</b>	Sister Maureen Joyce Center	369 Livingston Ave. (518) 462-9885
Tues, Sat	11:30 AM - 1:00 PM	St. John's/St. Ann's	88 4th Ave. (518) 472-9091
Wed	11:30 AM - 12:30 PM	Sacred Heart Church	33 Walter St. (518) 434-0680
Wed	12:00 PM - 1:00 PM	Israel AME Church	381 Hamilton St. (518) 465-9339
Mon - Fri	1:00 PM - 3:00 PM	Sheridan Hollow Drop-In Center	26 S. Swan St (518) 694-8899
Daily	11:30 AM - 4:30 PM	Capital City Rescue Mission	259 S. Pearl St. (518) 462-0459

### DINNER

<b>Mon - Sat</b> <b>Sun</b>	<b>6:00 PM</b> <b>4:00 PM</b>	Capital City Rescue Mission	259 S. Pearl St. (518) 462-0459
Mon	5:00 PM - 7:00 PM	Food Not Bombs	Social Justice Center 33 Central Ave. (518) 478-6152
Mon - Fri	Call for times and locations	Salvation Army Mobile Canteen	20 S. Ferry St. (518) 463-6678
Sat	4:00 PM - 5:30 PM	United Church of Cohoes	123 Mohawk St. (518) 237-0278

## Albany Community Resources

Albany Community Action Partnership (ACAP)	(518) 463-3175 (518) 237-9201	333 Sheridan Ave. 145 Remsen St., Cohoes
Catholic Charities of the Diocese of Albany	(518) 453-6650	40 North Main Ave.
Equinox Chemical Dependency, Domestic Violence, and Mental Health Services	(518) 435-9931	500 Central Ave.
Legal Aid Society	(518) 462-6765	95 Central Ave.
Trinity Alliance of the Capital Region	(518) 449-5155	15 Trinity Place

## Albany County Social Services

Albany DSS	(518) 447-7300	162 Washington Ave.
Albany County Department for Aging	(518) 447-7198	162 Washington Ave.

## Albany Housing and Shelter Assistance

Albany Housing Authority	(518) 641-7500	200 S Pearl St.
CHOICES of Cornel Coop. Ext. Alternate Certifiers	(518) 756-8650	Weatherizations Disability Access
Department of Social Services: HEAP, weatherization, emergency heat	(518) 447-7323	162 Washington Ave.
Homeless Action Committee Outreach Van Mobile Assistance for Homeless Persons	(518)-495-0663	Summer: 12 PM - 8 PM Winter: 2 PM - 10 PM
Homeless and Travelers Aid (HATAS)	(518) 463-2124 (24 Hrs) Call for shelter placement	138 Central Ave.
NY Connects	(518) 447- 7177	Resource Directory
Sheridan Hollow Drop in Center	(518) 694-8899	26 S. Swan St.
United Tenants of Albany	(518) 436- 8997	295 Hamilton St. M-Thurs 10 AM - 3:30 PM
Equinox–Youth Outreach Center	(518) 407-0376	95 Central Ave. Youth Living Assistance

## SARATOGA COUNTY

### Saratoga Food Assistance

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

For SNAP (Food Stamp) 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 the Women, Infants, and Children Program (WIC):  
Saratoga Public Health - (518) 288-3232

Information about Summer Meals:  
Dial 211, or text "Food" to 304-304

### Saratoga Medical Assistance

Cancer Services of New York	(866) 442-2262	No-cost screening for uninsured individuals. Call for Locations
Four Winds Hospital (Mental Health)	(518) 584-3600	30 Crescent Ave, Saratoga Springs
Planned Parenthood of Clifton Park	(518) 383-1783	1673 Route 9, Clifton Park
Planned Parenthood of Saratoga Springs	(518) 584-0041	236 Washington St, Saratoga Springs
Saratoga County Health Department	(518) 584-7460	31 Woodlawn Ave. #1, Saratoga Springs
Saratoga Community Health Center	(518) 886-5600	24 Hamilton St, Saratoga Springs
Saratoga Hospital	(518) 587-3222	211 Church St, Saratoga Springs

## Rensselaer County Social Services

Rensselaer County DSS	(518) 833-6000	127 Bloomingrove Dr, Troy
DSS Adult Protective Services - Rensselaer	(518) 266-7900	547 River Street, Troy

## Rensselaer Housing and Shelter Assistance

Home Heating Assistance H.E.A.P.	(518) 266-7960	547 River Street, Troy
Joseph's House & Shelter	(518) 272-2544	74 Ferry St, Troy
St. Paul's Center (Families Only)	(518) 434-2910	947 3rd St, Rensselaer
Troy Housing Authority	(518) 273-3600	1 Eddy's Lane, Troy

## Rensselaer Clothing and Furniture Assistance

Circles of Mercy - Catherine's Closet	(518) 462-0899	11 Washington St, Rensselaer M-F 10:00 AM–2:00 PM
Doors of Hope	(518) 674-4048	12 Mall Way, West Sand Lake Please call ahead
ReStyle (Unity House)	(518) 274-2607	2431 6th Ave, Troy Please call ahead
T.A.U.M. (Troy Area United Ministries)	(518) 274-5920 ext. 204	392 2nd St, Troy Furniture Program

## Albany Clothing and Furniture Assistance

Blessed Sacrament	(518) 482-3375	Sat 9 AM - 12 PM 607 Central Ave.
<i>Capital Church</i>	<i>(518) 456-3022</i>	<i>Thurs 6 PM - 7 PM 31 Wly Road, Colonie</i>
Capital City Rescue Mission	(518) 462-0459 ext. 259	Women - Wed, Fri 9:30 - 11:30 AM 1:30 - 3:00 PM Men - Tues, Thurs 9:30 - 11:30 AM 1:30 PM - 3:00 PM 95 Trinity Place
Grassroots Givers Community Store	(518) 599-5157	522 Washington Ave. Open by appointment
St. Mary's Outreach	(518) 462-4357	Tues, Thurs, Fri 9 AM - 11:30 AM 10 Lodge St, enter from Steuben St.
St. John's/St. Ann's Center	(518) 472-9091 ext. 14	Mon, Wed, Thurs, Fri, Sat 10 AM - 3 PM, Tues 11:30 AM - 1 PM 88 4th Ave.
Sheridan Hollow Drop-In Center	(518) 694-8899	Mon–Fri 9:30 AM–2:00 PM 26 S. Swan St. Please call ahead
Capital Region Furniture Bank	(518) 612-2265	Mon–Fri 8:30 AM–3:30 PM 5 Anderson Dr. Referral Required.

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

# RENSSELAER COUNTY

## Rensselaer Food Assistance

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

For SNAP (Food Stamp) 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 the Women, Infants, and Children Program (WIC):  
**Albany Women's Health Center of Albany Med. College - (518) 432-4033, 220 Green St.**

Information about Summer Meals:  
 Dial 211, or text "Food" to 304-304

## Rensselaer Medical Assistance

Alight Care Center Free Ultrasounds	(518) 270-5540	Victorious Life 1838 Fifth Avenue, Troy
Circles of Mercy	(518) 462-0899	11 Washington St, Rensselaer
The Community Hospice	(518) 285-8100	295 Valley View Blvd, Rensselaer
Healthy Families Rensselaer County	(518) 271-3923	1300 Massachusetts Ave, Troy
Hudson Mohawk Recovery Center	(518) 272-3918	1724 5th Ave, Troy
Planned Parenthood of Troy	(518) 434-5678	120 Hoosick St, Troy
Rensselaer County Cancer Services Program	(518) 525-8680	Free Cancer Screening
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 St, Troy
Whitney M. Young Jr. Health Services	(518) 833-6900	849 2nd Avenue Riverside Plaza, Troy

## Rensselaer Community Meals

### LUNCH

Mon-Fri	11:30 AM - 1:00 PM	Unity House of Troy	2431 6th Ave, Troy (518) 274-2607
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### DINNER

Mon & Fri	4:00 PM - 5:30 PM	Salvation Army Troy	410 River St, Troy (518) 272-4901
Wed	4:00 PM - 6:00 PM	Victorious Life Church	1838 5th Ave, Troy (518) 272-4237
Thursday	6:00 PM - 7:00 PM	YWCA of the Capital District	21 1st St, Troy (518) 274-7100
4th Sunday of the Month, Jan - Nov	12:00 PM - 2:00 PM	Blooming Grove Reformed Church	706 Bloomingrove Dr., Rensselaer (518) 286-2910

## Rensselaer Community Resources

Commission on Economic Opportunity	(518) 272-6012	2331 5th Ave, Troy
Legal Aid Society	(518) 462-6765	95 Central Avenue, Albany
Nassau Resource Center	(518) 766-9014	15 Church St, Nassau
Rensselaer County Probation	(518) 266-7100	547 River St, Troy
START Children's Center	(518) 271-6001	127 Bloomingrove Drive, Troy
TRIP (Troy Rehabilitation and Improvement Program)	(518) 272-8289	415 River St, Troy
Unity House of Troy	(518) 274-2607	2431 Sixth Ave, Troy