



(518) 786-3691

Regional Food Bank of NENY



(518) 272-4210

Extension  
Cornell Cooperative

# **RENSSELAER COUNTY** **Food and Nutrition** **Guide 2012**

## Eat Smart New York!

Call for appointments 272-4210

Free help with stretching your food dollars & feeding your family & yourself healthier meals

## Senior Meal Sites & Home Delivered Meals

Call the center closest to you

Troy-	270-5348
Rensselaer-	463-2166
Schodack-	477-6581
Grafton-	279-3413
Hoosick Falls-	686-7561

## Dept for Youth Summer Feeding Program

Get info on sites for free summer meals for kids  
270-2960

## Unfold for Emergency Food Sites

Area food pantries are sponsored by different organizations. Many serve a particular geographic area. Some pantries provide emergency help while others provide help on a regular basis. When visiting food pantries, be sure to bring along **identification** for yourself and each family member to show where you live and how many people are in your household.



See inside for a listing of Food Pantries and Soup Kitchens in the county

## Rensselaer County Food Stamp Office

270-8638

Call for info on income and residency requirements

## Nutrition Outreach Education Program

Unity House 272-2352 extension 26  
Free assistance with food stamp application process

## Community Gardens

Free garden space to grow your own food  
Call for more information- 274-8685

## WIC Program-Women, Infants, Children

272-6012

Free food assistance for pregnant women & children under 5

## Farmers Markets-open from about May until October DAYS AND TIMES VARY

Troy Waterfront  
Troy Broadway  
North Greenbush  
Hoosick Falls  
Troy Atrium Winter Market-open from November-April

## Free & Reduced Price School Meals

Call your child's school to apply

**FOOD PANTRIES**

**TROY**

**Hope 7 Community Center**

520 Pawling Ave  
272-1547  
M-F 9-12

**Mt. Ida Food Pantry**

560 Congress St  
271-8589  
Sat 10-12

**REACT, Inc**

515 Grand St  
272-8974  
By appointment

**Rens Co CEO**

2328 5th Ave  
272-6012 x 247  
M-F 8-4

**Roarke Center**

107 Fourth St  
273-8351  
M-F 9-12 & 1-3

**Salvation Army**

410 River St  
272-4901  
T & Th 10-12 & 1-2  
Bread everyday 9-3

**St. Augustine's**

25 115th St  
Sat 9-12

**St. Joseph's Church**

416 Third St  
274-6720  
M-F 9-3

**St. Patrick's**

3027 Sixth Ave  
272-4666  
W 2-4

**Sunnyside Center**

3301 Sixth Ave  
273-8624  
M-Th 9-11

**Unity House**

2431 6th Ave  
272-2352  
M-Th 9-5, F 8-4

**Victorious Life Christian Church**

461 Fulton St  
T-F 10-3, Sat 10-12

**YWCA**

21 First St  
274-7100  
T & Th 1-4

**BERLIN**

**Berlin Community Food Closet**

47 N. Main St., Max Hall  
658-2868  
10-11, the 28th of each month

**CASTLETON**

**The Anchor**

52 S. Main St.  
732-4120  
M 6-8; Tu. 9-2; Th. 9-4; 1st. Sat. 11-2

**HOOSICK FALLS**

**Hoosick Area Church Association**

80 Main Street  
686-5163  
M-F 10-12, W 6-8

**NASSAU**

**Nassau Resource Center**

15 Church Street  
766-9014  
M-F 9-2

**The Gathering Place**

24 Albany Avenue  
766-4164  
Tues.+Thurs. 5-7;F+Sat 10-1

**PETERSBURGH**

**San Damiano Family Support**

414 Potter Hill Road  
658-3530  
M-F 2-4

**PITTSTOWN**

**Pittstown Area Food Pantry**

27 Mason Lane  
753-7518  
Wed 6:30-7:30; Sat 9-10:30

**RENSSELAER**

**CoNSERNS-U**

23 Academy St  
463-8571  
M-F 9-2

**Faith and Love Fellowship**

85 Washington St.  
436-0114  
2nd & 4th Fri. every month

**WEST SAND LAKE**

**Doors of Hope**

4352 Route 150  
674-4048  
M, T, W, F, Sa 9-4, Th 9-7

**SOUP KITCHENS**

**TROY**

**Bethany Hospitality Center**

27 State St  
273-3529  
M-F 7am-8am & 11:30am-12:30pm  
Sat & Sun 9am-1pm

**First Baptist**

82 3rd St  
273-8561  
Tues 6pm-7pm

**Lansingburgh Church Hot Meals**

570 3rd Ave, Troy  
235-2179  
Sun 2-3, Oct—May

**Lansingburgh Kids Café**

235-4143  
M, W, F 3:30 until everyone is finished, Sept—June

**Salvation Army**

410 River Street, Troy  
272-4901  
M & F 4-5

**Troy Damien Center**

392 2nd St  
270-9170  
M 6-8, Th & F 11-12

**RENSSELAER**

Faith and Love Fellowship  
85 Washington St  
436-0114  
2nd 7 4th Sat of the month  
12-2 pm, Sept—June