



Cornell University
Cooperative Extension
of Schenectady County

107 Nott Terrace, Suite 301
Schenectady, NY 12308
Phone: (518) 372-1622; Fax: (518) 372-8703

Schenectady County Energy, Nutrition, and Transportation Resources for Seniors

Energy Assistance

National Grid Consumer Advocate

518-433-3592

Website: <http://www2.nationalgrid.com/>

Description: Offers assistance with energy problems. Call for more information.

Weatherization Services Satellite Office

913 Albany Street, Schenectady, NY 12307

518-374-1702

Hours: Tues/Thurs 9:00am-3:00 pm

Website: <http://saratogaec.org/programs/energyservices/weatherization-application/>

Description: Helps reduce heating/cooling costs of a home; can assist with health/safety issues in homes, as well.

Food Pantries

Bethesda House

834 State St, Schenectady, NY 12307

518-374-7873

Hours: Mon-Fri, 9-11:30am & 1-4:30pm

Website: <http://www.bethesdahouseschenectady.org/>

Description: Provides two different food pantries to the community; Bethesda Food Pantry is the 2nd/3rd Tues of the month, 9:30-11:30am & 1-4:30pm. Free meal available Mon-Fri from 2:30-4pm.

Braman Food Pantry

7963 State Route 30, Delanson, NY 12053

518-868-2047

Hours: Wed 5-7pm, Thurs 1-3pm

Description: Food pantry. If unable to make times listed, appointments can be made. There are no limits on number of visits.

Bridge Christian Church

735 Crane St, Schenectady, NY 12303

518-864-5849

Website: <http://bridgechristianchurch.com/>

Description: Offers free laundry services by appointment. Free community gym available: adults, Tues/Thurs 9am-12pm & 4-7pm; youth, Mon/Tues 6-7:30pm (for ages 10+). Food pantry available the 3rd Tues of the month from 4-6pm and the 3rd Saturday of the month 12-2pm (emergency cases can call for an appointment).

The Gathered Remnant Ministry

1374-76 10th Ave, Schenectady, NY 12303

518-374-348

Description: Offers a food pantry and clothing pantry on the 3rd Tuesday & 4th Thursday of the month from 1-6pm. Also offers a free community meal on the 3rd & 4th Saturday of the month from 12:30-3pm.

Harmony Fellowship

888 Albany St, Schenectady, NY 12307

518-331-6243

Website: <http://www.harmonyfellowship.org/>

Description: Offers a food pantry on the 2nd and 4th Thurs of the month, 3-5pm. Also has a coffee shop, open Mon-Fri 2- 6pm.

Lighthouse Food Pantry

4780 Duanesburg Rd, Princetown, NY 12056

518-386-7000

Hours: Wed-Fri 4:00-6:00 pm

Messiah Lutheran Bread of Life Food Pantry

2850 Guilderland Ave, Schenectady, NY 12306

518-374-5104 or 518-355-5177

Website: <http://www.messiahschenectady.org/>

Description: Food pantry available by referral only; one visit per month.

Muslim Community Center of the Capital District

21 North Lansing Road, Schenectady, NY 12304

518-708-9804

Website: <http://mccalbany.org/>

Description: Offers a Food Pantry on the 2nd Saturday of the month from 11am-1pm; must bring ID and proof of address (such as a bill in your name).

Our Lady of Fatima Pantry

1735 Alexander Road, Delanson, NY 12053

518-895-2788

Website: http://www.rcda.org/churches/OurLadyOfFatima/food_pantry.html

Description: Food pantry for residents of Duanesburg, Delanson, Quaker St, Esperance, and Mariaville only. Must make an appointment; can only visit once per month.

PG Wright Food Pantry

Yates Village, 2450 Van Vranken Ave, Schenectady, NY

518-374-7873

Hours: Thurs 9am-1pm, Last Mon of month 4-6pm

Website: <http://www.bethedahouseschenectady.org/>

Description: Food Pantry for 12308 residents only. Only one visit allowed per month.

Building Strong and Vibrant New York Communities

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, protected veterans, and individuals with disabilities and provides equal program and employment opportunities.

Salvation Army

222 Lafayette St, Schenectady, NY 12305
518-346-0222

Website: <http://empire.salvationarmy.org/empireny/schenectady>

Description: Has a food pantry Tues/Wed/Thurs 9:30-11:30 am (5 visits allowed per year; 10 for seniors). Also offers free meals Monday-Friday, 7:30-8:30am and 12-1pm (breakfast/lunch). Provides Thanksgiving and Christmas meals to the community.

Scotia-Glenville Pantry

132 Mohawk Ave (Rt. 5), Scotia, NY 12302
518-423-4132 or 518-588-8214

Hours: Tues 5:30-7:00 pm; Fri 9:00-11:00 am

Description: Food pantry available for residents of Scotia/Glenville only. ID required for all family members. Only one visit allowed per month.

SICM Emergency Food Pantry

839 Albany St, Schenectady, NY 12307
518-346-4445

Hours: Mon/Wed/Thurs/Fri 9-11:30 am (Doors open 7:30 am)

Website: <http://www.sicm.us/Food%20SICM%20Pantry.html>

Description: Pantry available for Schenectady County Residents only. Residents can visit once a month for full pantry service; IDs

are required for all family members. Produce visits are allowed once a week at 11:15am; must sign up. Mass Distribution is held the last Thurs of the month from 8:30-11:30am. SNAP application assistance offered Mon/Wed from 8:30-11am (walk-ins accepted). Cooking demonstrations are offered once a month on Friday from 7:50-8:45am.

St. Luke's Catholic Church

1243 State St, Schenectady, NY 12304
518-346-3405

Website: <http://stlukesschenectady.org/>

Description: Offers a Food Pantry to the community Wed-Fri, 10am-4pm (by appointment only). Also offers a boxed Christmas meal.

St. Paul the Apostle Church

2777 Albany St, Schenectady, NY 12304
518-377-8886

Website: <http://www.spacny.org/>

Description: Food pantry available for the community; must call for reservation.

State St. Presbyterian

5 Catherine St, Schenectady, NY 12307
518-374-2684

Hours: Mon-Wed, 1:00-4:00pm

Website: <http://www.statestpres.com/>

Description: Hosts a food pantry Mon-Wed, 1-4pm (visits limited to 6 times per year).

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Tabernacle of New Hope

3 Morris Ave, Schenectady, NY 12308

518-372-3354

Hours: Mon 10am-12pm

Website: <https://www.facebook.com/tabnewhope/>

Description: Offers a Food Pantry to the community. Photo ID and proof of address required.

Trinity Baptist Church

2635 Balltown Rd, Niskayuna, NY 12309

518-393-2506

Website: <http://trinitybaptist-ny.com/>

Description: Offers a food pantry the 1st and 3rd Thursday of the month, 7-8pm. Their church plant exists at the Steinmetz Investment Center, meeting on Saturdays from 5-7pm (a free community meal is provided).

Villa Fusco Food Pantry

955 Balltown Rd, Niskayuna, NY 12309

518-377-1613

Hours: 3rd Saturday of the month, 12:00-2:00 pm

Description: Offers a food pantry once a month. Must make appointment by Thurs/Fri before the 3rd Sat.

Community Meals

Bethesda House

(see previous description)

Catholic Charities Senior Services

1473 Erie Blvd, Schenectady, NY 12305

518-372-5667

Website: <http://ccseniorservices.org/>

Description: Runs a Meals on Wheels program (hot lunch, boxed dinner; donation suggested but not required). Also assists with meals on Thanksgiving and Christmas. Lunches provide one-third of the recommended dietary allowances. \$3.50 donation suggested for seniors over 60, \$6 charge for guests. Food stamps accepted. Transportation services available – call 518-357-9801.

- **Duanesburg Senior Dining Center**
1735 Alexander Road, Delanson, NY
Phone: (518) 275-7601
Monday / Wednesday / Friday 10:00am – 2:00pm
- **Jewish Community Center**
2565 Balltown Road, Niskayuna NY
Phone: (518) 377-8803
Monday / Wednesday / Friday 10:00am – 2:00 pm
- **Scotia-Glenville Senior Center**
32 Worden Road, Glenville, NY
Phone: (518) 393-1946
Monday through Friday 10:00am – 2:00 pm
- **Ten Eyck Senior Dining Center**
375 Broadway, Schenectady NY
Phone: (518) 374-5511
Monday through Friday 10:00am – 2:00 pm

Christ Church Episcopal

970 State St, Schenectady, NY 12307

518-374-3064

Website: <http://christchurchschenectady.org/>

Description: Offers a free meal the last Sunday of the month from 1:30-2:30pm.

City Mission Dining Center

512 Smith St, Schenectady, NY 12305

518-346-2275

Website: <http://citymission.com/>

Description: Offers free community dinner Mon-Fri at 5:45pm and Saturday at 3pm. Bag lunches available Sunday 3-3:30pm. Provides Thanksgiving/Christmas meals. Sandwiches available all day at the 425 Hamilton St Entrance.

Emmanuel Friedens Church

218 Nott Terrace, Schenectady, NY 12307

518-374-4114

Website: <http://emmanuelfriedens.org/>

Description: Hosts a free community meal on the last Saturday of the month from 10-11 am.

First United Methodist Church

603 State St, Schenectady, NY 12305

518-374-4403

Website: <http://fumcschenectady.org/>

Description: Provides a free community meal Sundays from 8:30-9:30am (except for the 1st Sunday of the month).

The Gathered Remnant Ministry

(see previous description)

Holy Name of Jesus

1040 Pearl St, Schenectady, NY 12303

518-372-1992

Website: <http://www.holynamencc.org/>

Description: Offers a free community meal on the 3rd Sunday of the month.

Our Redeemer Lutheran Church

103 S. Reynolds St, Schenectady, NY 12302

518-346-8081

Website: <http://ourredeemer.cc/>

Description: Free lunch in summer for everyone, Friday 11:30am-12:30pm.

Salvation Army

(see previous description)

Scotia-Glenville Senior Center

32 Worden Rd, Glenville, NY 12302

518-374-0734

Website: http://www.townofglenville.org/Public_Documents/GlenvilleNYsenior/index

Description: Lunch available Mon-Fri 12pm for seniors 60+ (\$3.25).

Trinity Baptist Church

(see previous description)

Farmer's Markets**Famer's Market Coupon Program**

Produce coupons are available in July. Call the office of Senior and Long Term Care Services of Schenectady County at 518-382-8481 for more details.

Farm to Preschool I Farmer's Market

44 Washington Ave, Schenectady, NY 12305

Hours: Tues 2:30-5:30 pm, June 14- Sept 27

Description: Farmer's market run out of the YWCA.

Farm to Preschool II Farmer's Market

125 Bigelow Ave, Schenectady, NY 12304

Hours: Thurs 2-5pm, June-Sept.

Roots & Wisdom

Central Park, 500 Iroquois Path, Schenectady, NY 12309

(518) 372-1622 ext 257

Farm Stand Hours: Thurs 3-5pm, July-mid August

Website: <http://cceschenectady.org/agriculture/roots-wisdom>

Description: This youth and agriculture community service program teaches youth about hunger, nutrition, diversity, and sustainable agriculture. Can purchase fresh produce from the farm stand.

Schenectady Farmer's Market

1243 State St, Schenectady, NY 12304 & 105 Jay St, Schenectady, NY 12305

518-386-2225, ext. 226

Hours: Tues 9am-1pm (State St), Thurs 9am-1:30pm (Jay St)

Website: <http://www.schenectadyfarmersmarket.com/>

Description: Farmer's market in Schenectady – summer only

Schenectady Greenmarket: May-October

105 Jay Street, Schenectady, NY 12305

Hours: Sunday 10am-2 pm, May-October

Website: <http://schenectadygreenmarket.org/>

Description: Farmer's market that accepts SNAP/EBT.

Schenectady Greenmarket: November-April

432 State St, Schenectady, NY 12305

Hours: Sunday 10am-2 pm, November-April

Website: <http://schenectadygreenmarket.org/>

Description: Farmer's market that accepts SNAP/EBT. Located in Proctors.

Building Strong and Vibrant New York Communities

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Sheridan Plaza Farmer's Market

1338 Gerling St, Schenectady, NY 12308

Hours: Fri 2:00-6:00 pm, Summer

Website: <http://www.schenectadyfarmersmarket.com/>

Upper Union Street Farmer's Market

1630 Union Street, Schenectady, NY 12309

Hours: Saturday 9:00am-1:30 pm, summer

Website: <https://www.facebook.com/UpperUnionStreetFarmersMarket/>

Description: Farmer's market located on Union Street; fresh, local grown produce.

Fresh Produce

Capital Roots Gardens

518-274-8685

- Craig & Wyllie: 993 Craig St, Schenectady, NY 12307
- Cutler Street: 1451-1499 6th Ave, Schenectady, NY 12303
- Mumford Street: 421 Mumford St, Schenectady, NY 12307
- Steinmetz Park: 1104 Hendrickson Ave, Schenectady, NY 12309
- Vale Neighborhood: 5 Barney St, Schenectady, NY 12307
- Wabash Ave: 2001 Wabash Ave, Schenectady, NY 12306

SICM Garden

333 Hulett St, Schenectady, NY 12307

518-346-4445

Website: <http://www.sicm.us/>

Description: Offers a community garden plot (5' by 10' plot) for \$5. Offers assistance with the gardening process.

Veggie Mobile Locations

Website: <http://www.capitalroots.org/programs/veggie/schedule-andlocations-2/>

Description: Provides fresh, affordable fruits/vegetables; EBT/SNAP accepted.

- Father O'Brien Senior Community, 3151 Marra Ln, Schenectady, NY 12303
Hours: Mon 1:00-1:45pm
- Hometown Health Center, 1044 State St, Schenectady, NY 12307
Hours: Mon 2:00-2:45pm
- Schenectady DSS, 797 Broadway, Schenectady, NY 12305
Hours: Mon 3-3:45pm
- Summit Towers, 720 Albany St, Schenectady, NY 12307
Hours: Friday 1:30-2:00 pm
- Lincoln/Keane Schools, 1325 Albany St, Schenectady, NY 12304
Hours: Friday 2:15-3:00pm
- Ten Eyck Apartments, 375 Broadway, Schenectady, NY 12305
Hours: Fri 3:15-4:00pm

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SNAP Application Assistance

Catholic Charities Senior Services

(see previous description)

Transportation Services

Catholic Charities Senior Services

(see previous description)

CDTA Star Program

518-482-2022

Website: <http://www.cdta.org/star-program/56>

Description: Provides transportation for those with impairments/disabilities that prevent the use of the normal CDTA bus. Operates within $\frac{3}{4}$ of a mile of the fixed bus route.

Access Transit Services (CDTA)

(518) 437-5161

Website: <https://www.cdta.org/access-transit-services-faqs>

Description: Transportation for individuals in Schenectady who are eligible for TANF, specifically for the use attaining, retaining, or getting employment.

Scotia-Glenville Senior Center

(see previous description for contact information)

Transportation available for seniors Mon-Fri 9am-3pm for errands. Glenville residents only.

Grocery Shopping Delivery

Home grocery delivery is available for an additional fee from many stores such as Price Chopper, ShopRite, and Gabriel's Market. Internet access and/or smartphone apps are required for use. Credit or debit cards are the only form of online payment accepted – cannot use EBT/WIC cards. Contact stores for more details.



NY Connects
Your Link to Long Term
Services and Supports

Consumer-centered access for long-term care information, referrals and assessments. For information, call 382-8481, #9, ext.304

Have a nutritional question or concern? If you are participating in services offered by Schenectady County's Senior and Long Term Care services, you are eligible to have a free consultation with a Registered Dietitian. Call Cornell Cooperative Extension, Schenectady County at 372-1622, ext. 269. Leave a message, if necessary, for dietitian to call you back.

Schenectady County Department of Senior and Long Term Care Services denies no person services or access to service based upon race, color, sex, religion, national origin, marital status and/or handicapping conditions. Schenectady County Department of Senior and Long Term Care Services is primarily funded with County tax dollars. Supplemental funding is through the New York State Office for the Aging under Title III-B/D, III-C-1, III-C-2, III-F of the Federal Older Americans Act, and New York State Expanded In-Home Services for the Elderly (EISEP), Community Services for the Elderly Act (CSE), Congregate Services Initiative (CSI), and the Wellness In Nutrition (WIN). February, 2018

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