

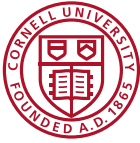
RENSSELAER COUNTY Food and Nutrition Guide 2025

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



Cornell Cooperative Extension Rensselaer County

(518) 272-4210



Area food pantries are sponsored by different organizations. Many serve a particular geographic area. Some pantries provide emergency 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.

Regional Food Bank of NENY

(518) 786-3691



Rensselaer County Food Stamp Office

For info and residency requirements

Call (518) 266-7800

Nutrition Outreach Education Program

For free assistance with food stamp application process: Unity House NOEP Coordinator

Call (518) 274-2633 ext 4108

Community Gardens

Free garden space to grow your own food

Info at (518)-274-8685

WIC Program - Woman, Infant, Children

Free food assistance for pregnant woman and children under 5 (518) 272-6012

Farmers' Markets

From About MAY until OCTOBER

DATE AND TIME VARY

Troy Waterfront

Troy Broadway

North Greenbush

Hoosick Falls

Troy Atrium (Winter Market from NOV-APR)

Senior Meal Sites and Home Delivered Meals

Call the center closest to you

Troy..... (518) 270-5348

Rensselaer (518) 487-4427

Schodack (518) 477-6581

Grafton..... (518) 279-3413

Hoosick Falls..... (518) 686-7561

Dept for the Youth Summer Feeding Program

Get info on sites for free summer

meal for kids call (518) 270-2960

To find free meal for all kids under 18 yrs. old

Call 211

or Text "Food" or "Comida" to 304-304

Free and Reduced Price School Meals

Call your child's school to apply

THE FOOD PANTRIES

Call to get connected to the
closest resource to you
(518) 458-1167
www.thefoodpantries.org

TROY FOOD PANTRIES

Hope 7 Community Center

520 Pawling Ave
(518) 391-3039
M-F 9:30AM-12:30PM, Thu
5-7PM

Mt. Ida Food Pantry

548 Congress St.
(518) 272-1115
Sat 10-11:45 AM

REACT, Inc

Call for info
(518) 272-8974
By appointment

Roarke Center

107 4th Street
(518) 273-8351
Mon & Fri 9-12, M-F 1-3

Salvation Army Troy

410 River St.
(518) 732-5444
Tue & Thu 10 AM-1 PM

St. Augustine's Food Pantry

25 115th St.
(518) 235-3861
Sat 9-10 AM

St. Joseph's Church Troy Food Pantry

416 3rd St.
(518) 244-3347
Wed & Thu 9 AM-12 PM

Unity House

2431 6th Ave
(518) 274-8607
M-F 9-11:45 AM, 1-3 PM

Provisions Food Pantry

461 Fulton St.
(518) 272-4297
Sat 10 AM-12 PM
Note: Closed 1st Sat each month

YWCA - Troy Food Pantry

21 First St.
(518) 274-7100
Mon-Thu 1-4 PM

CEO - Food Pantry (By appt.)

2328 Fifth Ave.
(518) 272-6012
M-F 9 AM-4 PM

CASTLETON FOOD PANTRIES

The Anchor

52 S. Main St.
(518) 732-4180
Mon 4-6 PM, Tue & Thu 9 AM-1 PM,
1st Sat 10 AM-12 PM

NASSAU FOOD PANTRIES

The Gathering Place

24 Albany Ave
(518) 766-4164
Tue & Thu 5-7PM,
Fri-Sat 10 AM-1PM

Nassau Resource Center

15 Chutch St.
(518) 766-9014
Mon, Tue, Fri 9AM-12 PM;
Thu 7-8:30PM

PITTSTOWN FOOD PANTRIES

Pittstown Area Food Pantry

97 Tomhannock Rd.
(518) 258-8213
Tue 6:30-7:30PM, Sat 9-10AM

HOOSICK FOOD PANTRIES

Hoosick Area Church Association Food Pantry

26 John St.
(518) 686-5163
Mon & Fri 10AM-12PM, Wed
6:30-8PM

STEPHENTOWN FOOD PANTRIES

Stephentown Emergency Food Pantry (By appt.)

1513 Garfield Rd.
(518) 487-8606
Sat 9-11AM

SCHAGTICOKE FOOD PANTRIES

Schaghticoke Food Pantry

165 Main St.
(518) 753-6277
Mon 9-11 AM, Thu 4-6 PM

RENSSELAER FOOD PANTRIES

CONSERNS-U (By appt.)

201 Academy St.
(518) 463-8571
Mon-Thu 9AM-2PM, Fri 9AM-12PM

Faith and Love Fellowship Food Pantry

85 Washington St.
(518) 512-3105
Sat 9 AM-12 PM
Note: Only 1st Saturday each month

Doors of Hope

12 Mall Way
(518) 674-4048
Mon-Sat 9 AM-12 PM

TROY SOUP KITCHENS

Damien Center of Troy

392 2nd St.
(518) 274-5920 ext. 206
Lunch Thu & Fri 12PM-1PM
Dinner Mon 6PM-7PM

Unity House of Troy

2431 6th Ave
(518) 272-2352
Lunch Mon-Fri 11:30AM-1PM

Salvation Army Troy

410 River St.
(518) 272-4901
Mon-Fri 4PM-5PM

Victorious Life Church

1838 5th Ave
(518) 274-4237
Wed 4PM-6PM

YWCA of the Capital District

21 1st St.
(518) 274-7100
Thu 4PM-6PM

RENSSELAER SOUP KITCHENS

Blooming Grove Reformed Church

706 Bloomingrove Dr,
(518) 286-2910
Jan-Nov, 4Th Sunday of the
Month 12PM-2PM