The Food Pantries invites you to share your time, compassion, and talents by volunteering with us and/or one of our member pantries.

Volunteer
- At a local food pantry
- Be a member of the Outreach Team
- Special Events
  - CANstruction (in April)
  - De-CANstruction (in April)
  - Community Auction (in May)
  - Harvest Evening Committee (in October)
  - Day After Project (Black Friday)
- In the Office
  - Clerical Work
  - Data Entry
  - Phone Calls
  - Bread Sorting
  - Special Projects

"No act of kindness, no matter how small, is ever wasted."
Aesop, Greek Fabulist, 620 BC-560 BC

For More Information:
volunteer@thefoodpantries.org
518-458-1167

The Work of the Coalition

Working together to feed the hungry in our community, The Food Pantries for the Capital District is a coalition of 54 food pantries located in Albany, Rensselaer, and Saratoga Counties, providing food for more than 2.6 million meals annually.

Our Programs:
- Food Funding
- Holiday Meals Funding
- Food Delivery Service
- Food Rescue
- Food/Fund/Diaper/Hygiene Drives
- Holiday Meals Funding
- Infant Needs
- Member Education/Networking
- Service Referral

Established in 1979, The Food Pantries for the Capital District is a 501(c)(3). For more information on our programs, or how you can help, please visit:

SEFA # 50-00148
CFC # 83501
www.TheFoodPantries.org

Help us feed the hungry!

32 Essex Street
Albany, New York 12206
518.458.1167

www.TheFoodPantries.org
Host a Food Drive:

We are always in need of food items that are low in fat, sugar, and sodium.

Suggested Items to Donate

Proteins:
- Canned Tuna, Salmon and/or Chicken
- Canned or Dried Beans
- Peanut Butter

Vegetables and Fruit (canned):
- Green Beans
- Peas
- Mixed Vegetables
- Carrots
- Peaches, Pineapples, Pears, etc.
- Tomatoes
- Canned 100% Juice

Starches:
- Rice/Pasta (Brown/Whole Wheat)
- Cereals (Whole Grain)
- Oatmeal
- Pancake Mix

Meals:
- Soups (Lentil, Minestrone, Chicken and Rice)
- Canned Pasta Meals (Ravioli, Spaghetti)
- Chili

Other:
- Condiments
- Canned Spaghetti Sauce
- Jelly

Grow an Extra Row:
When planning your garden, plant an extra row to donate to your hungry neighbors.
If you plan on collecting perishable food, please make prior arrangements with our office.

Foods to Avoid: Home canned food, outdated food, food without labels, glass jars.

IDEAS FOR SUCCESS:

Choose a theme for your Drive!
- Summer Super Snacks—healthy kids snacks for when school is out
- Keepin’ It Clean—much needed hygiene and household products
- Baby Shower—diapers, food and formula
- Food for All—healthy, non-perishable food items

Set both a beginning and end date!
- One or two weeks is a typical amount of time for most food drives.

Advertise your drive!
- Put up fun signs with useful information
  1. Theme
  2. Start and end date
  3. Suggested items to donate
  4. The Food Pantries website
     www.TheFoodPantries.org
- Place Collection Boxes where they will be visible, accessible and clearly labeled
  Please keep filled boxes under 50 pounds

Plan for Delivery:
- If more than what would fit in one car is collected, we’ll happily pick it up.
- Call in advance to schedule and plan for delivery and/or drop off before you start your drive.

More Than Food:

Host a “Baby Shower”
- $1=7 diapers=1 day
- $10=70 diapers=1 week

An Infant Needs collection of diapers and formula to help keep our youngest neighbors fed and dry.

1 in 3 families in the US report experiencing diaper need

Fund Drives:
- $1.00=6.25 pounds of food=5 Meals
- $10.00 = 62.5 pounds of food

Monetary donations might be an easier way for some people to get involved.
We ask that checks not be put in the boxes with collected food; instead, attach a labeled envelope to the side of your collection box to ensure it won’t be lost in transit.
Make checks payable to “The Food Pantries”

Hygiene Supply Drive:
Think outside the box of pasta and organize a collection of hygiene products.
- Shampoo/Conditioner
- Toothpaste/Toothbrushes
- Male/Female Deodorant
- Bathroom Tissue/Paper Towels
- Bar Soap/Body Wash
- Feminine Hygiene Products
- Laundry/Dish Soap

For More Information:
fooddrive@thefoodpantries.org
518-458-1167

www.TheFoodPantries.org