No one should go hungry. A MESSAGE FROM THE EXECUTIVE DIRECTOR:

A food assistance program volunteer shared a recent experience with me. A young boy waited for lunch and complained, “I’m hungry.” When asked if he had breakfast that morning he said yes, he had rice. “I had rice for breakfast, too!” chimed in his two-year-old sister. The boy smiled, his mouth full of half decayed teeth, a sign of malnutrition. “But I’m still hungry.”

This story is heartbreaking and overwhelming, especially when it is estimated that there are 33,000 children struggling with food insecurity in the Capital District (Feeding America, 2017). While not all people struggling show obvious signs of malnutrition, one thing is clear: hunger is a serious problem in our community.

According to a recent Siena College Research Institute public opinion poll, 94% agree, “No one in New York State should go hungry.” A similar number - 90% - agree, “We should spend whatever it takes to make sure no one in New York State goes hungry.” A majority of Capital District residents donate food (59%) and money (53%), and 20% donate time to food assistance programs like food pantries. This confirms what we already knew; we live in a generous community!

This generosity helped approximately 47,000 people receive food for more than 2.7 million meals through our coalition of food pantries in 2016. And while we are doing great work together, with the current state of food insecurity, it is time that we ask our community to do more. We must do more. Because we agree, no one should go hungry.

Through our Filling the Gap Food Pantry System and Community Needs Assessment, we are gathering information to meet greater community needs. We look forward to sharing our findings with you when our research and planning is complete.

In the meantime - Thank you to all who help us in our fight against hunger! Your support touches tens of thousands of lives in our local community. We couldn’t do it without you.

Yours in service,

Natasha Pernicka
More than 96,000 people are food insecure in Albany, Rensselaer, Saratoga, and Schenectady Counties. 24,000 are children. *We’re here to help!*

**OUR VISION**
A dynamic network of well-stocked food pantries nourishing our hungry neighbors in the Capital District.

**OUR MISSION**
We are a coalition of more than 60 food pantries in Albany, Rensselaer, Saratoga, and Schenectady Counties, working together to feed the hungry. Our mission is to address hunger in the capital district through our member food pantries.

**HISTORY**
Our coalition was founded in 1979 by the Urban Ministries Fellowship, a committee of the Capital Area Council of Churches. We started with 10 member food pantries. In 1980, we sponsored our first food drive. That year, people sought food assistance 15,472 times from 16 food pantries. Since then, we have grown substantially, as hunger has spread throughout the community we serve. Your support helps us provide food for 2.7 million meals annually to assist the hungry in the Capital District.

**HOW WE FULFILL OUR MISSION**
We support our pantries by funding, purchasing, collecting, and delivering food. We provide a forum for networking, coordinating services, educating and training pantry staff and volunteers. We are a voice for the LOCAL hungry.
2016-2017 MEMBER PANTRIES

ALBANY COUNTY
1. Albany Community Action Partnership - Cohoes Outreach
2. Altamont Community Food Pantry
3. Arbor Hill Community Center
4. Bethlehem Food Pantry
5. Blessed Sacrament Parish
6. Cathedral Social Services
7. Christ Our Light
8. First Church in Albany
9. FOCUS Interfaith Food Pantry
10. Guilderland Food Pantry
11. The Help Center at Capital Church
12. Hilltowns Community Resource Center
13. Immaculate Heart of Mary Food Pantry
14. Israel AME Church
15. Mater Christi Food Pantry
16. New Horizons*
17. New Scotland Community Food Pantry
18. Onesquethaw Reformed Church
19. Sacred Heart Outreach
20. Salvation Army Food Pantry-Albany
21. Salvation Army Food Pantry-Cohoes
22. St. Ambrose
23. St. Clare’s Food Pantry
24. St. James Food Pantry
25. St. John’s/St. Ann’s Center
26. St. Mary’s Outreach
27. St. Vincent’s Food Pantry
28. “The Pantry” @ St. Patrick’s
29. Sister Maureen Joyce Food Pantry
30. Trinity Alliance of the Capital Region
31. Trinity United Methodist Church Food Pantry
32. United Church of Cohoes
33. Venture Churches

AMESLEAER COUNTY
34. The Anchor
35. Brunswick Cares Community Food Pantry
36. Commission on Economic Opportunity
37. Consens-U
38. Doors of Hope
39. Faith and Love Fellowship
40. The Gathering Place (New Hope for Life)
41. Hope 7 Food Pantry
42. Hoosick Area Church Association
43. Mt. Ida Community Food Pantry
44. Nassau Resource Center
45. Pittstown Area Food Pantry
46. Roarke Center Food Pantry
47. St. Joseph’s Food Pantry
48. The Salvation Army Troy*
49. Troy Larger Parish
50. Unity House of Troy
51. YWCA of the Greater Capital Region, Inc.*

SARATOGA COUNTY
52. Franklin Community Center
53. Grace Church-Faith’s Pantry
54. Greater Galway Community Services Association*
55. Harvest Church (Raven’s House)
56. Karyl’s Kupboard CAPTAIN Youth & Family Services
57. Mechanicville Area Community Services Center
58. St. Clement’s Outreach*
59. St. Mary’s/St. Vincent de Paul Society
60. Saratoga EOC
61. Wilton Food Pantry

SCHENECTADY COUNTY
62. The Bridge Food Pantry*

ASSOCIATE MEMBERS

Saratoga County
1. The Salvation Army Saratoga
2. Living Hope United Methodist Church
3. Upper Room Thrift Shop & Food Pantry

Schenectady County
1. The Salvation Army Schenectady

Associate Members are interested in Full Food Pantry Membership, a process that includes a 6-8 month period of meeting membership guidelines and a vote of board and members.

2017 BOARD OF DIRECTORS
Jane Sanders, LMSW
President
April Ulrich
Vice President
Bruce Sowalski
Secretary/Past President
Jack Sweeney
Treasurer
David Cleveland
Mary Helen Collen
Thomas Gallagher
Jennifer Getter, CPA
Felipe Giraldo
Eileen FitzPatrick, Dr.PH., MPH, RD
Sr. Marian Hamwey
Connie Madigan
Gail Meehan
Aaron Mensh, Esq.

Thank you to those who served as board members in 2016-17:
Pilar Arthur-Snead, Alison Blessing, CPA, Betty DiMaria, Sr. Judith Kapp, Susan Lintner, Nina Marinello, PhD, and Margaret Skinner

THE FOOD PANTRIES TEAM
Natasha Pernicka
Executive Director
Angie Pender-Fox
Program Director
Kathy Marco
Community Engagement Manager
Sydney Sericolo
Community Engagement and Administrative Assistant
Leah Friedman
Program Coordinator
David Cleveland*
Volunteer Coordinator
Drivers
Ralph Renna
Leland Sweeney
Tessa Loux

*volunteer

PARTNERS
1. The Albany Damien Center
2. Catholic Charities of the Diocese of Albany
3. Fidelis Care
4. FOCUS Interfaith Council
5. Grassroots Givers
6. Healthy Families New York
7. The Legal Aid Society of Northeastern NY
8. Regional Food Bank of NENY
9. Rensselaer County Department of Health
10. The Sage Colleges (Nutrition Science Department)
Together, in 2016, our coalition of 56 food pantries worked to alleviate hunger in Albany, Rensselaer, and Saratoga Counties by providing approximately 47,000 individuals food for more than 2.7 million meals to our neighbors in need. Our member pantries experienced 274,754 visits from individuals enduring food insecurity. Our coalition saw a 12.4% increase in pantry visits across the board—children, adults and seniors.

Community support is crucial to keep up with local need!

**WORKING TOGETHER TO DO WHAT NO ONE OF US CAN ALONE**

Our coalition continues to be challenged with high levels of service. Working together we are able to meet these challenges and nourish our neighbors in need. The Food Pantries 2016 program impact numbers include:

**INFANTS**
Keeping our youngest fed and dry.
108,772 diapers
1,721 cans of formula distributed

**CONNECTIONS**
Referrals to pantries and other basic needs services.
1,511 people referred

**INDIVIDUALS**
Making a difference. 50% of pantries are completely volunteer run.
316 volunteers
4,186 volunteer hours

**FOOD RESOURCES FOR PANTRIES**
Keeping shelves stocked all year long.
$253,064 funded
510,797 lbs. collected

**2,760,025 TOTAL POUNDS OF FOOD DELIVERED**
Our food pantry members consistently rank our Food Express: Healthy Food Pantry Delivery as the most important program to help keep shelves stocked. Shelf stable items and fresh foods such as meat and produce are delivered daily.

**235,781 POUNDS**
**275,016 POUNDS**
**2,246,862 POUNDS**
**2,275,016 POUNDS**

**FOOD SHUTTLE/FOOD RESCUE**
**FOOD DRIVES/DONATIONS COMMUNITY EVENTS**
**FOOD EXPRESS/FOOD BANK**
As a local nonprofit we strongly rely on individuals and community partners to support the work that we do. Your dollars stay local and make a real impact in our community.

In 2016 our revenue was $1,634,746, an 11% increase, and our expenses were $1,569,610. We realized a net revenue of $65,136. Our single largest fundraising effort each year is our phone campaign which makes up approximately 21% of our total revenue.

The majority of our expenses are directly related to food, food delivery, and the staff who run our programs.

Thank you to all who contributed to help us feed the hungry!

**Did you know?**
- $1 can provide up to 6.25 pounds of food
- 1.2 pounds of food can provide one meal
- $100 can provide 520 meals to feed the hungry!*

*Based on acquiring food for 16 cents a pound and Feeding America’s calculation of an average meal = 1.2 pounds of food.

**2016 Corporate, Foundation, and Grant Awards**

*Thank you for your support*

- **$20,000 - $75,000**
  - The Community Foundation for the Greater Capital Region
  - Arnold Cogswell Health Care Fund
  - Judith Fetterly Donor Advised Fund
  - Marjorie Rockwell Fund For The Disabled
  - Review Foundation
  - Empire BlueCross Foundation
  - FEMA Emergency Food and Shelter Program
  - SEFCU
  - The Seymour Fox Memorial Foundation
  - United Way of the Greater Capital Region

- **$10,000 - $19,999**
  - Ann Allen Cetrino Family Fund
  - Hume Charitable Fund

- **$5,000 - $9,999**
  - Bank of America Charitable Foundation
  - Hannaford Supermarkets
  - Junior League of Albany
  - KeyBank
  - MVP Health Care
  - Stewart’s Foundation

- **$2,500 - $4,999**
  - BlueShield of Northeastern New York
  - CDPHP
  - The GE Foundation

- **$1,000 - $2,499**
  - Benevity Community Impact Fund
  - Bruegger’s
  - CAPCOM
  - GCAR (Greater Capital Association of Realtors)
  - Give With Liberty
  - IBM
  - Market Block Books
  - NYBDC Foundation
  - Trombly Foundation
  - Todd Slingerland and Adam Neary Grant
  - WGY Christmas Wish

- **$500 - $999**
  - Honest Weight Food Co-op
  - Microsoft Matching Gifts Program
  - Pitney Bowes
  - Selkirk Cogen Partners
  - Realty USA Gabler Team
  - St. Clare’s Church
  - Times Union Capital Region
  - Gives Partners
  - EYP
  - The Rosenblum Companies
  - WAMC Fund Drive Partners
  - MVP Health Care
  - The Seymour Fox Memorial Foundation
  - Giving Tuesday Partner
  - Noble Gas Solutions
When a parent calls in desperate need of formula for their baby, we act quickly. Watering down formula or supplementing with juice or milk does not provide the baby the nutrients it needs for healthy development and growth, yet many turn to this when they run out of resources.

We perform a critical service of distributing free formula and diapers to our member pantries through our infant needs program.

In 2016, we distributed 1,721 cans of formula and 108,772 diapers. In order to make this possible, we rely on local companies who provide storage space for these items, which we distribute throughout the year. The storage space also helps us manage large food drives and other donations. We always aim to get food and other items out to pantries as quickly as possible. A big thank you to our 2016 storage partners Arnoff Moving, Storage, and Rigging, and The Rosenblum Companies, and our new 2017 storage partner, Stone Management.

FOOD RESCUE PARTNERS
In 2016, our Food Rescue “Food Shuttle” Program collected and distributed 235,781 pounds of bread and baked goods, including whole grain items. We are so grateful to all of our donors who participate in this program.

Aldi’s  BJ’s Wholesale  Bountiful Bread  Honest Weight Food Co-op  Panera Bread  Pepperidge Farms  Price Chopper
Rockland Bakery  The Regional Food Bank of NENY  Shop Rite  Subway  Uncommon Grounds  Whole Foods

PRODUCE PARTNERS
In 2016, we collected and distributed 33,204 pounds of produce to our member pantries. This is more than double the amount of produce collected in 2015. We are so thankful to our produce partners for working with us to get fresh, nutritious produce.

Capital Roots – Squash Hunger  Carnival (CDPH and SEFCU)  Lillie’s Place  Radix Center  Wildwood Programs
CHOW (Community Hunger Outreach Warehouse)  Honest Weight Food Co-op  Prime Trucking  The Regional Food Bank of NENY  ZBT Trucking

TOP 2016 FOOD DRIVES AND DONATIONS
We continue to be both amazed and incredibly grateful for all of the individuals and groups who offer support to our neighbors via food and fund drives. In 2016, we distributed 241,812 pounds of food! Our community truly does care!

CANstruction - 94,130 lbs. & Hunger Heroes - 15,191 lbs. (Total of 109,321 lbs.)
Stamp Out Hunger (National Association of Letter Carriers)- 77,400 lbs.
WGNA - Hunger Games - 10,345 lbs.
Whole Foods - 8,478 lbs.
Equinox - The Day After Project - 6,741 lbs.
Albany Academy for Girls Key Club - 3,148 lbs.
Girl Scouts of Northeastern NY- 2,826 lbs.
Albany City Wide Food Drive - 2616 lbs.
Hannaford Supermarkets - 2,423 lbs.
Honest Weight - 1,820 lbs.
Hoffman’s Car Wash - 1,415 lbs.
Fuel for School (Joe Legnard of Keller Williams) - 1,406 lbs.
VHB/Rosenblum Companies- 1,165 lbs.
St. Sophia’s- 960 lbs.
RPI Technology Park- 835 lbs.
Hudson Mohawk Road Runners Club- 788 lbs.

WAREHOUSE SPACE PARTNERS
When a parent calls in desperate need of formula for their baby, we act quickly. Watering down formula or supplementing with juice or milk does not provide the baby the nutrients it needs for healthy development and growth, yet many turn to this when they run out of resources.

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2016 SPECIAL EVENTS
CANstruction HUNGER HEROES - The seventeen “Hunger Heroes” Teams, sponsored by KeyBank, brought in 15,067 pounds of food and $1,750! 2016 was the second year for the Hunger Heroes food and fund drive so that everyone can be a part of the impact of the CANstruction event. The 2016 Hunger Heroes Teams included:

Global Foundries, winner “First Place”
Rotary Clubs of the Capital Region, winner “Second Place”
C.T. Male Associates, winner “Third Place”
Arnoff Moving & Storage
Big Bowman Heroes
Book Buddies
Coburg Village
Bethlehem Children’s School
Iroquois Middle School

Insurance Auto Auctions
Leadership Tech Valley Class of 2015
Saratoga National Bank
Team JoBean
The Bonadio Group
The College of Saint Rose
The Food Pantries Board of Directors
Troy Church of Christ
Turner Construction Company
Waters View Apartments, Cohoes, NY
COMMUNITY AUCTION - The Food Pantries honored Peggy and Leo Hetling as Volunteers of the Year from St. John’s/St. Ann’s Center in Albany. Ralph Della Rocca of Christ Our Light food pantry was awarded the Sister Mary Coons Award. Thanks to our sponsor Dwight Plumbing & Heating.

HARVEST EVENING CELEBRATION presented by SEFCU, chaired by Robert W. Lazar, and emceed by Joe Donahue of WAMC. The Chef's Challenge really cooked up success for the 5th year in a row! The participants were tasked with making a delicious tasting using items commonly stocked in our food pantries. Contestants included Chef Kizzy Williams of Allie B's Cozy Kitchen, Chef Melissa Sheridan and Chef Nigel Peters of Brown's Brewing Co., Chef Jennifer Hewes of The Point, Chef Sainabou Jatta and Chef Amanda Bussing of Whole Foods Market. This was the first year The Food Pantries sponsored one of our coalition member's soup kitchens! We are proud to have had the Culinary Team from Unity House of Troy participate! The judging panel included Steve Barnes of the Times Union, Daniel Berman of The Fussy Little Blog, William Harris, Esq., Baill, Chaine des Rotisseurs, Anna Kim, Yelp Elite Gold and Donna Purnomo of Yono's Restaurant. The University at Albany was presented with the Outstanding Community Partner Award. Thank you to our 2016 Harvest Evening Celebration Sponsors including:

- ADNET Technologies, LLC
- Alison and David Blessing
- AOW Associates Inc.
- Arnoff Moving & Storage
- BBL Construction Services, LLC
- British American Development Corp.
- CapitalCare Medical Group, LLC
- Citizens Bank
- Couch White
- CSArch Architecture, Engineering, and Construction Management
- DALLE Accounting and Cash Management
- Dwight Plumbing and Heating, Inc.
- Eric Kniele Electrician
- Fagan Associates, Inc.
- Fenimore Asset Management
- Firstlight Fiber
- Hannay Reels, Inc.
- Hugh Johnson Advisors
- JPMorgan Chase
- KeyBank
- Kinderhook Bank
- L. Browe Asphalt Services, Inc.
- M&T Bank
- Marshall & Sterling Upstate, Inc.
- Massey Charitable Foundation Inc.
- McNamee, Lochner, Titus & Williams, P.C.
- MicroKnowledge, Inc.
- National Grid
- Photographic Expressions Studio & Gallery, Inc.
- Pioneer Bank
- Quikrete of Albany
- Rifenburg Companies
- Robert and Shirley Lazar
- Sabic Innovative Plastics
- Sandler Sales Training
- SEFCU
- Silhouette Optical, Ltd.
- Sodexo
- St. Peter's Health Partners
- Stewart's Foundation
- Sunmark Charitable Community Foundation
- Teal, Becker & Chiaramonte
- Teresian House
- Times Union
- Tracey Slupski Robert
- Coldwell Banker
- University at Albany
- WNYT-TV
- Wojcik & Company, CPAs
- Worksite Benefits
- Yelp
HAVE A HEART FOR HUNGER

Kelly Mateja was awarded the 1st Helping Heart Award. Ben Boswell was awarded the 1st Young Ambassador Fighting Hunger Award. Thanks to Glennpeter Jewelers!

FOOD SUMMIT

University at Albany School of Public Health collaborated with Siena College and The

COMMUNITY AUCTION

Volunteer of the Year Award Honoree, Claire Baker, and Sister Mary Coons Award Honoree, Geraldine “Dinnie” Shanley.

FOOD CONNECT

Pilot fresh produce/pantry distribution and basic needs connection project served 107 households!

MEMBER POTLUCK PICNIC

A fun summer gathering of our food pantry coalition members at Peebles Island.

TRI-CITY VALLEYCATS

The Tri-City Valleycats partnered with Hannaford Supermarkets for “Fighting Hunger Night” and Bank of America for “Strikeout for Hunger.”

CANSTRUCTION: Go Team!

Go Team! The 7th annual CANstruction raised more than $37,000 and 106,000 pounds of food! A record breaking year, the event ranked 7th internationally!

FILLING THE GAP:

More than 1 in 10 people are struggling with food insecurity in our region. We believe all people struggling with food insecurity should have access to food pantry resources in times of need. Unfortunately things like access, awareness, and stigma prevent people from needed help. The Food Pantries for the Capital District is working on “Filling the Gap” for our neighbors in need. To date we have: developed a community food assistance asset map (available on our website) and have mapped out the greatest underserved communities in our region; shared the gaps with our coalition and are coordinating collaborative efforts to reduce the gaps in targeted areas; developed and are distributing a new four county basic needs resource guide; piloting Food Connect—mobile food and resource connection program; have partnered with University at Albany and Siena College on research projects to assess client needs and pantry capacity and best practices; hosted a Food Summit to share research and best practices in food assistance efforts; and more! In 2018 we will continue collaborative efforts to “Fill the Gap,” will assess our food delivery system and client transportation barriers, and release the Filling the Gap public report.

Thanks to supporters including: Arnold Cogswell Foundation; The Community Foundation for the Greater Capital Region; CDPHP; MVP Health Care; The Seymour Fox Foundation; United Way of the Greater Capital Region; and the William Gundry Broughton Foundation.