Working Together We Can Do More.

A MESSAGE FROM THE EXECUTIVE DIRECTOR:

Food brings us together. For cultural traditions and nourishment. For a challenge and to experience new things. For entertainment and celebrations. To share time with loved ones.

For some people, food is an act of service. Dave is a volunteer who recently shared a story about his experience serving at a local food pantry. He spoke about a day when the weather was frigid, and he’d arrived long before opening time to get things ready. There was an older woman already waiting in line outside, long before the doors would open. Dave approached her, “It is so cold, what is that you need that would bring you here so early?”

With a look of determination, she told Dave that this was her granddaughter’s birthday. “I want to make sure my granddaughter has a birthday cake today.” This pantry often received donations from a bakery and was known to have cake. About an hour later Dave watched the grandmother walk away with more than a special cake. She also had fresh produce, pasta, cereal, proteins like peanut butter and chicken, and more.

For some people, the lack of food is a source of stress. For this grandmother, and for approximately 65,000 other Capital Region community members, food pantries are a place to turn to help make ends meet. And sometimes to surprise a little girl with some birthday magic.

With food for millions of meals going out annually through our coalition of nearly 70 food pantries, working together is crucial to make sure that no one goes without. By sharing resources and information, coordinating services, and speaking up on behalf of our food pantry members and those we serve, we can do together what no one of us can do alone.

Partners, supporters, donors, volunteers, and staff all play important roles in our collective work. Thank you for being a part of the incredible team of people who share our vision for a hunger free Capital Region.

Natasha Pernicka

Photo by Joan Heffler
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**What does it mean to be a coalition of food pantries?**

Working together to do more than any one of us can alone.

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**Did you know?**

By providing a minimum of three days’ worth of free, nutritious grocery items, food pantries fill a gap for many people on a monthly basis. Pantries strive to distribute food based on the US Department of Agriculture’s MyPlate model of the five food groups that are the building blocks for a healthy diet.

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More than 80,000 people are food insecure in Albany, Rensselaer, Saratoga, and Schenectady Counties. 26,000 are children. *We’re here to help!*
Our Board of Directors wishes to recognize the many years of dedicated service by our friend and former colleague, Bruce Sowalski. Bruce served on this board until his untimely passing in 2020. He will continue to be missed.

MEMBER PANTRIES

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

RENSSELAER COUNTY
33. The Anchor Food Pantry
34. Brunswick Cares Community Food Pantry
35. Commission on Economic Opportunity
36. CoNSERNS
37. Doors of Hope
38. The Gathering Place (A New Hope for Life)
39. HACA Food Pantry
40. Hope 7 Food Pantry
41. Mt. Ida Community Food Pantry
42. Nassau Resource Center
43. Pittstown Area Food Pantry
44. Roarke Center Food Pantry
45. Schaghticoke Food Pantry
46. St. Joseph’s Food Pantry
47. The Salvation Army - Troy
48. Food Pantry at Oakwood Community Center
49. Unity House of Troy, Inc.
50. YWCA of the Greater Capital Region Food Pantry

SARATOGA COUNTY
51. Faith and Baptist Food Pantry
52. Franklin Community Center
53. Grace Church Food Pantry
54. Greater Galway Community Services Association
55. Harvest Church
56. Karyl’s Kupboard CAPTAIN Community Human Services
57. Living Hope United Methodist Church Food Pantry
58. Mechanicville Area Community Services Center Food Pantry
59. Perry Road Food Pantry
60. St. Clement’s Outreach
61. LifeWorks Community Action Food Pantry
62. The Salvation Army - Saratoga
63. Upper Room Thrift Shop & Food Pantry
64. Wilton Food Pantry

SCHENECTADY COUNTY
65. Salvation Army - Schenectady
66. Bethesda House
67. Bread of Life Food Pantry
68. P.G. Wright Food Pantry Yates Village

ASSOCIATE MEMBERS

Schenectady County
1. State Street Food Pantry

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.

Community Food Assistance Network (CFAN)

1. Albany Damien Center
2. Albany Food Factory
3. Alliance for Better Health
4. Alliance for Positive Health
5. Brightside Up
6. Capital Region Eat Smart New York
7. Capital Roots
8. Catholic Charities of the Diocese of Albany
9. Community Foundation Greater Capital Region
10. Ellis Food Factory
11. Fidelis Care
12. Focus Interfaith
13. Grassroots Givers
14. Hunger Action Network
15. Legal Aid Society of Northeastern NY
16. LifePath (formerly Senior Services of Albany)
17. Moms Start Here
18. NYS Department of Agriculture & Markets
19. Pinney Meadows
20. Regional Food Bank of Northeastern New York
21. Rensselaer County Department of Health
22. Sage College Nutrition Department
23. Shrine Church of Our Lady of the Americas
24. St. Peter’s Health Partners

NYS CFAN

1. Broome County Council of Churches
2. Comfort Food Community
3. Concerned for the Hungry
4. Dutchess Outreach
5. Hunger Action Network of New York State
6. Hunger Coalition of Otsego County
7. Hunger Free America
8. Interreligious Food Consortium
9. Rockland Community Against Hunger
10. Schenectady Community Ministries
11. St. Mary’s Healthcare
12. The Food Pantries for the Capital District
13. West Side Campaign Against Hunger
Together, in 2020, our coalition of food pantries worked to alleviate hunger by providing approximately 65,709 individuals food for more than 2.9 million meals. Our member pantries were visited 279,832 times from individuals and families enduring food insecurity.

In 2020, our member pantries had to shift service models quickly due to the pandemic. Just as they were addressing a dramatic increase in community needs, there was a shortage of volunteer help because many of the pantry volunteers needed to stay home to keep safe.

Due to these circumstances, there were points in time last year when service data was not collected. Getting food to those in need remained the number one priority. Given this, the numbers we are sharing in this report underrepresent the true amount of services our member pantries provided to our neighbors in need.

Community support is crucial to keep up with local need. Thank you to all who contribute!

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

Working together we are able to maximize resources to increase our impact. In support of our member food pantries and those they serve, The Food Pantries 2020 program impact numbers include:

- **INFANTS**
  - Keeping our youngest fed and dry.
  - 105,870 diapers
  - 1,779 cans of formula Distributed

- **CONNECTIONS**
  - Referrals to pantries and other basic needs services.
  - 4,139 referrals

- **INDIVIDUALS**
  - Our volunteers make a difference in our office, in our pantries, and in our community.
  - 250+ volunteers
  - 6,000+ volunteer hours

- **FOOD RESOURCES FOR PANTRIES**
  - Keeping shelves stocked all year long.
  - $236,043 funded
  - 159,082 lbs. collected

- **3,696,078 TOTAL POUNDS OF FOOD DELIVERED**

- **214,889 POUNDS**
  - Food Drives/Donations
  - Community Events

- **381,921 POUNDS**
  - Food Shuttle/Food Rescue

- **3,099,268 POUNDS**
  - Food Express/Food Bank

- **13,998 POUNDS**
  - Hygiene Products

Thank you to B’nai B’rith Gideon Foundation, William Gundry Broughton Charitable Foundation, CAP COM Cares Foundation, Hannaford Supermarkets, Michael and Margaret Picotte Foundation, John D. Picotte Family Foundation, MVP, SEFCU, The Seymour Fox Foundation, and United Way of the Greater Capital Region for their support of our Food Delivery Programs.
Thank you to Arnoff Moving, Storage and Rigging, Stone Management, and Harvest Church.

FOOD RESCUE PARTNERS
In 2020, our Food Rescue “Food Shuttle” Program collected and distributed 166,871 pounds of bread and baked goods, including whole grain items. We are so grateful to all of our donors who participate in this program.

Bella Napoli Bakery
BJ’s Wholesale
Bountiful Bread
Freihofer’s—Schenectady
Honest Weight Food Coop
Panera Bread—Washington Ave.
Pepperidge Farms
Regional Food Bank
ShopeRite
Subway
Uncommon Grounds

TOP 10 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 through food and fund drives. In 2020, we distributed 159,082 pounds of shelf stable food!

1. Old World Provisions—18,694 pounds
2. CANstruction — 13,785 pounds
3. Hudson River Foods— 12,624 pounds
4. Beekman 1802—10,239 pounds
5. Whole Foods Market — 7,921 pounds
6. Albany County—6,472 pounds
7. HP Hood — 5,432 pounds
8. McLane—3,795 pounds
9. Capital Roots—Squash Hunger—3,322 pounds
10. Honest Weight Food Co-op— 3,213 pounds

WAREHOUSE STORAGE PARTNERS
Thank you to Arnoff Moving, Storage and Rigging, Stone Management, and Harvest Church.

TOP 10 PRODUCE PARTNERS
In 2020, we collected and distributed 270,857 pounds of produce to our member pantries. We are so thankful to our produce partners for working with us to get fresh, nutritious produce.

1. Regional Food Bank of Northeastern New York
2. Capital Roots Squash Hunger
3. Pitney Meadow Farms
4. Redeemer Church
5. Wildwood Produce
6. SEFCU Lettuce
7. Feed Albany
8. Capital District Area Labor Federation
9. Anchor Food Pantry
10. Cornell Cooperative Extension

TOP 10 PRODUCE PARTNERS

Taking It All The Way Home
Throughout the pandemic, The Food Pantries has been working with our local members and partners to facilitate home delivery of pantry groceries for neighbors in need.

To serve folks who cannot leave their homes, our agency has teamed up with local county officials to increase food access by delivering groceries to the homes of our vulnerable community members who are isolated: either quarantined in relation to COVID-19, or challenged by other health-related barriers to accessing their local pantry.

Food Connect - Mobile Outreach
2020 was Mobile Outreach’s fourth year to increase food access and connection to resources. Sites were visited 8,813 times and 34,394 pounds of produce was distributed at: Berlin Fire Department, Palace Theatre, Watervliet Elementary School, Schenectady City Mission and Corinth Elementary School. Thanks to Albany Med, CDPHP, and SEFCU.
2020 FINANCIAL SUMMARY

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 2020 our revenue was $3,206,310 and our expenses were $2,387,314. We realized a net revenue of $850,450 that presented an opportunity for The Food Pantries to invest in future cost-saving measures and program enhancements throughout our coalition.

The Food Pantries was able to pay off the remaining balance on the mortgage for our office building so that even more of each donor dollar goes directly toward fighting hunger. In fiscal year 2021 the Bruce Sowalski Memorial Fund made it possible for our member pantries to pay for needed items such as computers, software, pantry shelving, and other supplies for COVID-related modifications. We improved our infrastructure, and we were able to increase staffing to cover for volunteers who needed to stay home due to the safety concerns of the pandemic.

We were also able to invest in The Food Pantries’ program growth, including Food as Medicine, the Food Access Resource Referral team, a greatly enhanced online NYS-wide resource map and database, and home deliveries for individuals and families with financial and health-related barriers to accessing local food pantries on-site.

In 2021 we budgeted a net loss to give our agency and coalition a year to grow our revenue to support program growth. This allowed us to meet the immediate need of our neighbors challenged by food insecurity.

The majority of our expenses are directly related to food, food delivery, and the staff who run our programs. Thank you to all who contribute to help us feed the hungry!

2020 Corporation and Foundation Donors

Thank you for your support!

$50,000 +
Alliance For Better Health
Amazon
Community Foundation for the Greater Capital Region
Mother Cabrini Foundation
The Hortense and Louis Rubin Community Health Fund of the CFGCR
SEFCU Foundation

$20,000 - $49,999
B’nai B’rith Gideon Foundation
William Gunady Broughton Charitable Private Foundation
Ann Allen Cetrino Family Fund
Honest Weight Food Coop
The McCarthy Charities
MVP Health Care
Price Chopper Supermarkets-Golub Foundation

$10,000 - $19,999
American National Insurance Company
Bank of America
Buckeye Partners, LP
CAP COM Cares Foundation
CDPHP
The Seymour Fox Memorial Foundation
Hannaford Supermarkets
Haynes Family Charitable Fund
The Jewish Community Endowment Fund
Kevin Cleary Government Relations
Keybank Foundation
Macy’s/Bloomington’s
Michael and Margaret Picotte Foundation
Pioneer Bank
The Schenectady Foundation
United Way of the Greater Capital Region

$5,000 - $9,999
Albany Medical Center
Eastern Contractors Association
Fagan Associates
Janitorics
M&T Bank
Mechanical Contractors Association of the Capital District
PNU Technology Partners, Inc.
Review Foundation
St. Peter’s Health Partners
Stewart’s Foundation

$2,000 - $4,999
AOW Associates
Celtic Rays of Hope
CommerceHub
Exit 9 Wine & Liquor Warehouse
Hendricks Foundation
Halmar International
Healthy Community Alliance
HMA Contracting Corp
Mamoun’s Restaurant

What our Food Pantry Coalition Members say about The Food Pantries:

Thanks to all of our supporters for helping us make a difference!

“We are proud to be part of this coalition and grateful for their valuable work. As we have seen demand increase on our food pantry—for some guests, it’s their FIRST TIME accessing a food pantry—the Food Pantries for the Capital District has stopped up delivery frequency, making it possible for us to work with fewer staff and maintaining social boundaries while we work as an essential service.”

-Unity House of Troy

“Thank you and all the staff at The Food Pantries for all you are doing to make the work of those of us on the front lines a little less stressful. It is with all of us working together that we will get through this and be able to give our best to all we come in contact each day.”

-Sister Mary Ellen, Sacred Heart and Saint Mary’s Outreach Food Pantries

“Thank you for all the help you have given us. You have been a real lifeline in this crisis—all your work is sincerely appreciated!”

-Living Hope UMC Food Pantry
2020 SPECIAL EVENTS

CANstruction “Let’s Eat” - The 10th Annual Capital Region CANstruction presented by EYP, Ryan Biggs Clark Davis and Price Chopper Market 32 raised $50,000 and 117,965 pounds of food, a record-breaking year for both funds and food raised by the organization. Eleven teams of local professionals in the Architecture, Engineering and Construction industries designed and erected the exhibit fashioned entirely from canned food goods. After being on display in the New York State Museum, the structures were deCANstructed and sent to member pantries in the four-county region. In Year 10, we also bid farewell to our regional founder and Past President Sara Stein, who worked energetically on this event for over a decade. We wish her the best in her future endeavors.

Platinum Sponsors:
- AOW Associates
- Fagan Associates

Gold Sponsors:
- Capital Financial Planning
- WealthOne, LLC

Silver Sponsors:
- CDPHP
- CAP COM
- First Light
- Noble Gas Solutions
- NBT Bank
- Quikrete of Albany/Package Pavement Co., Inc.
- Stat Staff Professionals
- Stewart’s Shops
- Trustco Bank
- University at Albany Foundation

Bronze Sponsors:
- Alliance For Better Health
- Arnoff Moving and Storage
- County Waste and Recycling
- C.T. Male Associates, P.C.
- Grassland Equipment & Irrigation Corp.
- Lutz, Sellig & Zeronda, LLP
- Mamoun’s Restaurant
- Mosaic Associates Architects 2
- Omni Development Group, Ltd.
- Pursuit
- Redburn Development Partners
- The Reis Group
- Siena Center for Academic Community Engagement

Happy CANniversary, created by C.T. Male Associates

CANstruction HUNGER HEROES - The eighteen “Hunger Heroes” Teams, sponsored by CSArch, brought in 12,932 pounds of food and $6,189! 2020 was the 6th year for the Hunger Heroes food and fund drive and serves as a way for our community to join the impact of CANstruction. Thank you to the 2020 Hunger Heroes Teams: ACECNY, Big Bowman’s Heroes, C&S Companies Albany, C2 Design Group, Chao Plastic Surgery, ECA, Empire Solar, Essex Street Warriors, EYP Architecture & Engineering, Finding My Weigh, GSNENY, Masters Lodge #5, MLB Construction Services, LLC, NAWIC Philips, Ryan Biggs Clark Davis, Sam Greco Construction, WBC of the Capital Region and The Food Pantries Board of Directors.

Harvest Evening goes Virtual, chaired by Nicki Armsby, CFO of AOW Associates and Todd Slingerland, President of Capital Financial Planning, LLC and emceed by Joe Donahue, WAMC. “The Food Pantry Chef’s Challenge” Goes Virtual included video segments on social media and The Food Pantries’ YouTube Chanel with participating chefs on Thursday’s in October.
The Community Food Assistance Network (CFAN) is a unified effort whose goal is to reduce food insecurity in the capital district and with partners statewide. **Working together we can do more than any one of us can do alone to reduce food insecurity.**

**Who:** A collective of stakeholders partnering in this effort, including community members, emergency food services, non-profit organizations, the health care industry, government agencies, private businesses, religious institutions and more.

**Why:** According to Feeding America, in 2019 2.1 million children and adults in New York were food insecure. In the Capital District:
- **Albany County:** 10.4% of the total population or 31,850 people are food insecure
- **Rensselaer County:** 10.9% of the total population or 17,300 people are food insecure
- **Saratoga County:** 8.1% of the total population or 18,400 people are food insecure
- **Schenectady County:** 10.3% of the total population or 16,020 people are food insecure

**How:** Led by The Food Pantries, CFAN convenes stakeholders across sectors, coordinates collective impact activities, provides a forum for information sharing, and develops a robust referral network to increase capacity and food supply to direct food assistance equitably and efficiently to our community. For information contact (518) 458-1167/angie@thefoodpantries.org.

Thanks to MVP Health Care.

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**Food as Medicine**

The Food Pantries for the Capital District is committed to empowering people facing food insecurity to take charge of their own health. Nutritious food is a major part of health care. Individuals and families come to us with a referral from their doctor and we connect them to medically-tailored food packages that fit their health care needs.

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**The Food Pantries Team**

- **Natasha Pernicka**
  Executive Director
- **Angie Pender-Fox**
  Associate Executive Director
- **Peter Konuto**
  Director of Development and Communications
- **Kathy Maroco**
  Administrative Manager
- **Donna Comley**
  Administrative Coordinator
- **Peter Crasto-Donnelly**
  Program Operations Manager
- **Alex Alam El Din**
  Special Initiatives Manager
- **Matthew Cuevas**
  Software Database Project Leader
- **Libby Miller**
  Program Coordinator
- **Lydia Calabro**
  Engagement and Resource Coordinator
- **Marissa Walkup**
  Engagement and Referral Specialist
- **Victor Russak**
  Engagement and Referral Specialist
- **Sarah Grey/Dan Lortie**
  Accounting
- **Julia Bouchard**
  Software Coordinator
- **Ekechi Cross**
  Software Coordinator
- **Alexandra Hankins**
  Community Communications Coordinator
- **Food Delivery Drivers**
- **Peter Borys**
  Doc Custard
- **James Johnson**
  Tessa Loux
  Michael Leahy
  Mark Schomer-Dodd

A special thank you to all of our volunteers. We couldn’t do it without you!