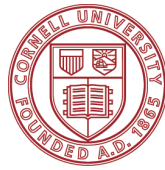


Pantry Places

2014

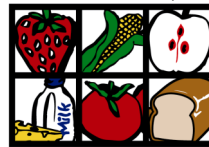


A directory of food pantries & community meal sites in Fulton & Montgomery Counties compiled by Cornell Cooperative Extension in Fulton & Montgomery Counties.



Cornell University
Cooperative Extension
Fulton and Montgomery Counties

Eat Smart New York!



ESNY

Food Pantries in Fulton County

* Call ahead for most current information

Broadalbin

⇒ **Broadalbin Ecumenical Food Pantry**, Methodist Church, 67 N. Main St. Serves residents of Broadalbin Perth School district. Mon. 3:30 - 5 p.m., Thurs., 9:30 - 11 a.m. except holidays. Call 518-705-0174.

Caroga Lake

⇒ **North Bush United Methodist Church**, 1009 North Bush Road, Caroga Lake. For Town of Caroga residents only. Call for appointment, 518-835-6884.

Dolgeville

⇒ **Dolgeville Food Pantry at United Methodist Church**, 21 N. Helmer St., Thurs. 3 - 4:30 p.m. for residents of Dolgeville and Oppenheim-Ephratah school districts only. Saturday gleaning (16 boxes only) 10a.m. sharp. First come, first served. Call: 315-429-3760 or 315-429-7381.

Gloversville

⇒ **A.M.E. Zion Church**, 135 E. Fulton St., Fourth Thurs. of the month, 11a.m. - noon Info: 518-725-3516.

⇒ **First Congregational UCC**, 31 E. Fulton St., Gloversville. Last Saturday of month from 10 to 11 a.m. All welcome. Call for information: 518-725-4304.

⇒ **First Free Methodist Church**, Co. Hwy 122 (Phelps St.) Tues. 4pm -6pm, Weds. 9am -12pm. Mass distribution, 10am-noon on the second Thurs. of the month at Gloversville Farmers' Market Pavillion between Church and Spring Streets. Call 518-921-4177.

⇒ **Foothills Council of Churches (Foothills)****, 17 Fremont Street, Gloversville. Monday and Friday 8:45 -11:45 a.m. Info: 518-725-9611.

** ID &/or pantry card required.

Fulton County continued...

- ⇒ **Fulmont Community Action Program****, 53 Church St., Mon. - Fri. 8:30 a.m. - 4 p.m. July & Aug. 8:30-3:30 p.m. Info: 518-725-7110. Closed noon—1p.m. Required Documents: Id - All Household Members Income - The Last 30 Days for All Household Members, Proof of Address
- ⇒ **Gloversville Enlarged School District Food Pantry at Park Terrace Elementary School**, 50 Bloomingdale Ave. Tues., 4 - 6 p.m. Summer hours may vary. Open to families living in the Gloversville School District. Info: 518-775-5750.
- ⇒ **Gloversville Senior Citizens Center****, 53 Church St., Persons 55 yrs.+ can visit every three months. Tues. - Fri., 9 a.m.-1 p.m. Call ahead 725-0923.
- ⇒ **North Main Street Methodist Church** 316 N. Main St. Third Mondays 10:30 a.m.—1 p.m. 725-7323.
- ⇒ **The Salvation Army**, 10 Spring St., Mon.-Thurs. By appointment only. Please call: 518-725-4119.

Johnstown

- ⇒ **Twin Cities Council of Churches at St. John's Episcopal Church of Johnstown**, 1 N. Market St. Every Wednesday from 9 to noon with proof of address. Limited to 1X/month, for Johnstown city residents only. Or, apply at 4 Daisy Lane, Johnstown. Info: DSS at 736-5600 or call St. John's at 762-9210.

Mayfield

- ⇒ **Mayfield Presbyterian Church**, 22 N. Main St., Mayfield. Mayfield residents only. 1st & 3rd Tues. 12:30 – 4:30 p.m. Call 518-661-6566

Northville

- ⇒ **Bread of Life Food Panty**, 221 Reed St. Thurs., 10:130- 11:30 a.m. For emergencies, by appointment; call 518-863-4595.



** Call ahead for most current information*

Amsterdam

- ⇒ **Amsterdam Calvary Food Pantry**, 200 E. Main St., Open 1st & 3rd Sat., 9 - 11a.m. Info: 518-842-1261.
- ⇒ **Catholic Charities**, 1 Kimball St. Monday 9 a.m. - 1 p.m.; Wed., open for seniors only (60+) from 9 a.m. - noon, and 12:30 - 3:30 p.m. for general public. Thurs. 1 - 5 p.m. Info: 518-842-4202.
- ⇒ **Fulmont Community Action Program****, 1200 Riverfront Center, Mon.-Fri., 8:30 a.m.- 4 p.m. Extended hours every 1st & 3rd Thurs. 8:30 a.m. - 7 p.m. Summer hours: 8:30 a.m. - 3 p.m.
- ⇒ **OFA's Cupboard of Kindness**, 135 Guy Park Ave., Wednesdays, 9-11 a.m. For 60+ seniors. Info: 518-843-2300

Fonda

- ⇒ **Fulmont Community Action Program****, Montgomery County Annex Bldg., Room 206, 20 Park St., Mon.-Fri., 8:30 a.m. - 4 p.m. July & August 8:30 a.m. - 3 p.m., Info: 518- 853-8351.
- ⇒ **Haven of Hope Ecumenical Food Pantry**** 10 W. Main St., Fonda; Thursdays, noon – 2 p.m., open to residents of Fonda-Fultonville School District only. ID required for initial sign-up. For evening hours or general info call 518-396-8932.

Fort Plain

- ⇒ **Fulmont Community Action Program****, 200 Canal St., Mon.-Fri., 8:30 a.m.- 4 p.m. July & Aug. 8:30 a.m.-3 p.m. Evening hours: 1st & 3rd Tues., July-Aug., open until 6 p.m.; Sept. - June; open until 7 p.m. Call 518-993-3230.



MEAL SITES

Fulton County

Gloversville

- ⇒ **Church of the Holy Spirit** “Friday’s Table,” 151 S. Main St., Fridays, 5:30 p.m. Call 518-725-1226.
- ⇒ **North Main Street Methodist Church** 316 N. Main St. Serves lunch on Mondays. 725-7323.
- ⇒ **The Salvation Army** 10 Spring St., Dinner: Mondays, Tues. & Thurs., 4:30 p.m. Call 518-725-4119.
- ⇒ **Trinity Anglican Episcopal Church** “The Gathering,” 14 Grand St., Wed. & Sat., 11a.m. - 1p.m. Call 518-725-7010.

Johnstown

- ⇒ **St. John’s Episcopal Church** 1 N. Market St., Lunch: Sundays, noon -1:30 p.m. Call 762-9210

Fulton County Office for the Aging Meal Sites

Call 518-736-5650 to reserve lunch or for more info. Meals open to any senior citizen in Fulton County.

⇒ **Broadalbin**

- Petoff Garden Apartments**, 305 Co. Hwy. 155, Thurs.
- Presbyterian Church**, 68 Main St., alternating Wed.

- ⇒ **Caroga Lake** Caroga Town Hall, 1840 St. Hwy. 10, 1st & 3rd Tues.
- ⇒ **Gloversville** -Forest Hill Towers (Community Room), 31 Broadway, Mon.-Fri.
- ⇒ **Johnstown** Senior Center, 109 E. Main St., lunch, Mon.-Fri.
- ⇒ **Mayfield** Town Hall Complex, 22 N. School St., every other Wed.
- ⇒ **Northville** Red Rooster, Corner of Main & Bridge streets, Thurs.
- ⇒ **Perth** Community Center, 1849 Co. Hwy. 107, lunch, Mon. & Wed.

Montgomery County

Amsterdam

- ⇒ **Masonic Temple** “Faith Soup Kitchen”, 34 Division St., Mon. & Wed., 11:30 a.m. - 1:30 p.m. Call 842-4500.
- ⇒ **St. Ann’s Episcopal Church** “Free Community Meals,” 37 Division St., Last Sunday of every month from 11:30 a.m. - 1p.m. All are welcome. No take-out. Call 842-2363
- ⇒ **St. Luke’s Church** “Amen Place Soup Kitchen,” 24 Pine St., Tues., 1-3 p.m. Eat in or Take out. Call 518-843-AMEN(2636).

Fort Plain

- ⇒ **Reformed Church** “Manna Community Meal,” 165 Canal St., Sat., noon—1 p.m.. All are welcome. Call 518-993-4302.

Montgomery County Office for the Aging Meal Sites

Must be 60 years or older and call at least one day ahead for reservations at 843-2300 or 673-2000.

- ⇒ **Amsterdam** “Garden Towers Café”, 52 Division St., (New Amsterdam Apts.), Mon.- Fri., noon.
- ⇒ **Amsterdam** “Inman Café,” 55 Guy Park Ave., (Inman Sr. Ctr.) Third Fri. of the month at noon.
- ⇒ **Canajoharie** “Café Arkell”, 55 Montgomery St., (Arkell Center), Mon. - Fri., noon.
- ⇒ **St. Johnsville** “Westside Café”, 16 Washington Ave., (Community House), Mon.- Fri., noon.

Eating Better On a Budget

- **Plan** meals in advance.
- **Build** the main meal around rice, noodles or other grains.
- **Use** small amounts of meat, poultry, fish or eggs.
- **Shop** with a list.
- **Look** for specials in newspaper ads for the stores where you shop.
- **Try** store brands.
- **Look** for unit price and compare to similar foods.
- **Read** labels and avoid foods that are high in saturated fats & sodium.
- **Use** date information.
- **Store** and prepare foods properly.
- **Learn** and follow food safety recommendations.

Take action on the Dietary Guidelines by making changes in these three areas. Choose steps that work for you and start today.

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

Are you or someone you know having trouble making ends meet?



Nutrition Outreach and Education Program (NOEP) of Fulton & Montgomery Counties can help! If there is a gap in your monthly food budget, participating in SNAP (formerly known as the food stamp program) could help make it possible to buy the food your family needs to stay healthy. Your local Nutrition Outreach and Education Program (NOEP) Coordinator can help you find out if your household may be eligible to participate. Contact your Fulton or Montgomery County NOEP Coordinator today for more information about SNAP. It's free and confidential!

Your **NOEP Coordinator** is a free and confidential partner in your community who will work with you through the entire application process, answering any questions you have along the way. For more information contact NOEP at 518-842-9466 or 1-800-821-8347. Check below for your county representative:

Stay Healthy with SNAP!

Supplemental Nutrition Assistance Program
Nutrition Outreach and Education Program

Elizabeth Blodgett, *Paralegal*
Fulton County NOEP Coordinator
Cell: 518-810-9081
Phone: 518-842-9466 x 227
Toll Free: 1-800-821-8347
Fax: 518-843-1792
55 E. Main St., Johnstown, NY 12095
Email: eblodgett@lasnny.org



Stay Healthy with SNAP!

Supplemental Nutrition Assistance Program
Nutrition Outreach and Education Program

Carmen Nieves, *Paralegal*
Montgomery County NOEP Coordinator
Phone: 518-842-9466 ext.225
Toll Free: 1-800-821-8347
Fax: 518-843-1792
1 Kimball St., Amsterdam, NY 12010
Email: cnieves@lasnny.org

