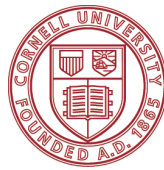


Pantry Places



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

Food Pantries in Fulton County

2013

** 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 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 Sunday of month @ 11:30 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.

Updated 12/21/12

Fulton County continued...

- ⇒ **Fulmont Community Action Program****, 53 Church St., Mon. - Fri. 8:30 a.m. - 4 p.m. July & Aug. 8:30-3 p.m. Info: 518-725-7110.
- ⇒ **Gloversville Enlarged School District Food Pantry at Park Terrace Elementary School**, 50 Bloomingdale Ave. Wed., 10 a.m.-1p.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 60 yrs.+ can visit every three months. Tues. - Fri., 9 a.m.-1 p.m. Call ahead 725-0923.
- ⇒ **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. Call 518-661-6566 or 518-661-6198.

Northville

- ⇒ **Bread of Life Food Panty**, 221 Reed St. Mon. and Thurs., 10:15 - 11:15 a.m. For emergencies. Call for appointment, 518-863-4595.
- ⇒ **Fulmont Community Action Program****, 202 N. Third St., Mon.-Fri., 8:30 a.m.- 4 p.m., July & August 8:30 a.m.-3 p.m. Info: 518-863-2177.



** Call ahead for most current information*

Amsterdam

- ⇒ **Calvary Assembly of God**, 200 E. Main St., 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. July & August 8:30 a.m. - 3 p.m. Evening hours: 1st & 3rd Thursday. July & August, open until 6 p.m. Sept. - June open until 7 p.m. Info: 518-842-0790.
- ⇒ **The Salvation Army****, 267 Market St., office hours, Mon. - Wed. 9 a.m. - noon. Mon. to apply for first time; Tues. & Wed. by appointment only. Info: 518-842-9941.

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; Tuesdays noon – 2 p.m., open to residents of Fonda-Fultonville School District only. ID required for initial sign-up. 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.

**ID &/or pantry card required.



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.
- ⇒ **Emmanuel Baptist Church** “Emmanuel’s Wednesday Dinner” 12 James St., Wed., 5 p.m. No August meals. Call 518-725-8605.
- ⇒ **First Free Methodist Church** 1200 Co. Hwy 122 (Phelps St.) Hot breakfast & lunch, Wed. 9 a.m.– noon
- ⇒ **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 518-762-9210.

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 the month except Jul. & Aug. 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 House Meals,” 165 Canal St., Sat. & Sun., at 5 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.

Eat Better for Less!
with
Eat Smart New York!



- Stretch your food dollars
- Cook quick, healthy meals
- Taste food your kids will love

Nutrition Workshops in Your Community

Who is the target audience?

Individuals, seniors or families receiving Food Stamps, or those who have applied for Food Stamps are encouraged to enroll in Eat Smart New York! Others may sign up for Eat Smart New York!

Please complete this form and return to:
Cornell Cooperative Extension
50 East Main St.
Canajoharie N.Y. 13317
Phone 518-673-5525 or Fax 518-673-5594

Funding for this brochure was provided by the United States Department of Agriculture Food and Nutrition Service and Cornell Cooperative Extension in Fulton and Montgomery Counties. This is an equal opportunity program. If you believe you have been discriminated against because of race, color, national origin, age, sex, handicap, political belief or religion, write immediately to the Secretary of Agriculture, Washington, DC, 20250

Today's date: _____

Name: _____ Age _____

Address: _____

City _____ Zip _____ Phone: _____

Please check programs in which you and your family participates:

- ☐ Food Stamps
- ☐ School lunch or breakfast
- ☐ Medicaid
- ☐ WIC
- ☐ Emergency Dining Site or Soup Kitchen
- Other: _____

