Food Pantry

CEO’s Food Pantry can help you access nutritious food in an emergency to keep you and your family healthy.

Other Food Pantries:

There are a number of other food pantries in the Troy area. Eligibility rules vary. For an accurate listing of the food pantries that serve your neighborhood, please contact:

The Food Pantries for the Capital District
32 Essex Street, Albany, NY 12206
Phone: (518) 458-1167
Web: www.thefoodpantries.org

About CEO

CEO creates partnerships and develops opportunities for social and economic growth and empowerment in individuals, families and communities.

2331 Fifth Avenue, Troy, NY 12180
(518) 272-6012 • info@ceoempowers.org
www.ceoempowers.org
**CEO’s Food Pantry lets you access nutritious food in an emergency to keep you and your family healthy.**

Our Food Pantry staff are trained to help you choose the foods that will work best for you and your family in your unique situation. They can also provide guidance on the topics of budgeting and nutrition, to help you make the most of your food pantry allocation and stabilize your situation as soon as possible. Our goal is to help you succeed so that you no longer need to rely on our services.

**What You Get:**
- Three meals a day to feed yourself and your family for three days
- Access to the food pantry every 14 days as needed
- Fresh produce, milk, and cheese when available
- Recipes, food demonstrations, and nutrition support
- Financial coaching

**Food Pantry Hours:**
- **MON, WED, FRI:** 9:00 AM - 4:30 PM
  Last customer seen at 4:20 pm
- **TUES:** 9:00 AM - 3:00 PM
  Last customer seen at 2:50 pm
- **THURS:** 9:00 AM - 5:30 PM
  Last customer seen at 5:20 pm
*Closed 12:30 - 1:00 pm every day

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**New to Our Pantry?**
You must bring these with you to your appointment:
- A photo ID for each adult in the household
- Current proof of residence, for each adult, such as:
  - Electric bill
  - Lease/mortgage statement
- Birth certificates and/or Medicaid cards for each child in the household

Returning customers must bring their photo ID to every visit!

**We Provide:**
Per household member:
- 84 Grams of protein
- 18 Servings of grains
- 18 Servings of fruits and vegetables

*In accordance with MyPlate health standards

**Next Eligible Date:**
Date: ____________

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**Emergency Food Assistance**

**Food Pantry**

(518) 272-6012 ext. 247

CEO_foodpantry@ceoempowers.org

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**Contact Us Today**