



Is donating 5% of total sales to The Food Pantries for the Capital District on  
**THURSDAY, MARCH 19.**

Just \$1 can help provide 6.25 pounds of food to the hungry.



If you knew that in 2014, our 53 member Food Pantries distributed enough food to provide more than 2.6 million meals throughout the Capital District, Wouldn't you want to help? **YOU CAN!**

**Make the most impact by shopping at Whole Foods Albany on March 19**

Working together to feed the hungry in our community, The Food Pantries for the Capital District is a coalition of 53 food pantries located in Albany, Rensselaer and Saratoga Counties. Annually, The Food Pantries helps fund, collect and deliver 2 million pounds of food for our member pantries, which helps provide food for approximately 2.6 million meals. Imagine that tonight, and every night of the year, 700 local children will have food to eat because their parents were able to receive help from a pantry.