Food Bags contents

* For Fruits and vegetables every point is equal to around 1lb in weight.
  + Examples: 3-4 pieces of fruits/Vegetables/lettuce heads, one 14-16oz can,3 cups fruits
* Bottle of Orange juice (64oz) is 2 points
* Many times when prepackaged bags are over 3 lb we count them as 3 points ex: potato bags
* For Grains every point is equal to around 1lb in weight.
  + Examples: 1lb bag of rice, 1lb pack of pasta, one loaf of bread, one cereal box (12-20oz)
* For Meats/Proteins every point is equal to around 4oz, except for nuts and beans where 1lb counts as 1 point.
  + Examples: 6 eggs, 4 oz of cheese (4 pack string cheese), 1 (7oz) pack of Shrimp AuGratin, one quart of milk, one 1lb bag of dry beans, one can of black/kidney beans or chickpeas
* Dozen eggs or one 8oz cheese block or 2lb bag of pistachio count as 2 points
* Most packaged meats are 3 points including: Whole chicken in bones, 1lb ground beef/turkey
* Some packaged meats count as 4 point such as: 5lb bags of chicken fillets, 5lb turkey Deli
* Milk cards for one-gallon milk count as 4 points.

Serving Clients

* For clients that are expressing a need of food but have been served at our pantry less than 14 days ago, we can provide the following phone number of the “Food Pantries for the Capital District: (518)458-1167”. The FPCD will be able to give them more on information on which food pantries will be able to serve them.
* For clients that are expressing a need for resources we can provide them with the “Food Pantries for the Capital District Basic Needs Resource Guide”. These guides can be printed out from the following link, each county has its own resource guide:

<http://www.thefoodpantries.org/>