

## Local actions you can take to address poverty

Call 518-274-2607 to arrange a donation to Restyle (the Unity House thrift store). Consider donating diapers and baby wipes, feminine hygiene items, everyday dishes that are microwave safe, pots/pans for everyday use, laundered & folded towels and linens in common sizes, gift cards for grocery and big box stores (even cards with only a few dollars left on them!), clothing that is clean and ready-to-wear. Keep in mind that donations should be of a manageable quantity so workers don't get overwhelmed.

Call 518-463-2124 to donate furniture to the Homeless & Traveler's Aid Furniture Program

Donate NEW underwear, bras and socks to programs serving people living in shelters or on the street

Ask someone who is outside of a store what they may want to eat or drink and then buy it for them.

Volunteer at a local shelter.

Donate non-perishable food items (that are not past the expiration date) and health/safety supplies to local pantry programs.

Check out the Free Fridge Program to learn how you can help (<https://freefoodfridgealbany.com/>).

When donating something like boxed macaroni and cheese to a pantry, please check what other ingredients are necessary - and donate those as well.

Donate to the YMCA specifically for their scholarship funds for those who can't afford a membership

Adopt a family for the holidays.

Donate funds or offer to volunteer at local organizations whose mission is to directly help low income families, like Interfaith Partnership for the Homeless or the YWCA-GCR in Troy

Advocate at the County and state levels for legislation that protects people living in poverty

Actively challenge your friends, family, and others who use language and flawed thinking to stigmatize people living in poverty