



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

# **FREE FOOD!**

# **FARMERS TO FAMILIES**

**Albany County Plaza (260 South Pearl St.)**

**Drive-thru Food Box Pick-up**

**Fridays: October 16, 23, 30**

**5:00 – 7:00pm**

The Capital District YMCA is providing our community access to the fresh and wholesome food we need during the COVID-19 national emergency.

Join us to pick-up a box of food including:

Assorted fruits and vegetables

Meat and eggs

Dairy: cheese, butter, cream cheese, and 1 gallon of milk

**\*\*Ingredients subject to changes based on availability\*\***

**Free and open to the community!**

## **JOIN US!**

**CAPITAL DISTRICT YMCA**

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www.CDYMCA.org



Daniel P. McCoy  
Albany County Executive

