Capital Roots’ Squash Hunger program is a fresh produce rescue initiative supported by a corps of volunteers. Squash Hunger collects and distributes donated produce to local pantries, shelters and soup kitchens throughout the Capital Region to provide greater nutrition for those most in need.

Each year, donations are made by farmers, shoppers and gardeners, many of whom grow a row specifically for Squash Hunger. Partnerships with grocers and farmers’ markets throughout the Capital Region allow Capital Roots to place bins where donors can drop off their extra harvest or produce purchased while shopping.

Volunteers make a weekly commitment of 1-3 hours, delivering donations to area food pantries, soup kitchens and shelters. Gleanings are added opportunities for families and individuals to help Capital Roots harvest surplus crops from area farms.
Capital Roots nourishes healthy communities by providing access to fresh food and green spaces for all.

Donate produce at these locations:

Capital Roots
594 River St, Troy
Delmar Farmers’ Market, Sat. 9am-1pm
332 Kenwood Ave, Delmar
Delmar Marketplace
406 Kenwood Ave, Delmar
Honest Weight Food Co-op
100 Watervliet Ave, Albany
New Covenant Presbyterian Church Farmers Market, Tues. 3-6pm
916 Western Ave, Albany
Hewitt’s - Clifton Park
1582 Route 9, Clifton Park
Hewitt’s - East Greenbush
179 Troy Rd, East Greenbush
Hewitt’s - Scotia/Glenville
3 Charlton Rd, Scotia
Hewitt’s - Guilderland
1969 Western Ave, Albany
Niskayuna Co-op
2227 Nott St, Niskayuna
Roma Foods
9 Cobbee Rd, Latham

Visit our website, www.capitalroots.org, for more information, to make a donation or to download a volunteer application. For all other inquiries, contact squashhunger@capitalroots.org.