

2026 WEEKLY SCHEDULE

EFFECTIVE JUNE 15, 2026



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2026 WEEKLY SCHEDULE

EFFECTIVE JUNE 15, 2026

Bringing fresh fruits and vegetables
to neighborhoods across the Capital Region!

MONDAY

NEW

Joseph Allen Apartments
2:00 PM – 2:30 PM
780 Albany St, Schenectady

NEW

Schaffer Heights
2:45 PM – 3:45 PM
107 Nott Terrace, Schenectady

TUESDAY

TIME
CHANGE

Whitney Young
10:30 AM – 11:30 AM
920 Lark Dr, Albany

TIME
CHANGE

Kane Apartments (Sprout)
11:15 AM – 11:45 AM
5 115th St, Troy

TIME
CHANGE

USCRI
11:45 AM – 12:30 PM
155 Washington Ave, Albany

Monument Square (Sprout)
12:00 PM – 12:45 PM
2 1st St, Troy

NEW

Blooming Grove Senior Housing
1:00 PM – 1:30 PM
99 Blooming Grove Dr, Troy

Father Leo (Sprout)
2:15 PM – 3:00 PM
3151 Marra Ln, Schenectady

Edison Senior (Sprout)
3:15 PM – 3:45 PM
1310 Princetown Rd, Schenectady

FMNP Pop-Up
3:30 PM – 4:30 PM
Check @CapitalRootsNY for Location!

WEDNESDAY

Capital District
Psychiatric Center
10:30 AM – 11:15 AM
75 New Scotland Ave, Albany

St. Sophia
11:30 AM – 12:30 PM
440 Whitehall Rd, Albany

TIME
CHANGE

Westview Homes (Sprout)
11:30 AM – 12:30 PM
680 Central Ave, Albany

TIME
CHANGE

Thurlow Terrace (Sprout)
12:45 PM – 1:45 PM
2 Thurlow Terrace, Albany

Cohoes Senior Center
2:00 PM – 3:00 PM
10 Cayuga Plaza, Cohoes

NEW
DAY

Drake / Idlewild (Sprout)
2:00 PM – 2:30 PM
112 2nd St, Albany

TIME
CHANGE

Kennedy Towers
3:15 PM – 4:00 PM
2100 6th Ave, Troy

TIME
CHANGE

O'Neil Apartments (Sprout)
4:00 PM – 4:30 PM
2121 6th Ave, Troy

THURSDAY

Van Rensselaer Heights
10:15 AM – 11:00 AM
460 Forbes Ave, Rensselaer

Renwyck Place Apartments
11:15 AM – 12:00 PM
18 4th Ave, Rensselaer

Burns Apartments (Sprout)
11:30 AM – 12:15 PM
720 Federal St, Troy

Watervliet Public Library (Sprout)
12:30 PM – 1:30 PM
1501 Broadway, Watervliet

Capital Green Apartments
2:00 PM – 2:45 PM
400 Central Ave, Albany

TIME
CHANGE

Van Schoonhoven Square (Sprout)
2:45 PM – 3:30 PM
1 Van Schoonhoven Square,
Waterford

Steamboat Square Apartments
3:00 PM – 3:45 PM
200 Green St, Albany

NEW
DAY

Lansingburgh Apartments (Sprout)
3:15 PM – 3:45 PM
41 114th St, Troy

FRIDAY

South Mall Towers
10:30 AM – 11:30 AM
101 S Pearl St, Albany

Conway Court Apartments (Sprout)
11:30 AM – 12:15 PM
12 Conway Court, Troy

Eugene Hanratta Senior Housing (Sprout)
12:30 PM – 1:15 PM
500 16th St, Watervliet

Summit Towers
1:30 PM – 2:30 PM
720 Albany St, Schenectady

Ogden Mills Apartments (Sprout)
2:30 PM – 3:30 PM
1 Ogden Mills Plaza, Cohoes

Ten Eyck Apartments
2:45 PM – 3:45 PM
375 Broadway, Schenectady

LEGEND

- NEW = New Stop
- TIME CHANGE = Time Change
- NEW DAY = New Day
- (Sprout) = Veggie Mobile®
Sprout Stop

Good Food.
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