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FOR IMMEDIATE RELEASE

Cold temps put families at risk for food insecurity

PITTSBURGH, PA (January 20, 2022) As cold temperatures settle in, families all across the three rivers region are forced to choose between heating their home and eating healthy food. Greater Pittsburgh Community Food Bank (The Food Bank) hasn't seen a large uptick in people needing food assistance overall, but the Food Bank's call center has seen a larger percentage of people citing high heating bills as the cause of financial woes and food insecurity. According to the U.S. Energy Information Administration, families who use natural gas for heating will spend \$746 on heating this winter (October–March), which is \$172, or **30%, more than last year.**

"We work with so many people who live on a fixed income. The heating bill is one that varies and can easily break a budget in the cold months. But we're here to help so people don't need to cut back on their food budget in order to stay warm," said the Food Bank's Community Connections Director Chris West.

Natural gas is the primary heating fuel for 48% of U.S. homes, according to the U.S. Census Bureau's 2019 American Community Survey.

The Food Bank's call center not only connects people to food assistance near them, it also helps people apply for LIHEAP (Low Income Home Energy Assistance Program) to provide heating assistance.

To get connected to heating assistance or food resources, visit pittsburghfoodbank.org or call 412-460-3663 x655.

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About Greater Pittsburgh Community Food Bank

Greater Pittsburgh Community Food Bank is a nonprofit organization that distributes food for more than 45 million meals annually across 11 counties in southwestern Pennsylvania through a network of more than 850 agencies, partners and programs. The Food Bank was founded in 1980 and is a member of Feeding America, the leading domestic hunger-relief charity in the U.S. For more information on hunger in our region or how to get involved, visit pittsburghfoodbank.org.