



Together, we can end hunger



1 in 7
southwestern Pennsylvanians
face hunger



1 in 5
children in our region face hunger



1 in 4
Black Pennsylvanians face hunger
vs. 1 in 11 white Pennsylvanians



56,000
seniors age 65 and older across
our region live in poverty

Hunger has been an issue affecting southwestern Pennsylvania for more than 40 years. The COVID-19 pandemic brought this issue to the forefront and illustrated just how vulnerable we all are — most people are a \$400 emergency away from needing help with food.

While some of our neighbors have been able to return to work and are on the road to recovery, thousands more are still struggling amidst the ongoing pandemic and need help to make ends meet. Every day our neighbors are making tough choices. Seniors are choose between buying groceries or medicine. Parents are skipping meals so their children can eat. Working families are juggling utility bills, transportation costs, rent or mortgage payments and providing healthy meals for their families.

In our region, no one must face those tough choices alone. For more than 40 years, the Food Bank has been partnering with the community to meet our neighbor's nutritional needs. We have big plans for the future, but we need your help to make them happen. Working together, we can end hunger.

Our mission is to feed people in need and mobilize our community to eliminate hunger.

Learn more at pittsburghfoodbank.org



Greater Pittsburgh
**community
food bank**

How can I help?

Donate. When you donate to the Food Bank, you are helping our neighbors put enough food on the table. The Food Bank is effective and efficient – 94 percent of donations go directly to our hunger-relief activities. With your help, we're building healthy, food-secure communities. Every dollar you give helps provide up to five meals in our community.

Volunteer. By volunteering with the Food Bank, individuals, groups and families of all kinds can make a real, lasting impact on ensuring our neighbors have enough to eat, and have fun while doing it.

Speak Out. When you join our advocacy efforts and speak out to your elected officials, you help us build a powerful movement. Through the concerted efforts of people like you, we can ensure that legislators get the message: helping our neighbors in need is a priority today, and addressing hunger's root causes is vital to reducing hunger tomorrow.

Amy's story

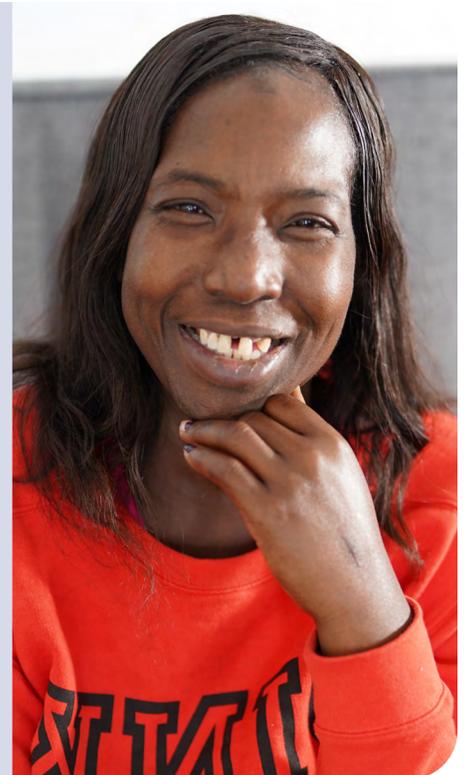
Amy is living with her daughter and has never used food assistance before. She is fighting a rare type of cancer and because of COVID-19 her daughter is unable to work.

"We ran out of money because my daughter was working at the hospital and she had to stop because I have cancer and she worked at the hospital. She's my caregiver so we had to find some food and they directed us down here."

Amy drove an hour and a half to attend a drive-up distribution at PPG Paints Arena.

"I had tears in my eyes when they said I could come. I'm down to the last of my food so what this means to me and my family is we get to eat for the rest of the month and I don't have to worry. I can sleep - I haven't slept because in my head, because I'm so worried about making sure we're okay."

With your help, we can ensure our neighbors like Amy have the food they need to live happy, healthy lives.



Get involved today!



(412) 460-3663



info@pittsburghfoodbank.org

Our Mission

Feed people in need and mobilize our community to eliminate hunger.

Our Vision

A hunger-free southwestern Pennsylvania.

Your Support

Together, we ensure all of our neighbors across the region have enough food to lead happy, healthy lives.