



## We're making finding food easier than ever.

There are many ways to get help with food in your neighborhood. More information is available on our website at [pittsburghfoodbank.org/findfood](https://pittsburghfoodbank.org/findfood).

### **Sign up for SNAP (food stamps).**

SNAP is designed to help individuals and families make ends meet by providing money to purchase groceries. We're here to help you through the application process. Income guidelines are located on the back. Fill out the SNAP Referral Form on our website or give us a call at 1-833-822-SNAP (7627).

### **Find a pantry in your neighborhood.**

Our network of pantries reaches 11 counties of southwestern PA and are ready to help. Using your zip code, our locator tool helps find a pantry near you.

### **Get meals for children.**

Many schools and community sponsors offer free or low-cost meals for children both in the summer and during the school year. Contact your school district or visit our website to learn more.

### **Attend a food distribution.**

Whether you prefer to drive-up or walk-in, these events give you a combination of produce, meat and shelf-stable food. Shares are first come, first serve and are not given out in pre-packed boxes.

### **Visit The Market.**

The Market in partnership with Giant Eagle is the Food Bank's food pantry for people who need help with food. Located at our warehouse in Duquesne, we are committed to providing the best service we can.

### **Get a Senior Box.**

Seniors who are older than 60 and meet income requirements can get a box of self-stable food monthly. Boxes are picked up at food pantries, senior high-rises and other locations.

### **Have questions?**

Call us at 412-460-3663 ext. 655 and we'll be happy to help.



## More food, more choices. Sign up for SNAP (food stamps) today.

SNAP is a federally-funded program that provides money to purchase food at the grocery store. Below is the maximum income limit for SNAP. You may qualify if you make this or less.

Income Guidelines	
Household Size	Monthly Gross Income*
1	\$2,266
2	\$3,052
3	\$3,840
4	\$4,626
Add \$788 for each additional member.	

## Picking up food for someone else.

We understand that your availability might not match the times of a distribution event. Individuals who cannot regularly attend a pantry may identify a proxy, a person with permission to pick up food on their behalf.

The individual in need of help, but that cannot regularly attend the distribution events must visit the pantry in-person with the proxy one time per year. At this visit, the pantry coordinator will verify the proxy relationship and complete any necessary paperwork. The proxy can then pick up food for the person on their own.

Proxies may be asked to present proof of identification before picking up food for someone else. One proxy can pick up for more than one person (including themselves) as long as the correct paperwork is on file with the pantry. If you have questions about proxies or how to get help, call us at 412-460-3663 ext.655.

This institution is an equal opportunity provider.

### Our Mission

To leverage the power of community to achieve lasting solutions to hunger and its root causes.

### Our Vision

Communities where everyone has access to the food and resources they need to thrive.

### Your Support

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