

Together, we can end hunger



1 in 10
southwestern Pennsylvanians
face hunger



1 in 8
children in our region face hunger



1 in 4
Black southwestern Pennsylvanians
face hunger



1 in 9
seniors across Pennsylvania
may not have enough to eat

Hunger has been affecting southwestern Pennsylvania for more than 40 years. The pandemic and soaring inflation 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.

With pandemic-era government relief programs ending amidst skyrocketing prices, thousands of our neighbors are struggling 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 ensure all our neighbors have the food they need to lead healthy, productive lives.

Our mission is to leverage the power of community to achieve lasting solutions to hunger and its root causes.

Learn more at pittsburghfoodbank.org



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.

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.

Elayne's story

"Not only am I one of the invisible poor, but I also have an invisible disability. My home I acquired before all of this hit me. So somebody coming to my home would never think that I'm in the position I am."

Elayne moved to Hampton Twp and started her writing and editing business in 1999.

While she struggled to keep her business afloat, Elayne's mother was diagnosed with a terminal illness and moved in with her. While caring for her mother, the unthinkable happened when Elayne tripped and fell down her basement steps. The fall caused a traumatic brain injury.

"You have that fall, that accident, that stroke, whatever it is and in a flash your life as you knew it is over. It's financial. I lost my business. I will never be able to work again and I love to work," she shares.

Elayne doesn't know what she would do without the Food Bank and the partners who provide her with food assistance.

"It's more than just food. It's health, it's family, it's connection. I come from a Greek background and for us, food is love," said Elayne.



Get involved today!



(412) 460-3663



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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.