

# We're making finding food easier than ever.



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

## Do I qualify?

Anyone who needs help with food can get it. Some examples of the reason people need help include:

- Temporary emergency conditions (ex: fire, loss of power or job loss)
- Receiving other social services like Medicare, Social Security, unemployment, free or reduced price school lunches
- Earning an income that meets program income requirements

## There are many ways to get help.

<b>SNAP (food stamps)</b>	SNAP helps make ends meet by providing money to buy groceries. We can help you with the application process.
<b>Programs Near You</b>	Our network of partners and programs reaches 11 counties of southwestern PA. Using your zip code, our locator tool helps find food near you.
<b>Meals for Children</b>	Many schools and community sponsors offer free or low-cost meals for children in the summer and during the school year.
<b>Drive-up &amp; Walk-in Events</b>	Whether you prefer to drive-up or walk-in, these events give you produce, meat and shelf-stable food. Shares are first come, first serve and are not given out in pre-packed boxes.
<b>The Market</b>	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.
<b>Senior Boxes</b>	Seniors who are older than 60 and meet income requirements can get a box of self-stable food monthly.

## 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. Fill out the SNAP Referral Form on our website or give us a call at 1-833-822-SNAP (7627) to learn more.

Income Guidelines	
Household Size	Monthly Gross Income*
1	\$2,430
2	\$3,288
3	\$4,144
4	\$5,000
Add \$858 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.

## Have questions?

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

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.