

# Together, we can end hunger



**1 in 8**

**southwestern Pennsylvanians face hunger**



**1 in 5**

**children in our region face hunger**



**1 in 3**

**Black southwestern Pennsylvanians face hunger**



**1 in 9**

**seniors across Pennsylvania may not have enough to eat**

**When people have the food they need to thrive, communities flourish. Our neighbors living with food insecurity are often employed – some working multiple jobs - but struggle to make ends meet. Recent federal changes have reduced the availability of government food assistance, making things even harder.**

Faced with impossible choices between food and other essentials like housing, medicine and utilities, neighbors across southwestern Pennsylvania need help. Those living in communities with systemic barriers like transportation and limited resources are facing even greater challenges. Rural communities have higher food insecurity rates than urban neighborhoods and our Black neighbors face hunger at higher rates than white residents.

No one needs to face these struggles alone. We all have a role to play – the Food Bank, our network and you. Every hour served, dollar given, voice raised, story shared and day dedicated moves us closer to a hunger-free community. Working together we can ensure every one of our neighbors has the food they need to thrive and in turn help communities flourish. That's the Power of You.

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

**Learn more at [pittsburghfoodbank.org](https://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.

### Drive-Up Distribution Helps Rural Neighbor

Colette is retired and living on disability. On a fixed income, she finds that high prices at the grocery store have made it increasingly difficult to afford fresh food.

When the Food Bank launched a new drive-up distribution in Armstrong County, Colette decided to try it. She quickly discovered it was exactly what she needed.

She says that the distribution is a lifesaver, especially for people like her with mobility challenges. The drive-up format allows her to access food without the physical challenges of navigating a traditional pantry.

What Colette appreciates most is the quality and variety of fresh foods she receives like eggs, milk and produce. With these she can prepare meals at home without relying solely on pantry staples.

"I think it's great, I really do," she says. "The apples were great this year!"

Since launching, this distribution serves an average of 325 households monthly. For Colette, it's made a significant difference in her ability to eat well on a limited budget.

"I'm very grateful. I could cry because it's a blessing to me."



**Get involved today!**



(412) 460-3663



[info@pittsburghfoodbank.org](mailto:info@pittsburghfoodbank.org)

### 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.