

Food Bank Resource Guide

Responding to the need
in our community.



There are many ways to get help with food in your neighborhood. Below are some options.

More information is available on our website at pittsburghfoodbank.org/gethelp.

- 1. Sign up for SNAP (food stamps).** SNAP was designed to help individuals and families make the ends meet by providing money to purchase groceries. We're here to help you through the application process. Income guidelines for this program are located on the back. Fill out the SNAP Referral Form on our website, give us a call at 1-833-822-SNAP (7627) or text "SNAP" to 412-435-4446.
- 2. Find a pantry in your neighborhood.** Our network of pantries is widespread across 11 counties of southwestern PA and are ready to help. Using just your zip code, our digital locator tool helps you find a pantry near you.
- 3. Children can get free meals from schools and community programs.** Many schools and organizations are giving grab and go meals to kids who qualify for free and reduced price school meals. Contact your school district or visit our website to learn more.
- 4. Attend a Drive-Up Food Distribution.** In order to follow social distancing guidelines, the Food Bank is operating drive-up food distributions. Boxes of food are loaded into vehicles through a low-touch process. Visit pittsburghfoodbank.org/drive-up to register for an upcoming event.
- 5. In an emergency situation or have questions?** Call us at 412-460-3663 ext. 655 to figure out the best way we can support you.

Please note: Due to COVID-19 mitigation regulations, all Food Bank managed direct distribution programs now operate as drive-up events with people staying in their cars to limit person-to-person contact. Our Produce to People program cannot operate as a drive-up distribution and has been cancelled.

More food, more choices.

SNAP is a federally-funded program that provides money to purchase food at the grocery store. Due to COVID-19 and the state of the economy, many people are newly eligible for SNAP due to a drop in income from reduced hours, reduced pay or job loss. Below are the income qualifications for this program.

Age 59 and Under	
Household Size	Monthly Gross Income*
1	\$1,666
2	\$2,256
3	\$2,845
4	\$3,434
Each additional household member add \$590	

Disabled and Age 60 and Over	
Household Size	Monthly Gross Income*
1	\$2,082
2	\$2,820
Each additional household member add \$738	

*Gross income is your pay before taxes are taken out.

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. 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.

Our Mission

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

Our Vision

A hunger-free southwestern Pennsylvania.

Your Support

Together, we bridge communities and resources throughout southwestern Pennsylvania to help neighbors overcome food insecurity and lead happy, healthy lives.