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**FOR IMMEDIATE RELEASE:**

**A Recipe for Success: Nourishing Food Insecure Pennsylvanians Across the Commonwealth**  
*Feeding Pennsylvania and PA Eats Celebrate One Year Anniversary of the Nourish PA Series in conjunction with National Nutrition Month*

**PHILADELPHIA, Pa. (3/1/2021)** --- According to the USDA, there is a strong connection between hunger and chronic diseases. But for so many individuals and families experiencing food insecurity, maintaining a healthy diet becomes a subsidiary concern – especially when they may not know where their next meal will come from. Looking to bridge the gap between the issues related to health and hunger, PA Eats and Feeding Pennsylvania formed a partnership to develop the Nourish PA Series – a resource that utilized their combined missions to develop educational resources to help minimize health risks associated with food insecurity and empower pantry clients to make nourishing meals with the food they receive.

To truly emphasize and celebrate the partnership, the launch and anniversary was set to be in conjunction with [National Nutrition Month – an annual campaign created by the Academy of Nutrition and Dietetics](#) promoting informed food choices and healthy habits. A year since its launch, the Nourish PA Series has been able to make progress in its efforts to highlight this common goal by educating Pennsylvanians receiving food assistance on how to prepare simple, accessible meals with affordable, healthy ingredients commonly found in food pantries.

“Feeding people facing hunger is about more than simply providing food. Through our network of food banks and pantries, we found that it wasn’t enough to simply supply more fresh produce and promote healthy options, but to also provide an educational resource for our clients that teaches them how to use the ingredients they receive and explain basic cooking

skills so they can prepare nutritious meals for themselves and their families,” said Jane Clements-Smith, Executive Director of Feeding Pennsylvania.

Since its inception, the Nourish PA series has developed 7 recipe videos and 21 recipes, including 12 kid-friendly recipes. The resources have been distributed across the state to over 34 pantries and the partnership plans to continue to expand, recruit chefs, and receive sponsorships to create the recipes, videos, and other digital content.

"We're passionate about the fight against food insecurity across Pennsylvania, and are honored to support Feeding PA's mission," says PA Eats founder, Mary Bigham. "Over the past year, our team of volunteers has worked to develop accessible recipes and beautiful videos as part of our Nourish PA series. We wanted to ensure that we weren't just adding a recipe on a website, but providing an essential resource to someone in need. Putting food into peoples' hands is just the first step in fighting hunger, and we are honored to help provide educational resources and empowerment to food pantry clients in every corner of the Commonwealth."

One of the first steps to creating meaningful resources for the Nourish PA Series was to better understand the barriers to eating healthy among food pantry clients. To identify these barriers, Feeding Pennsylvania worked with Nutrition Educators that were funded by the Pennsylvania Department of Health through the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention. The Nutrition Educators were hired to work at Feeding Pennsylvania food banks and directly assist food pantries in their designated territories. Through their relationships with the pantries, they were able to identify several key factors – lack of familiarity with certain foods being the top barrier.

“The continual development of new and innovative healthy recipes from both Feeding PA and PA Eats has allowed the conversations around healthy eating to grow tremendously within the pantry space,” said Emily Maneval, Nutrition Educator of the Greater Pittsburgh Community Food Bank. “There is a strong relationship between nutrition and health, and these resources assist in highlighting the variety of ways food obtained from the pantry can be used to create nutritious and delicious meals. The videos are a crucial tool that provide a great way to simply and quickly demonstrate a recipe, lessening any barriers and ensuring that all neighbors can access the content.”

The Nourish PA Series has been a valuable resource to promote health and nutrition at food pantries participating in the PA Healthy Pantry Initiative. As more pantries become aware of the resources, the more pantry clients will be engaged in conversations that encourage healthy habits and nourishing meals.

“Getting volunteers involved was an important first step. A learning lunch provided by the Food Bank Healthy Pantry Initiative was informational and fun. As volunteers became aware of recipes and resources for healthier meals, they shared ideas and engaged in conversations with patrons offering them recipe cards for eggplant, zucchini and spaghetti squash! Now, our

patrons look forward to new recipe cards,” said Margi Henderson, Pantry Coordinator of the St. Winifred Food Pantry, which serves Dormont, Mt. Lebanon, Baldwin and Castle Shannon.

Interested in celebrating the partnership between PA Eats and Feeding Pennsylvania in conjunction with National Nutrition Month? Visit [feedingpa.org/support-our-mission/](http://feedingpa.org/support-our-mission/) and select the Nourish PA Series dropdown! Learn more about their partnership at [paeats.com/series/nourish-pa/](http://paeats.com/series/nourish-pa/).

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**About Feeding Pennsylvania:**

Feeding Pennsylvania is a collaborative effort of nine Feeding America-affiliated food banks in the Commonwealth of Pennsylvania. The mission of Feeding Pennsylvania is to promote and aid our member food banks in securing food and other resources to reduce hunger and food insecurity in our communities and across Pennsylvania and to provide a shared voice on the issues of hunger and food access within the Commonwealth of Pennsylvania. For more information about Feeding Pennsylvania, please visit [www.feedingpa.org](http://www.feedingpa.org), connect with us on Facebook at [www.facebook.com/FeedingPennsylvania](http://www.facebook.com/FeedingPennsylvania), and follow us on Twitter and Instagram @FeedingPA.

**About PA Eats:**

Pennsylvania food, drink and agriculture holds a special place in our hearts at PA Eats. We are so passionate about Pennsylvania food that we feel our state deserves a platform to showcase our incredibly diverse, beautiful and important culinary culture. Through the educational programming on PAEats.com, we put the spotlight on small and large producers, farmers and communities in Pennsylvania, giving our state's food and drink culture the credit it deserves. We also feel strongly that as a platform about food in PA we need to help ensure that all our neighbors have the access and knowledge to eat well. Through innovative educational programming and our partnership with Feeding PA, PA Eats helps educate and inspire food-insecure Pennsylvanians to cook fresh, healthy and affordable meals.

**About Greater Pittsburgh Community Food Bank:**

Greater Pittsburgh Community Food Bank is a nonprofit organization that distributes nearly 40 million meals annually across 11 counties in southwestern Pennsylvania through a network of 500 agencies, partners and programs. The Food Bank was founded in 1980 and is a member of Feeding America, the leading domestic hunger-relief charity in the U.S. For more information on hunger in our region or how to get involved, visit [pittsburghfoodbank.org](http://pittsburghfoodbank.org).

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