

The Food Bank is committed to making sure all of our neighbors have access to enough food during the COVID-19 (coronavirus) crisis.

We are here to help.

There are many ways to get help with food. 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 SNAPPA to 555-888.
- **2. Find a pantry in your neighborhood.** If you earn an income that is 150 percent of the federal poverty level, or are experiencing an emergency such as a fire or job loss, we can help. Using just your zipcode, our digital locator tool helps you find a pantry near you. A chart of income guidelines for using our pantry network is located on the back.
- **3. Children can get free meals fom schools and other community programs.** Many schools are giving grab and go meals to children who qualify for free and reduced price school meals. A map and list of opportunities is available on our website.
- **4.** In an emergency situation or have questions? Call us at 412-460-3663 to figure out the best way we can support you.

Our Produce to People and FoodShare programs cannot operate in accordance with our new drive-up distribution model and have been cancelled. Details on new events will be publicized as soon as they become available.

Please note: Due to logistics and observation of Federal, State and Local COVID-19 mitigation regulations that limit crowd sizes and recommend social distancing, all Food Bank managed direct distribution program will now operate as drive-up events with people staying in their cars to limit person-to-person contact.



More food, more choices.

SNAP is a federally-funded program that provides money to purchase food at the grocery store. Below are the income qualifications for this program. If you recently lost your job, your income is \$0 and you qualify 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.

Our pantry network is here to help.

Food pantries provide groceries for individuals and families to take home with them. If you earn an income that is 150 percent of the federal poverty level, or are experiencing an emergency such as a fire or job loss, we can help. A chart of income guidelines for using our pantry network is located below. If you recently lost your job, your income is \$0 and you qualify for this program.

Household Size	Annual	Monthly	
1	\$18,735	\$1,561	
2	\$25,365	\$2,114	
3	\$31,995	\$2,666	
4	\$38,625	\$3,219	
Per additional person Add \$6,630 per year or \$553 per month			

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.