

# Food Bank Resource Guide

Responding to the need  
in our community.



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

## 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](https://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.** If you earn an income that is 150 percent of the federal poverty level, or are experiencing an emergency such as a job loss, we can help. Using just your zip code, 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 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. Learn about our grocery delivery program.** Doorstep Delivery is available to individuals who are age 60 or older and live in Allegheny, Beaver or Butler county. Call the Food Bank to find out if you qualify.
- 5. Attend a Drive-Up Food Distribution.** 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](https://pittsburghfoodbank.org/drive-up) for a list of upcoming events.
- 6. 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.

**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 posted on our website and social media channels as they become available.**

## More food, more choices.

SNAP is a federally-funded program that provides money to purchase food at the grocery store and online at some retailers. 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	\$1,702
2	\$2,299
3	\$2,896
4	\$3,494
Each additional household member add \$598	

Disabled and Age 60 and Over	
Household Size	Monthly Gross Income*
1	\$2,128
2	\$2,874
Each additional household member add \$748	

\*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. Due to COVID-19 and the state of the economy, many people are newly eligible for assistance due to a drop in income from reduced hours, reduced pay or job loss. Below are income qualifications for this program.

Household Size	Annual	Monthly
1	\$19,140	\$1,595
2	\$25,860	\$2,155
3	\$32,580	\$2,715
4	\$39,300	\$3,275
Per additional person Add \$6,720 per year or \$560 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.