

IN NEED OF HELP?

There are many ways to get help with food. Below are some options. More information is available on our website at via the [“Get Help” tab](#).

Sign up for SNAP (Supplemental Nutrition Assistance Program, formerly food stamps). SNAP is designed to help individuals and families make 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 here](#). You can 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.

Find a food pantry in your neighborhood that can provide help with free groceries. 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. [Income guidelines for using our pantry network is located here](#).

Children can get free meals from 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 here](#).

If you are in an emergency situation or have questions, call us at 412-460-3663 to figure out the best way we can support you.