# **MEALS FOR THE ELDERLY**

<u>Meals on Wheels:</u> Meals on Wheels delivers meals to people who are homebound.

Meals on Wheels

550 Main St., Johnstown 814-535-8634

Cambria County Area Agency on Aging

110 Franklin St., Suite 400, Johnstown 814-539-5595

<u>Congregate Meals</u>: Cambria County Area Agency on Aging offers congregate meals at senior centers

For information contact 814-539-5595

# Free Community Meals

Soup Kitchens are open to the public and provide prepared meals served at their sites to people in need.

Family Kitchen: 814-539-7811 231 Bedford St., Johnstown

Hours: Monday-Sunday, 11:30AM-12:30PM

Salvation Army: 814-539-3110 576 Vine St., Johnstown

Hours: Monday-Friday, 3:30 PM-4:00 PM Holy Cross Lutheran Church: 814-539-0123

711 Chestnut St. Johnstown

Hours: Last Friday of the month, 4:30PM-6PM

# **Community Gardens**

**Moxham** - Corner of Dupont and Coleman Ave. **Kernville** - Corner of Napoleon Ave. **and** South St.

Gardens are planted each spring with all types of vegetables. The community is welcome to both assist in keeping the gardens clean and weeded, and to enjoy the produce

Any questions regarding these gardens, please call ACRP at: 814-536-6141



### Information Provided by:



www.pittsburghfoodbank.org

## **IMPORTANT PHONE NUMBERS**

### SNAP (Food Stamps)

Cambria County SNAP Advocate 814-889-5831

Cambria County Assistance Office

625 Main St., Johnstown 814-533-2491 Toll Free 1-877-315-0389

#### Emergency Assistance

Pennsylvania WIC Program

**Food For Families** 

**Human Needs Office** 

227 Bedford St., Johnstown 814-535-8521 Open Tues-Wed-Thurs 9a-12:30p

### Women, Infants and Children (WIC)

1-800-942-9467

Community Action Partnership of Cambria County
516 Main St., 6th Floor, Johnstown

814-539-7141

Ebensburg WIC Clinic
3133-65 New Germany Rd, Ebensburg

814-472-7321

### Northern Cambria Community Action WIC Office

2056 Plank Road., Carrolltown 814-344-8224

#### Food Assistance Information

945 Franklin St., Johnstown 814-535-3315

United Way of the Laurel Highlands
422 Main St., Suite 203, Johnstown 814-535-2563

PA Hunger Action Center
Food Information Line 1-800-366-3997

Greater Pittsburgh Community Food Bank 412-460-3663

### Emergency Food Assistance

Salvation Army 576 Vine Street, Johnstown
Hours: Wednesday & Friday 1PM-3PM\*
\*Available other days/times, please call first

St. Vincent de Paul Family Kitchen
231 Bedford St. Johnstown, M-F 8a-2p



# **Cambria County**

# When you need food...



# ...there's help for your family.

### FOR FOOD ASSISTANCE INFORMATION:

Food For Families

814-535-3315

M-F 8:00 AM -2:00 PM

**SNAP Advocate** 

1-833-822-SNAP (7627)

**Cambria County Assistance Office** 

814-533-2491

M-F 7:00 AM-5:00 PM

# FOOD ASSISTANCE IN CAMBRIA COUNTY

# **SNAP (Food Stamps)**

What is it? The Supplemental Nutrition Assistance Program (SNAP), formerly Food Stamps is the largest and most important source for helping people feed their families.

Who runs it? Local County Assistance Office.

What does it provide? Participants receive a monthly allotment on an Electronic Benefits Transfer card (EBT), similar to a bank machine card, that can be used to buy food at any store that accepts food stamps.

**Do I qualify?** Eligibility depends on several factors, including income guidelines that change yearly. If you have applied for Food Stamp Benefits in the past and were ineligible, you may be eligible under the updated guidelines. You can get Food Stamps even if you don't get cash assistance.

How can I find out more?

SNAP Advocate: 1-833-822-SNAP (7627)

Cambria County Assistance Office: 814-533-2491



# Senior Box Program (CSFP)

A federally funded nutrition program to provide a monthly distribution to elderly persons at least 60 years of age who meet income eligibility requirements at 130% of the poverty line: \$1,784/month for a family of 2 or \$1,315/month for an individual Service is limited and there may be a waiting list. For further information, contact Food For Families: 814-535-3315. This Institution is an Equal Opportunity Provider.

## Women, Infants, and Children (WIC)

What is it? WIC provides nutritious foods for eligible Women, Infants, and Children

What does it provide? Participants receive vouchers for nutritious foods including fruits, vegetables, milk, eggs, peanut butter, cheese, juice, cereal, infant formula and baby food. Additional vouchers for fresh produce in summer and fall are also provided.

<u>Do I qualify?</u> WIC is available to eligible pregnant women, nursing, and bottle-feeding mothers, and infants and children up to the age of 5 years in families with <u>incomes up to 185%</u> of the Federal Poverty Income Guidelines. Expected babies are counted in family size.

How can I find out more? Call 1-800-942-9467.

Office location: 516 Main Street, Johnstown PA 15901

www.pawic.com

# **Produce to People**

Produce and other groceries distributed monthly:

1st Wednesday of each month from 10:00-12:00

**Greater Johnstown Career and Technology Center** 

445 Schoolhouse Road Johnstown, PA 15904

For information, contact:

Flood City Church 814-467-0707 or

**Greater Pittsburgh Community Food Bank:** 

412-460-3663 ext. 727

No pre-registration required

Must meet self-declared income guidelines.

PLEASE BRING A BASKET OR BOX FOR YOUR FOOD

## **Food Pantries**

- Cresson: 115 Ashcroft Ave, Cresson, 814-886-8827 Thursdays 9a-12p
- Dorothy Day: Dorothy Day Center, St. Francis University, 104 Evergreen Drive, Loretto, 814-472-2878
   Tues 9-11:30, Thurs. 1-3:30
- Forest Hills: Bethel United Methodist Church, 1021 Forest Hills Drive, Salix, 15952, 3rd Thursday 9a-11a
- Franklin St. United Methodist: 510 Locust St. Johnstown, 814-539-2633, Tuesdays 9:30a-11:30a
   Senior Box: Last Tuesday of the month
- Good Samaritan: Next to 3713 Campbell Ave, Northern Cambria, 814-948-6544
   2nd and 4th Thursday 10a-12p
- Greater Johnstown Christian Fellowship: 3429 Elton Rd. Johnstown, Mondays 9a-12p
- Interfaith Community Food Pantry (Nanty Glo area)- Call 814-242-7910 for pantry site. 4th Saturday 11a-1p
- Park Avenue: 700 Park Ave., Johnstown, 1st and 3rd Wednesday 9a-12p
- SVDP Patton: 323 Mellon Ave., Patton, 814-674-3346
   1st and 2nd Wednesday and 3rd Thursday 9a-11a
- Portage: 605 Main St., Portage, 814-421-0346
   4th Wednesday 9a-12p
- SVDP St.Andrew's: 927 Franklin St., Johnstown, 2nd Monday 3p-5p
- SVDP St. Bernard's: 139 Huber St., Hastings, 814-247-8569, 1st and 3rd Wednesday 9a-11a
- St.Clement: 114 Lindberg Ave., Johnstown, 814-255-2000 1st and 3rd Friday 9a-12p
- SVDP Ebensburg: 3133 New Germany Rd.Ste.88, Ebensburg, 814-472-4362, Thursdays 9a-12p
- South Fork: 315 Main Street, South Fork, 3rd Saturday 8a-12p
- Walnut Grove: 1068 Bedford St. Johnstown, 814-536-1811
   1st and 3rd Thursday 9a-11:30a
- West End: 1348 Virginia Ave., Johnstown, 1st and 3rd Thursday 9a-11:30a

For further information, call: Food For Families: 814-535-3315

