

How the Food Bank works....



- 1** Healthy foods are sourced locally, regionally and nationally. Foods may be donated or purchased at wholesale or better prices.
- 2** Foods are received and re-distributed at the Weinberg Food Bank's Monsignor Andrew J. McGowan Center for Healthy Living, located near Pittston.
- 3** Foods are provided to partner organizations - food pantries, shelters, soup kitchens, community meal programs, childcare and senior centers, low-income communities such as senior and subsidized housing and via non-traditional mobile, fresh food distributions at schools, libraries and even parks.
- 4** Partners serve families in need by either grocery distribution or by serving prepared meals.
- 5** The end result is hungry families now have access to healthy food!

Who is hungry?

76,160 people face hunger in our region and 1 in 5 children are at risk.



Hunger can be found in working families and even in those considered 'middle class'. Hunger is more likely to be found in families with children or seniors and can have severe health impacts. Kids who are hungry are more likely to miss school because of illness, seniors are more likely to be re-admitted to the hospital when food is scarce, and both diabetes and high blood pressure are more common in families that struggle to keep food on the table. The most common coping strategy that families use to stretch food resources is choosing cheaper, less healthy food.

How you can help...

- Tell your friends, family and co-workers about the Food Bank and the work we do. Follow us on social media and share the Food Bank's posts with your friends (Facebook, Twitter & Instagram).
- Give anytime online or sign up for automatic monthly giving at www.ceopeoplehelpingpeople.org.
- Volunteer your time at the Food Bank – packing boxes, delivering food and serving meals to children. For more information, please contact our volunteer coordinator, by phone: 570-826-0510.

Find out more about hunger in Northeast Pennsylvania and how you can get involved - www.givefood.org