



## Outreach and Assistance Call Ingrid at 570-550-1594

### **Commission On Economic Opportunity – Nutrition Education**

The nutrition education team misses seeing you in person. We now offer online nutrition education lessons. We share recipes, inspiring tips and motivational messages on eating healthy on a budget.

***Please, come join our Face Book Group - @CEO Nutrition Education***

We offer in-person cooking class and nutritional education lessons. Classes would meet once a week for 6-8 weeks. Classes can be hands on learning of cooking techniques, nutrition, and meal planning. Or classes can be a casual discussion about nutrition, focusing on one key element at a time. Call for more information.

### **Weinberg North East Regional Food Bank Mobile Pantries Program:**

A one day food give away sponsored by our Local Partner Organization. Mobile Pantries distributions are held as indicated but at least 1x month. Eligibility – Must be Susquehanna County Resident, please bring ID showing current Susquehanna County Residency. Declaration of need form to be completed at time of registration. Please have an area of the vehicle cleared to receive items (ideally clean trunk). Contact pantry directly for more information.

<p><b><u>Where:</u></b> Weinberg Food Bank - <b>Lenoxville Mobile Pantry</b>                  Managed by: Lenoxville &amp; Clifford United Methodist Church                  Distribution from: Lenoxville Community Center, Route 374,                  Facebook: @ Lenoxville Community Food Share</p>	<p><b><u>When:</u></b> 1st Monday of month 4:00 – 6:00 pm                  Pre-registration requested,                  walk ins welcome after 5:30pm                  Kris: (570) 942-3008</p>
<p><b><u>Where:</u></b> Weinberg Food Bank – <b>Montrose Mobile Pantry</b>                  Located: South Montrose Community Church parking lot, Rt. 29, South Montrose. &lt;&lt; Please call week of for updates &gt;&gt;                  Email: montrosefoodpantry@gmail.com :: Phone: 570-533-3980 :: Facebook: Montrose Mobile Food Pantry</p>	<p><b><u>When:</u></b> 2nd Friday of the month, Pre-Register                  By 1st Thurs of month. Distribution 11:30-3pm;                  Walk-Ins 2:30pm.</p>
<p><b><u>Where:</u></b> Weinberg Food Bank - <b>Hop Bottom Mobile Pantry</b>                  Managed by: The Hop Bottom Community Pantry                  Distribution from: H.B. UMC, 8 Church St, Hop Bottom                  Contact: Rebecca M.</p>	<p><b><u>When:</u></b> 2nd Friday of month, 2:30 - 3:30pm                  Pre-registration helpful, walk-ins welcomed                  By Appointment for Emergency needs                  Phone: 570-289-1079</p>
<p><b><u>Where:</u></b> Weinberg Food Bank –<b>Ltl. Meadows Mobile Pantry</b>                  Managed by: Little Meadows United Methodist Church                  843 Pennsylvania Ave (Rt 858), Little Meadows PA                  Contact: Cheryl</p>	<p><b><u>When:</u></b> 3rd Tuesday of the month 12:00 - 2:00                  &amp; 5:00-6:00pm -- Pre-registration is preferred                  *CSFP Distribution Site*                  Phone: 607-372-0351</p>
<p><b><u>Where:</u></b> Weinberg Food Bank - <b>Lawton Mobile Pantry</b>                  Managed by: Lawton &amp; Rush Community Group                  Located at: Ladies Aux. Fire Hall SR 3022, Lawton                  Facebook: @LawtonMobileFoodPantry</p>	<p><b><u>When:</u></b> 1<sup>st</sup> &amp; 3<sup>rd</sup> Thursday of the month,                  Distribution 1:00-2:45 pm.                  Households may come to both distributions.                  Text/Call: 607 – 343 - 1077</p>
<p><b><u>Where:</u></b> Weinberg Food Bank – <b>Thompson Mobile</b>                  Hosted at the Thompson Fire Hall by Local Volunteers                  Water Street, Thompson                  Contact: Kim</p>	<p><b><u>When:</u></b> 4<sup>th</sup> Monday of the month,                  Distribution 4-6pm. Pre-registration requested.                  Phone: 570-442-1038</p>
<p><b><u>Where:</u></b> Weinberg Food Bank – <b>Great Bend Mobile Pantry</b>                  Managed by: Great Bend Community Methodist Church                  Held at the Great Bend Fire Hall, Tannery St                  Contact: Marie</p>	<p><b><u>When:</u></b> 4th Tuesday of month, 11:00-1:00 pm                  Walk ins welcome after 12:30.                  Call: 570 853 4625</p>
<p><b><u>Where:</u></b> Weinberg Food Bank - <b>EMHS Mobile Pantry</b>                  Managed by: Endless Mountains Healthcare System                  100 Hospital Drive, Montrose, PA                  To Pre-Register: email name, zip code and # household members to <a href="mailto:mrobinson@endlesscare.org">mrobinson@endlesscare.org</a> or call (570) 278-5529</p>	<p><b><u>When:</u></b> 4th Friday of month,                  Distribution 2:00 – 4:00 pm                  Pre-registration required, walk ins after 3:30pm</p>
<p><b><u>Where:</u></b> Weinberg Food Bank - <b>Harford Mobile Pantry</b>                  Managed by: Harford First Congregational Church                  5016 Creek Rd., Harford, PA                  Website: <a href="http://firstchurchharford.com">Harford First Congregational Church - UCC   Harford, PA (firstchurchharford.com)</a></p>	<p><b><u>When:</u></b> 4th Friday of month                  Distribution 4:30 – 5:30                  walk ins after 5:00 pm                  Phone: (570) 396-7081</p>

Nutrition Ed

WEINBERG NE REGIONAL FOOD BANK

MOBILE PANTRIES

**Weinberg North East Regional Food Bank Children's Produce Market:**

A one day food give away in conjunction with the local school districts. Eligibility: You must have a child that Attends the school district. Home schoolers and alternate school choices are welcome as long as you reside in the school district listed. No income limits, all are welcome. Some programs are year round.

**Register by completing the flyer your child brings home monthly or by calling the school office.**

Children's Produce Market

**Where:**

Blue Ridge\_District - in the elem. cafeteria – school months  
 Choconut Valley Elementary - in front lobby – school months only  
 Elk Lake Elementary – in the front lobby, year round  
 Forest City School District - in Elem. Lobby – school months only  
 Lathrop St. Elementary - in Cafeteria – year round  
 MASD Jr/Sr High School – NEW Start 3/2023!!  
 Mt View School District – in elementary right lobby – year round  
 Susquehanna Comm. District – in HS 2<sup>nd</sup> cafeteria – year round

**When:**

3<sup>rd</sup> Tuesday of the month, 3:30-4:30pm  
 3<sup>rd</sup> Tuesday of the month, 3:00-5:00pm  
 3<sup>rd</sup> Thursday of the month, 3:45-5:30pm  
 2<sup>nd</sup> Thursday of the month, 3:45-6:00pm  
 3<sup>rd</sup> Thursday of the month, 3:45-5:30pm  
 1<sup>st</sup> Thursday of the month; 3:15-5:00pm  
 4<sup>th</sup> Tuesday of the month, 3:30-6:00pm  
 1<sup>st</sup> Monday of the month, 3:30-5:30 pm

Contact: School Office **OR** Ingrid, Community Outreach @ 570-550-1594 / Mary Ellen, Weinberg NE Food Bank @ 570-826-0510  
 See Blue Ridge School District website for **Summer Food Service Program**

<b>TEFAP</b>	<b>Where: Trehab Food Bank</b>	<b>When:</b>	<b>TEFAP</b>
	81 Industrial Drive, Montrose Location      ph:570-278-9218 <u>OR</u> 1226 Main Street, Susquehanna      ph: 570-853-4342	Open Mon–Thurs: 9am -12pm and 1pm-3:30pm; Fri: 9am-12pm	

<b>Where: Forest City Salvation Army Emergency Pantry</b> 100 Delaware St. (Kartri), Forest City, PA For residents of Zip Codes: 18421, 18413, 18430, 18470, 18441, 18820, 18842.	<b>When:</b> 1st Tuesday of Month, (other distributions scheduled also) 12:00 – 2:00 pm; Pre-register preferred, walk in after 1:30pm
<b>Facebook:</b> Forest City Salvation Army Service Center	<b>Phone:</b> 570 – 785 – HELP (4357)

<b>Where: Great Bend Caring Community Pantry</b> Managed by: Great Bend Community Methodist Church Route 11 (Main Street), Great Bend PA This Food Pantry is for residents of Great Bend and Hallstead. <i>**Typically closes thru winter (Jan - March)**</i> Contact: Bonnie Y.	<b>When:</b> On-site registration. Held 1 <sup>st</sup> and 3rd Fridays, 2:30-5:00pm, welcome to come twice a month. <b>Phone:</b> 570-879-4086
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<b>Where: TriBoro One Day Food Pantry</b> Lanesboro Community Center, Lanesboro, PA This Food Pantry is for the residents of Lanesboro, Susquehanna Borough, Oakland Borough and Harmony Townships. Proof of residence and ID is requested.	<b>When:</b> 4 <sup>th</sup> Thursday of the month 12:00 pm – 4:00 pm, New members must pre-register by 3 <sup>rd</sup> Wednesday, walk ins after 3:30
Pre-Register by calling/text family name, how many in household and zip code to - 607-760-8443	

<b>Where: Feed My Sheep Pantry and Clothing Pantry</b> Managed By: New Milford United Methodist Church Corner of Church and Pratt Street, New Milford, PA This Food Pantry is for residents of N. Milford, Jackson, Lenox, Gibson, Susquehanna, Oakland, Harford, Hop Bottom, Brooklyn & Montrose.	<b>When:</b> 4th Saturday of the month 8:30 - 12:00pm New customers pre-register if possible, walk-ins are welcome
Contact: Church Office	<b>Phone:</b> 570-465-3500;

<b>Where: The Food Pantry – Brackney</b> Laurel Lake Rd, Brackney, PA This Food Pantry is for residents within the Choconut School District.	<b>When:</b> By Appointment
Contact: Rosalynd	<b>Phone:</b> 570-663-2212

<b>Where: Oakland Borough Emergency Food Pantry</b> Oakland Borough Building at 380 State St., Susquehanna, PA	<b>When:</b> by appointment or Monday-Friday 8am-4pm, call ahead if possible, walk ins welcome
Face Book: @OaklandFoodBank	<b>Call:</b> 570-853-3214

<b>S N A P</b>	<b>SNAP or Food Stamps Outreach</b> <b>570-550-1594 (call/text)</b>	<b>S N A P</b>
	SNAP or Food Stamps, is our first defense against hunger. For eligible households, it provides a cash benefit to be used to purchase food at grocery and other food stores. Eligibility guidelines have changed. You may now be eligible for SNAP. Call for more information or assistance with completing an application.	

LOCAL or GEOGRAPHICAL / EMERGENCY FOOD PANTRIES