

For Older Adults *continued*

Lunch at Senior Community Centers

412-350-5460

Provides lunch and social time weekdays in every senior community center. Specially prepared meals are available for individuals with a dietary prescription. Meals are designed to meet one-third of the older adult's daily nutritional requirements.

Menus and a list and interactive map of Senior Community Center locations are posted on the DHS website at www.alleghenycounty.us/dhs/seniorcenters.aspx.

Free Food for Seniors

412-460-3663, ext. 308

Provides a monthly food allotment to older adults who qualify based on income.

Monthly assortment includes canned vegetables, fruit, juices, peanut butter, cheese, canned chicken, evaporated milk, pasta and cereal. Photo identification and proof of income are required.

Farmers' Market Vouchers

412-350-5460

Provides older adult residents of Allegheny County who are income-eligible \$20 in vouchers to purchase fresh produce from any of the farmers' markets located in the County during the summer and autumn months. The supply of vouchers is limited. Photo identification for proof of age and residency is required. The voucher distribution date, usually in late June, is announced in the media and on the DHS website at www.alleghenycounty.us/dhs/olderadults.aspx.

Additional information about food assistance is available at www.alleghenycounty.us/dhs/food.aspx

DHS is responsible for providing and administering publicly funded human services to Allegheny County residents.

DHS Principles

All services will be:

- High quality, comprehensive and accessible.
- Individualized and designed to be respectful of the unique cultural characteristics of each individual and/or community.
- Integrated and offered through a team approach that recognizes the capacity of individuals and families to identify their own strengths, needs and goals; create relationships and natural supports; and take steps necessary to accomplish these goals.

Allegheny County

Department of Human Services

Rich Fitzgerald, Allegheny County Executive

Marc Cherna, DHS Director

Patricia L. Valentine, DHS Executive Deputy Director for Integrated Program Services



Human Services Building
One Smithfield Street, Suite 400
Pittsburgh, PA 15222

Telephone: 412-350-5701

Fax: 412-350-4004

Website: www.alleghenycounty.us/dhs

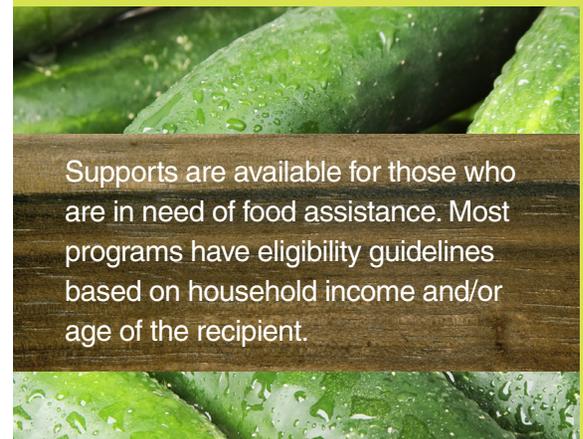
The Allegheny County Department of Human Services does not discriminate against anyone on the basis of a protected class including: race; color; religion; national origin; ancestry or place of birth; sex; gender identity or expression; sexual orientation; disability; marital status; familial status; age (40 and older); use of guide or support animal because of blindness, deafness or physical disability.

DHS funding acknowledgements found at:
www.alleghenycounty.us/dhs/funding.aspx

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food assistance



Supports are available for those who are in need of food assistance. Most programs have eligibility guidelines based on household income and/or age of the recipient.

For Eligible Individuals and Families

Provides year-round food assistance to individuals and families based on need and household income.

Greater Pittsburgh Community Food Bank

412-460-FOOD, ext 456

The GPCFB website provides instructions for finding a food assistance agency by ZIP code on its “Get Help” page www.pittsburghfoodbank.org/gethelp.aspx.

Hunger Services Network of the Urban League

412-325-0749

Provides referrals to neighborhood food pantries when emergency food assistance is needed.

Supplemental Nutrition Assistance Program (SNAP, formerly known as Food Stamps)

Benefits low-income households by helping them maintain more nutritious diets by increasing their food-purchasing power.

SNAP Screening Agencies

Help qualified individuals to fill out food stamp applications.

Just Harvest

412-431-8963

Urban League of Greater Pittsburgh

866-395-3663

Apply online at COMPASS

www.humanservices.state.pa.us/Compass.Web/CMHOM.aspx or by visiting one of the Allegheny County Assistance Offices.

Produce to People

Provides food year-round to qualifying individuals and families (with incomes at or below 150 percent of Federal Poverty Guidelines) at community locations.

The schedule for Produce to People is available on the GPCFB website at www.pittsburghfoodbank.org/programs/p2pcalendar.aspx

Women, Infants and Children (WIC)

412-350-5801

Benefits income-eligible pregnant women; breastfeeding women up to 12 months postpartum; non-breastfeeding women up to six months postpartum; and infants and children up to five years of age who have a medical/nutritional risk through a health and supplemental nutrition program. WIC is provided by the Allegheny County Health Department.

For Children

Provides meals to children during out-of-school hours, including before school, after school, evenings, weekends and summers.

Afterschool CACFP

412-350-2759

Provides meals in communities around the county to children (18 years and under) attending afterschool programs or living in the vicinity of the site.

SummerFood Service Program

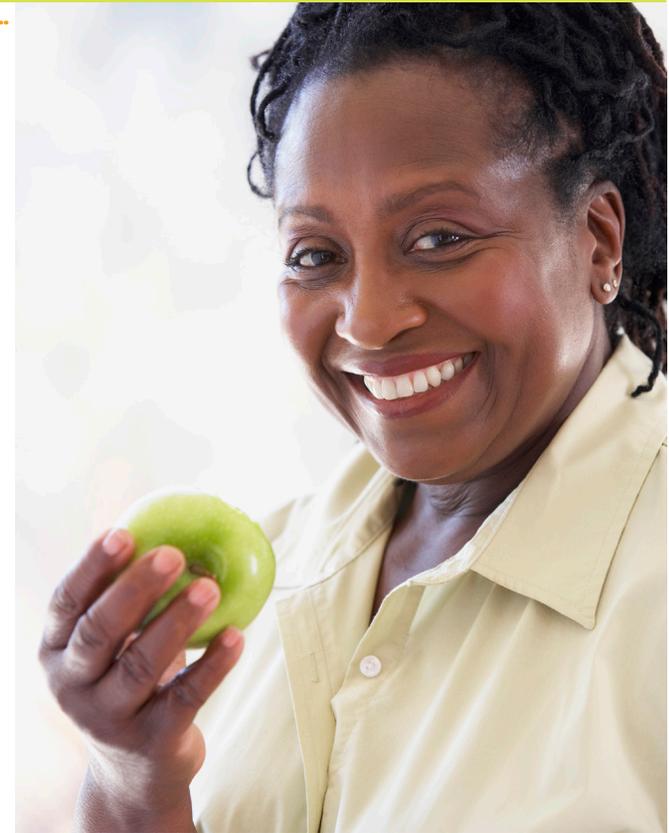
1-800-851-3838

(for information on site locations and meal times)

412-350-2798

(for eligibility guidelines to participate as a SummerFood site)

Serves a nutritious breakfast and lunch to children, 18 years of age and younger, who visit one of the sites throughout Allegheny County (not including most of the City of Pittsburgh) on weekdays throughout the summer. Most sites open mid-June and serve meals through mid-August.



Rainbow Kitchen Community Services, Inc.

412-464-1892

Serves children in afterschool programs from families with incomes at or below 125 percent of the Federal Poverty Guidelines at the Kid's Café, 135 East Ninth Avenue, Homestead, PA 15120.

For Older Adults

Provides food products and/or meals to persons 60 years of age and older, especially those who are unable to prepare meals or shop for themselves.

Home Delivered Meals

412-350-5460

Delivers nutritious, balanced meals, Monday through Friday to older adults who have difficulty cooking or leaving their homes.