Food changes everything.

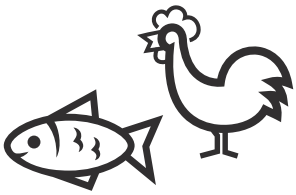
Most Needed Items

Monetary Donation
($1 could provide 5 meals)

Canned Fruits Packed in 100% Juice

Low Sodium/ No Salt Added Canned Vegetables

Low Sodium/ No Salt Added Canned Beans & Soup



Canned Tuna or Chicken Packed in Water

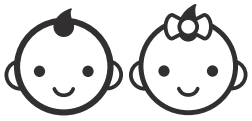
Whole-Grain Cereal, Oats & Pasta

Peanut Butter

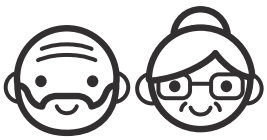
Paper Products

Household Items

Hygiene Items
Feminine Products, Razors



Infants & Kids
Diapers, Wipes, Pedialyte, 100% Juice Fruit Cups, Granola Bars, Crackers, Juice Boxes, NO Baby Food



Seniors
Nutritional Shakes & Drinks, Adult Hygiene Products

Pop Top Cans & Microwavable Cups Preferred
Please, NO Glass Items

412.460.3663
pittsburghfoodbank.org

Greater Pittsburgh community food bank

Food changes everything.

A well-balanced diet is fundamental to leading a happy, productive live. Unfortunately too many of our neighbors are making tough choices between food and other necessities.

Daniel has a wife and three kids. He worked for a newspaper for many years, but when they cut the amount of days they deliver, his hours and income were significantly cut.

"In addition to my paycheck decreasing drastically, I was diagnosed with skin cancer this year. It's just been a bad year. I just never expected to be in this kind of situation—I really don't know how else to put it."

Daniel recently got a second job, but making the ends meet for a family of five is still challenging. "It feels like you just go through so much food, even when you're being careful."

By donating through a food & fund drive you can help ensure the one in seven people in our region like Daniel have the food they need. Every $1 donated could provides enough food for five meals.

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