

Food Resources for NE Health District of PA



Target Counties: Lehigh, Luzerne, Pike, Lackawanna, Susquehanna, Wayne, Wyoming

Food Banks in NE Health District

Second Harvest Food Bank of the Lehigh Valley and Northwest Pennsylvania (serves Lehigh, Pike, and Wayne County)

Phone: 484-287-4015

Website: <https://shfbv.org/>

Second Harvest Food Bank (SHFB) serves 200 agencies in a six-county area. SHFB has two main goals: 1) the distribution of food to needy people, and 2) reducing waste in the food industry. To reduce food industry waste, SHFB asks for donations of food that cannot be sold, but is still good to eat.

Weinberg Northeast Regional Food Bank of Northwest Pennsylvania (serves Lackawanna, Luzerne, Susquehanna, and Wyoming County)

Phone: 570-908-2222

Website: https://www.ceopeoplehelpingpeople.org/weinberg_northeast_regional_food_bank

Housed within the Monsignor Andrew J. McGowan Center for Healthy Living, the Food Bank serves charitable organizations by giving them food to combat hunger and encourage proper nutrition, especially among children and the elderly. The Food Bank supports faith-based and 501(c)3 non-profit community organizations to distribute to needy families. By collecting donations of nutritious but unsellable food from the food industry and giving it to these organizations, the Food Bank works to reduce hunger, promote proper nutrition, and prevent food waste. The Food Bank serves four counties in Northeast Pennsylvania: Lackawanna, Luzerne, Susquehanna, and Wyoming.

United Way 2-1-1

Website: <https://www.pa211.org/>

Connect with resources in your community for help with utility bills, housing assistance, after-school programs for kids, and more. Dial 211 or text your zip code to 898-211 to talk with a resource specialist.

Findhelp.org (formerly Aunt Bertha)

Website: https://www.findhelp.org/?ref=ab_redirect

Use this online resource to search and connect to support. Financial assistance, food pantries, medical care, and other free or reduced-cost help starts here.

Food Bucks Rx

Website: <https://thefoodtrust.org/what-we-do/food-bucks/rx/>

The Food Trust helps health care partners work with stores that sell fresh food. This makes it easier for people to buy affordable fresh fruits and vegetables. Hospitals can give special “prescriptions” to patients who qualify. The prescriptions can be used at certain stores, farmers markets, and supermarkets for fresh produce. The Food Trust’s Food Bucks Rx program can be adjusted for each individual clinical setting.

State and Federal Resources

Pennsylvania SNAP

Website: <https://www.dhs.pa.gov/Services/Assistance/Pages/SNAP.aspx>

SNAP is the new name for the Food Stamp program. These benefits are like a special card that helps eligible low-income households in Pennsylvania buy food that is more nutritious. The card, called an ACCESS Card, works like a debit card. You can use it to buy food at grocery stores, supermarkets, and other stores that accept it.

Pennsylvania WIC Program

Website: <https://www.health.pa.gov/topics/programs/WIC/pages/wic.aspx>

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) helps women, infants, and children by providing lessons about nutrition, guidance on breastfeeding, and counseling at special WIC clinics. To encourage healthy eating, participants receive vouchers that they can use at grocery stores to get specific food items.

Senior Food Box Program

Website: <https://bit.ly/49lvMyX>

The Senior Food Box Program helps improve the health of older adults with low income by adding nutritious USDA Foods to their diets. In Pennsylvania, those who can take part include individuals at least 60 years old with a household income at or below 130 percent of the U.S. poverty level. These food boxes do not give a complete diet but offer essential nutrients often lacking in the diets of older Americans. The boxes include items like non-fat dry milk, juice, oats, ready-to-eat cereal, rice, pasta, dry beans, peanut butter, canned meat, poultry, fish, and canned fruits and vegetables.

Senior Farmers' Market Nutrition Program

Website: <https://bit.ly/42F6xF8>

This program gives coupons to low-income seniors that they can exchange for special foods. With these coupons, they also get a list of farmers and farmers' markets where they can use the vouchers. The coupons are for buying fresh fruits and vegetables grown in Pennsylvania. Starting on June 1 each year, eligible seniors can get five \$10.00 vouchers to use at approved farmers' markets or roadside stands. There are over 1,200 farmers participating in this program at stands and markets in Pennsylvania. Seniors can use the vouchers until November 30 each year.

State Food Purchase Program

Website: <https://bit.ly/42Ghmqx>

Pennsylvania is the top state in the country when it comes to helping people who need food assistance through the SFPP. This program gives money to counties to buy and share food with low-income individuals.

Find additional resources on the [Quality Insights website](#).

