

With your help,  
we will  
**thrive**



“I tell my kids that these donations are somebody having a heart, and they need to pass that on when they get older and realize there were people that cared – whether they knew our story or not.” – KRISTEN



## Facing the challenges



When things get tough, Greater Pittsburgh Community Food Bank is here for our neighbors. But people need many types of support to thrive, and discovering – much less accessing – other resources can be difficult.

Local resident Maryann had to leave her job as a dental assistant after 44 years because of a spinal condition, and she relies on the Food Bank to help her afford expenses beyond groceries.

“I worry a lot, because if I buy my food, is there enough money to pay my electric bill? And then you get in a sticky place.” Maryann grows vegetables in her garden and line dries her laundry in the summer to cut back on costs. The Food Bank helped her obtain affordable health care and SNAP benefits. “The Food Bank has really truly helped me,” she says. And as for our supporters? “They have no idea how valuable their time, their effort, their food, their monies are to all of us.”

## Making a difference

Through the **Grow Share Thrive** campaign, we will be better equipped to address the root causes of food insecurity, going beyond food and making access to services outside the Food Bank’s scope as simple as possible. Social inequality has many negative effects, and food insecurity is only one. By helping individuals and families stabilize their lives, we will help our community THRIVE.



Food insecurity does not exist in a vacuum. Factors such as housing, transportation, childcare, employment, education, and healthcare can all affect a person’s ability to get food.

“I work, I work a lot, and I do make decent money, but my bills cost even more. And after paying the bills and buying diapers and everything else, there’s no money left over for food.” – MELISSA



## Your support helps families gain stability

Food insecurity is more complex than simply lacking food. As a result, pantries and community organizations are becoming more like central locations for finding community resources.

Community partner Annie describes her local pantry as a social hub: “If people need food stamps, we connect them to those services. We have a gentleman that comes from Medicare and Medicaid to sign people up, and we’re able to refer people for other services if they need help with something like rent payment. It’s about being a hub rather than just being known for food.” Greater Pittsburgh Community Food Bank is making it easier than ever for neighbors to learn about services they need to get back on their feet.



## Our plan to THRIVE



**Promote independence and choice.** Through the Community Pantry, people can select the foods they want and need. We will also use the space to test new ideas and provide training for our agency partners.



**Encourage healthy cooking.** The Neighborhood Kitchen will provide a space to create recipes and hold classes.



**Offer additional resources.** The Life Stabilization Team will go beyond SNAP outreach and refer our neighbors to providers of other critical services.

Help us  
Grow Share  
Thrive

By investing in the *Grow Share Thrive* campaign today, you will create a stronger Food Bank to support our community, friends, family, and neighbors – now and for the future.

Visit [GrowShareThrive.org](https://www.GrowShareThrive.org) or call 412-745-6465 to make your donation.