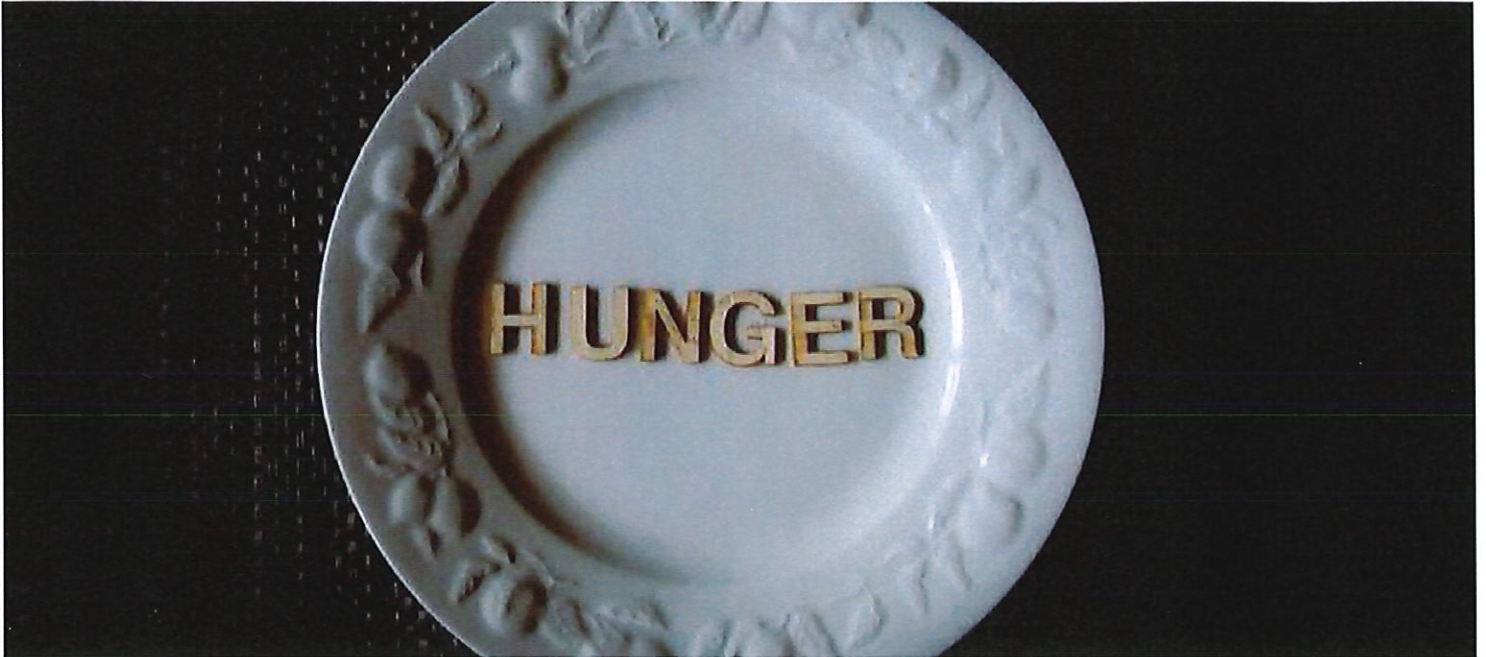


**Providers, please post in an area accessible to your members.**



## Need Help in Finding Food?

Have you had to choose between buying food and paying a bill? Have you or members of your household gone to bed hungry? Food insecurity means that you do not have access to consistent and nutritious meals. According to [feedingamerica.org](https://feedingamerica.org) and [agriculture.pa.gov](https://agriculture.pa.gov):

- In Pennsylvania, 1,540,900 people are facing hunger, and of them, 443,500 are children. This has increased in the last two years.
- 1 in 9 Pennsylvanians face hunger. 1 in 7 are children.
- These numbers have increased due the pandemic, job loses, and transportation issues especially in rural areas.
- Not having access to food has been linked to chronic disease, overall poor health and having a higher chance for hospitalization.
- Children need healthy meals for development and success in school.
- Many individuals and families work, but don't earn enough to buy food consistently or are only able to purchase small amounts and less healthy, cheaper food items.

**It's OK to ask for help.  
There is help.**

**Food banks and pantries** are available in all 67 counties of Pennsylvania. You can search by visiting <https://www.dhs.pa.gov/about/Ending-Hunger/Pages/Food-Pantries.aspx>

**You can apply for food benefits called SNAP** (Supplemental Nutrition Assistance Program) in Pennsylvania by visiting your local county assistance office, applying online at COMPASS (<https://www.compass.state.pa.us/compass.web/Public/CMPHome>) or by calling the statewide customer service center at 1-877-395-8930 to see if you are eligible for SNAP benefits.

**Call PA 211:** Helping you to locate a food pantry/distribution near you. Dial 211 from your phone.