

Other Services

Children & Families

Cambria County Backpack Project - Serves weekend meals to children in Blacklick, Cambria Heights, Ferndale, Forest Hills, Greater Johnstown, Northern Cambria, Portage, Penn Cambria, Richland, and Westmont school districts through Grade 12 who exhibit symptoms of chronic hunger. Program works with partner schools and organizations - for info, email ccbpdirector@thelearninglamp.org

Pennsylvania WIC Program - 800-942-9467

Community Action Partnership of Cambria County WIC Office - 516 Main St., 6th Floor, Johnstown, PA - 814-539-7141

Somerset County Tapestry of Health (WIC) - 651 South Center Ave., Somerset, PA - 814-443-1901

Farmers Market Nutrition Program - Can be accessed at WIC offices

Seniors

Meals on Wheels - Serves low-cost home delivered meals to homebound people age 60 and over - Call 814-539-5595 in Cambria and 814-443-2787 in Somerset

Senior Food Box Program - Serves Cambria and Somerset - In Cambria, call Food For Families at 814-535-3315, and in Somerset, call Greater Pittsburgh Community Food Bank at 412-460-3663, ext. 720

Somerset County Mobile Food Bank - Call 814-443-6574, ext. 3

Seasonal Farmers Markets

Downtown Johnstown Farmers Market - 9-2 p.m. Fridays in Central Park

Ebensburg Farmers Market - 9-12 p.m. Saturdays at Penn Eben Park

West End Farmers Market - 3-6 p.m. Tuesdays at Senior Life, 401 Broad St., Johnstown

SoCo Farmers Market (Somerset Boro) - 9-1 p.m. Saturdays in Somerset

Springs Farmers Market - 7-1 p.m. Saturdays at 1711, Springs Road, Springs, PA

Maple City Farmers Market - 8-11 a.m. Wednesdays at 275 Grant St., Meyersdale, PA

Community Meal Programs

Family Kitchen - 12-1 p.m. Monday-Friday at 231 Bedford St., Johnstown, PA - Call 814-539-7811

Salvation Army-Johnstown - 4-4:30 p.m. Monday-Friday at 576 Vine St., Johnstown, PA - Call 814-539-3110

Windber Area Community Kitchen - 10-3 p.m. Monday, Tuesday, Thursday at 1800 Stockholm Ave., Windber, PA - Call 814-509-6551

EMERGENCY PANTRIES: Salvation Army (Cambria/Somerset) - In Cambria, 11-2:30 p.m. Tues, Wed., Thurs. at 576 Vine St., Johnstown; In Somerset, 9-3 p.m. weekdays at 334 W. Main St., Somerset - Call 814-445-9232; St. Vincent de Paul Family Kitchen - 8-2 p.m. Mon.-Fri. at 231 Bedford St., Johnstown - Call 814-539-7811



OTHER RESOURCES

Veterans Leadership Program Military Share Drive Up Food Distribution - Hiram G Andrews - 727 Goucher Street, Johnstown - dates vary monthly - veteransleadershipprogram.org/events

Somerset County Mobile Food Bank - More information at scmf.org/schedule

Summer Youth Cafe



Senior Boxes



Alternative Resources

Somerset County Mobile Food Bank



Drive-up Distribution
(Greater Pittsburgh Community Food Bank)
412-460-3663)



SNAP Benefits
(Call 833-822-SNAP or go to Pittsburghfoodbank.org/snap)



SNAP at the Market

Redeem SNAP benefits to buy fresh, local produce at the Downtown Johnstown Farmers Market, 9-2 p.m. on Fridays in Central Park. Call United Way at 814-535-2563 with questions



United Way of the Southern Alleghenies
Serving Blair, Cambria & Somerset Counties



Food For Families, Inc.

FOOD RESOURCE GUIDE



INSIDE

Food banks, recipes, and some good advice



How do I know if the food in this can is safe to eat?

Safe

Small dents that don't affect the rim or seal.

Unsafe

Deep, finger-size dent in side; dented rims.

DO NOT buy or use infant formula that is expired, dented, bulging, leaking or in a rusty container.



**BY FOOD SYSTEMS COORDINATOR
NAN MCNINNEY**

There are no uniform or universally accepted descriptions used on food labels for open dating in the United States. As a result, there are a wide variety of phrases used on labels to describe quality dates.

Examples of commonly used phrases:

- A "Best if Used By/Before" date indicates when a product will be of best flavor or quality. It is not a purchase or safety date.
- A "Sell-By" date tells the store how long to display the product for sale for inventory management. It is not a safety date.
- A "Use-By" date is the last date recommended for the use of the product while at peak quality. It is not a safety date, except for when used on infant formula.
- A "Freeze-By" date indicates when a product should be frozen to maintain peak quality. It is not a purchase or safety date.

Call the USDA 1-888-674-6854, or go to ask.usda.gov, with questions.

Some eggcellent advice

To test an egg for freshness - put the egg in a glass of water. If the egg is old, it will float. It may still be safe, you can still crack it into a bowl and smell/examine to see if it is "off." Be sure to dump out the water and clean the glass before reusing.

Cambria County Pantries

Cresson Pantry - Serves Ashville, Cresson, Dysart, Galitzin, Lilly, Sankertown, Penn Cambria School District, Munster, Tunnelhill- Open 9-12 p.m. Thursdays - Located at 115 Ashcroft Ave., Cresson

Dorothy Day Outreach Center - Serves Cassandra, Coupon, Loretto, Marsteller - Open 9-11:30 a.m. Tuesdays & 1-3:30 p.m. Thursdays - Located at 115 St. Mary's Street, Loretto

Ebensburg SVDP - Serves Cambria Township, Colver, Ebensburg, New Germany, Revloc, Summerhill - Open 9-12 p.m. Thursdays - Located at 3133 New Germany Rd., Ebensburg

Food For Families - Serves as regional food bank (Cambria) - Open 8 - 2:30 p.m. - Located at 945 Franklin St., Johnstown

Forest Hills Pantry - Serves Beaverdale, Dunlo, Elton, Mine 42, St. Michael, Salix & Sidman - Open 9-11 a.m. 3rd Thursday of month - Located at 1021 Forest Hills Dr., Salix

Franklin Street Food Pantry - Serves Center Town, Conemaugh Boro, Kernville, Woodvale & Prospect - Open 9:30-11:30 a.m. Tuesdays - Located at 510 Locust St., Johnstown

Good Samaritan - Serves Barr Township, Northern Cambria, Susquehanna Township, West Carroll Township - Open 10-12 p.m. 2nd & 4th Thursday of month - Located 3703 Campbell Ave., Northern Cambria

Greater Johnstown Christian Fellowship - Serves Belmont Ave., Geistown & Richland - Open 9-12 p.m. on Mondays - Located at 3429 Elton Rd., Johnstown

Interfaith - Serves Belsano, Conemaugh, Mundys Corner, Nanty Glo, Twin Rocks, Vinco, Blacklick, East Taylor, Cardiff, Parkhill & Jackson Township - Open 10-12 p.m. 4th Saturday of month - Located at 625 Simmons Lane, Johnstown

Moxham Food Pantry - Serves Ferndale's lower Franklin St., Hornerstown, Krings, Lorain Boro, Moxham, Riverside & Luxor Gardens - Open 8-3:15 p.m. Tuesdays & Thursdays - Located at 550 Central Ave., Johnstown

Patton SVDP - Serves Ashville, N. Cambria, Fallentimber, Patton, Emeigh & Glendale area (partial) - Open 9-11 a.m. 1st Wednesday & 3rd Thursday of month - Located at 500 Railroad St., Patton

Portage Area - Serves Cassandra, Portage, Summerhill & Wilmore - Open 12-2 p.m. 4th Wednesday of month - Located at 813 Jefferson Ave., Portage

Salvation Army - Serves Cambria County - Open 4-4:30 p.m. weekdays for free evening meal - Located at 576 Vine St., Johnstown

Cambria County Pantries

South Fork - Serves South Fork Boro area only, Mineral Point, South Fork & Wilmore - Open 8 to 12 p.m. 3rd Saturday - Located at R315 Main St., South Fork

St. Andrews SVDP - Serves Camoset Village, Ferndale, Ideal Park, Krings, Riverside, Somerset Pike & 8th Ward - Open 3-5 p.m. 2nd Monday of month - Located at 927 Franklin St., Johnstown

St. Bernard SVDP - Serves Ashcroft, Bakerton, Carrolltown, E. Carroll Twp., Elmora, Hastings, Nicktown, Riley, St. Benedict, St. Bonafice, Watkins, West Carroll Twp. & Blandburg - Open 9-11:00 a.m. 1st & 3rd Wednesday of month - Located at 139 Huber St., Hastings

St. Clement Pantry - Serves Lower Yoder, Old Westmont, Southmont Blvd., Upper Yoder & Westmont - Open 8:30 a.m. to noon 1st & 3rd Friday of month - Located at 114 Lindberg Ave., Johnstown

Walnut Grove Pantry - Serves Daisytown, Dale, Geistown, Lower end of Richland Twp., Oakland, Walnut Grove & Solomon Homes - Open 9-11:30 a.m. 1st & 3rd Thursday of month - Located at 1068 Bedford St., Johnstown

West End - Serves Benshoff Hill, Brownstown, Cambria City, Minersville, Morrellville, Oakhurst, Tanneryville - Open 9-11 a.m. 1st and 3rd Thursday of month - Located at 1348 Virginia Ave., Johnstown

Somerset County Pantries

Boswell Helping Hands - Serves North Star area - Open from 9-12 p.m. Thursdays - Located at 301 Center St., Boswell

Berlin Pantry - Serves Berlin and Shanksville areas - Open 9-11 a.m. Wednesdays - Located at Trinity United Church of Christ, 610 Main St., Berlin

Confluence Pantry - Serves Turkeyfoot Valley area - Open from 9-12 p.m. last Friday of month - Located at 711 Logan Pl., Confluence

Hollsopple Pantry - Serves Conemaugh Township area - Open from 9-3 p.m. 1st Monday & Wednesday of month - Located at 107 Stevens Ln., Hollsopple

Meyersdale Casselman Valley Helpers - Serves Meyersdale & Salisbury areas - Open from 9-10 a.m. Fridays - Located at Zion Lutheran Church, 355 Center St., Meyersdale

Shade/Central City Pantry - Serves Shade-Central City area - Open from 9-11 a.m. 2nd Saturday of month - Located at Missionary Church, 785 Lohr St., Central City

Somerset Pantry - Serves Somerset & Rockwood areas - Open 8-11 a.m. Wednesdays - Located at Trinity Lutheran Church, 918 Tayman Ave., Somerset

Windber Pantry - Serves Windber area - Open from 9-11:30 a.m. 1st & 3rd - Tuesday of each month - Located at 401 Jackson Ave., Windber

Salvation Army Somerset - Serves Somerset County - Open 9 a.m. - 3 p.m. weekdays - Located at 334 W. Main St., Somerset