

OTHER SERVICES

CHILDREN & FAMILIES

Cambria County Backpack Project - Serves weekend meals to children in all public school districts in Cambria County, Bishop McCort elem. and high school, CAP Head Start locations, Silver Lining ABA, Mom's House, and Soaring Heights through Grade 12 who exhibit symptoms of chronic hunger. Program works with partner schools and organizations - for info, email Kristen@ccbackpack.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 can go to Area Agency on Aging 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 downtown from May-October

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

Maple City Farmers Market - 8-11 a.m. Wednesdays at 275 Grant St, Meyersdale, from May to September

SoCo Farmers Market (Somerset Boro) - 9-1 p.m. Saturdays in Somerset from June to October

Springs Farmers Market - 7-1 p.m. Saturdays at 1711, Springs Road, Springs, from May to September.

Westmont Community Farmer's Market: 9-noon Saturdays from May to October at the Westmont Presbyterian Church.

COMMUNITY MEAL PROGRAMS

Family Kitchen - 11:30 to 12:30 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

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 scmfb.org/schedule

Summer Youth Cafe



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



Alternative Resources

Somerset County Mobile Food Bank



Drive-up Distribution
(Johnstown Galleria & Hastings. Held by Greater Pittsburgh Community Food Bank.)



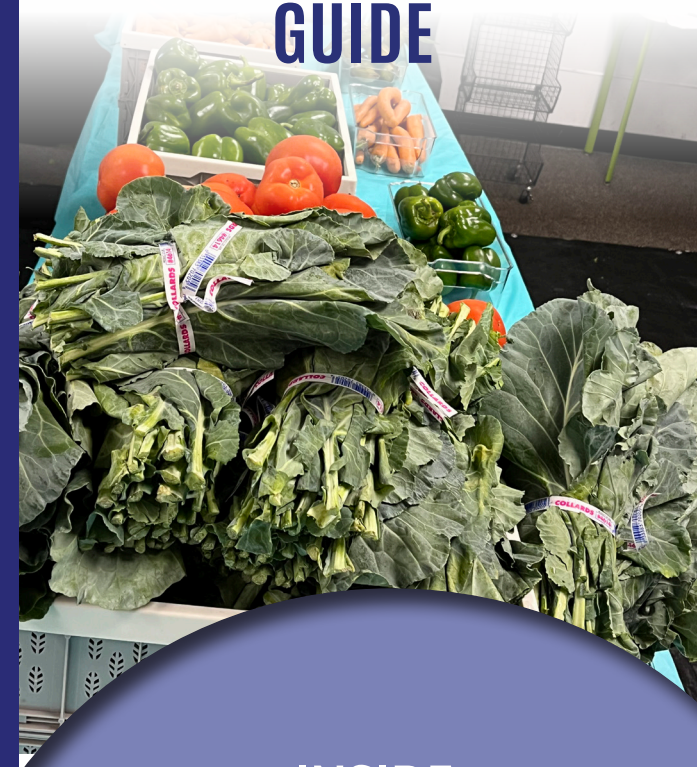
SNAP at the Market
Redeem SNAP benefits to buy fresh, local produce at the Downtown Johnstown Farmers Market, 9-2 p.m. on Fridays. Call United Way at 814-535-2563 with questions.



UNITED WAY
of the Southern
Alleghenies



FOOD RESOURCE GUIDE



INSIDE
Food banks, markets, and
some good advice



How to keep your produce fresher, longer – and other good advice

By Food Systems Coordinator
Nan McNinney



To extend produce freshness, store it properly, control moisture, and manage off-gassing. Some items do best when not refrigerated at all.

Do not rinse produce when you bring it home, instead rinse before use to prevent excess moisture. Don't throw it all away if some of it goes bad, salvage what's still good, and eat it ASAP.

Refrigeration: Keep in crisper drawer whenever possible - they are designed to reduce humidity and maintain airflow.

Room Temperature: Tomatoes, citrus, bananas, and avocados should be removed from their bag and stored at room temperature.

Cool, Dark and Dry: Onions, potatoes, and garlic should be stored outside of the refrigerator and away from sunlight.

Leafy Greens: Wrap in a clean paper towel and store in a re-sealable bag - the towel will absorb excess moisture.

Berries: Rinse with a solution of vinegar and water, then dry thoroughly before putting in fridge.

Carrots and celery: Storing in a container of water will keep them crispy.

Bananas: Cover the stems with foil or plastic wrap to slow ripening - do NOT put in a bag, store at room temperature.

Tomatoes: Store stem side down, away from sunlight, NOT in a bag, NOT in the fridge.

Small dents: If a can has a small dent that does not affect the rim or seal, and the can is in good shape otherwise, the food should be safe to consume. A can with a deep dent in the side (one you can lay your finger in) should be discarded.

Dented rims: Cans that have dented rims (even tiny dents) should be DISCARDED. DO NOT buy or use infant formula that is expired, dented, bulging, leaking, or in a rusty container.

CAMBRIA COUNTY PANTRIES

Cresson Pantry - Serves Ashville, Cresson, Dysart, Gallitzin, 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 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

Forest Hills Food 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 9-11:50 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, Belmont homes, 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

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. Vincent de Paul - Serves Camoset Village, Ferndale, Ideal Park, Krings, Riverside, Tire Hill, Somerset Pike & 8th Ward - Open 2:30-6 p.m. 2nd Monday of month - Located at 927 Franklin St., Johnstown

CAMBRIA COUNTY PANTRIES

St. Bernard SVPD - 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 9 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

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

