

## 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](mailto: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](http://veteransleadershipprogram.org/events)

**Somerset County Mobile Food Bank** - More information at [scmf.org/schedule](http://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](http://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 MCINNEY**

**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.**

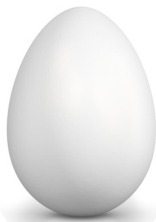
### Examples of commonly used phrases:

- 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](http://ask.usda.gov), with questions.*

### Some eggsellent 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, 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'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 2:30 to 6 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