

THE CARING CUPBOARD



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Location: 131 North Railroad Street, Palmyra, PA 17078

Phone Number: 717.838.9493

Website: www.caringcupboard.org

A. For families in need of food in the Palmyra, Annville, and Cleona area

HOW TO GET HELP: We try to make receiving help from The Caring Cupboard as simple as possible. Please note that we are only able to provide food on an on-going basis to families living in the Palmyra and Annville-Cleona School Districts.

FOR: You must reside in the Palmyra or Annville-Cleona School District.

TO APPLY FOR ASSISTANCE: They will need proof of address and reporting of income (see their website: <https://www.caringcupboard.org/food-assistance> for more information)

DAYS and TIMES OPEN: We are currently open at five different times during the week and our families can visit once a week, with the goal of providing food for three to four days. We offer fresh fruits, vegetables, turkey, burger, chicken, milk, and eggs in addition to donated products and non-perishables.

SERVING THE COMMUNITY at 131 North Railroad Street

Monday: 9a.m.-12p.m. | **Tuesday:** 9a.m.-12p.m. | **Wednesday:** 4p.m.-7p.m. | **Thursday:** 9a.m.-12p.m. | **Friday:** 9a.m.-12p.m. | **Saturday:** 9a.m.-12p.m.

ACCEPTING DONATIONS at 131 North Railroad Street

Monday: 9a.m.-12p.m. | **Tuesday:** 9a.m.-12p.m. | **Wednesday:** 4p.m.-7p.m. | **Thursday:** 9a.m.-12p.m. | **Friday:** 9a.m.-12p.m. | **Saturday:** 9a.m.-12p.m.

B. The Caring Cupboard Summer Lunch Program

June - August 2022

The Caring Cupboard provides food for children during the 11-week period of summer vacation. Each participating child in the Palmyra and Annville-Cleona School Districts will receive 5 days' worth of breakfast and lunch to replace what they would receive in school. Those who receive free or reduced meals throughout the school year are encouraged to sign up for the program.

Pick up locations: At Caring Cupboard on Railroad and Satellite sites.

OTHER FOOD RESOURCES IN THE COMMUNITY

A. The Supplemental Nutrition Assistance Program (SNAP) : Food Stamp Outreach Initiative



The Supplemental Nutrition Assistance Program (SNAP) is the new name for the Food Stamp program. These benefits are used to buy food and help eligible, low-income households in Pennsylvania obtain more nutritious diets by increasing their food purchasing power at grocery stores and supermarkets. If you qualify for use of the Food Pantry, you may very well be eligible for SNAP benefits.

You can apply in person, on the phone or online through Pennsylvania's Department of Human Services. **The Central Pennsylvania Food Bank, however, operates an amazing program that makes it *much easier* to apply for food stamps.** They will assist you, **free of charge**, in getting food assistance to you and your family.

The Central Pennsylvania Food Bank operates a Food Stamps Helpline that helps individuals find out if they qualify to receive additional food assistance. Within their service territory, only 55% of those individuals that are income eligible for the program are receiving benefits. Their goal is to inform the public about this federal nutrition program and to provide screening and enrollment assistance to those who may need and are eligible to receive benefits. To find out if you or someone you know qualifies for SNAP, please call their helpline at 1.877.999.5964 or download the latest income guidelines.

They can also provide referrals to pantries and other food programs. All services are free and confidential. If a message is left, please allow 1-3 business days for a returned phone call. If emergency food is needed call their main line at 717.564.1700.

B. Military Share

For the convenience and privacy of the individuals and families served, MilitaryShare distributions take place on-site at armories, VFW and AMVET locations throughout the Central Pennsylvania Food Bank's 27 county service area.

For information about starting or locating a program, contact Greg Stegall, Mobile Distribution Manager at 717.564.1700, ext. 2315