

# Produce to People

## What is Produce to People?

Produce to People provides individuals and families with 30 to 50 pounds of food consisting mostly of fresh produce. There are 17 distributions monthly throughout the Food Bank service area.

## Who qualifies for assistance?

Any Pennsylvania household qualifies if they:

- **Earn** income within 150 percent of the poverty line outlined below.
- **Receive** other social services like Medicare, Social Security, unemployment, free or reduced price school lunches.
- **Have** a temporary emergency condition (fire, loss of power or job loss for example)

**Be sure to bring bags, boxes or a rolling cart as you will receive 30 to 50 pounds of food.**



Size	Annual	Monthly
1	\$17,820	\$1,485
2	\$24,030	\$2,002
3	\$30,240	\$2,519
4	\$36,450	\$3,036
Per Additional Person Add \$6,210 per year or \$517 per month		

## How do I register?

You do not need to bring any proof of income, documentation or identification to receive food. Registration takes place at every distribution.

## Where is the distribution?

See reverse for the full list of locations and dates. Each site is served once per month.

# Produce to People 2017 Calendar

## Allegheny County Sites

	Jan	Feb	Mar	Apr	May	Jun	Location	Time	
Sheraden	5	2	2	6	4	1	<b>Pittsburgh Langley K-8 - Cafeteria</b> 2940 Sheraden Blvd   Pittsburgh, PA	5:30 p.m. - 7 p.m.	
Braddock	7	4	11	1	6	3	<b>Braddock Volunteer Fire Dept. #2 Social Hall</b> 845 Talbot Ave   Braddock, PA	10 a.m. - noon	
Homewood	14	11	11	8	6	10	<b>Faison School</b> 7430 Tioga St   Pittsburgh, PA	10 a.m. - noon	
Allegheny Valley	10 VND	14 VND	14 VND	11 VND	9 OLMBS	13 OLMBS	January - April <b>Valley News Dispatch</b> 210 E 4th Ave Tarentum, PA	April - June <b>Our Lady of the Most Blessed Sacrament</b> 1526 Union Ave Natrona Heights, PA	5:30 p.m. - 7 p.m.
Duquesne	12	9	9	13	11	8	<b>Greater Pittsburgh Community Food Bank</b> 1 North Linden St   Duquesne, PA	5:30 p.m. - 7 p.m.	
McKeesport	21	18	18	15	20	17	<b>Founders' Hall Middle School - Cafeteria</b> 1960 Eden Park Blvd   McKeesport, PA	10 a.m. - noon	
Northside	21	18	18	15	13	17	<b>Pittsburgh King PreK-8</b> 50 Montgomery Place   Pittsburgh, PA	10 a.m. - noon	
Southside	28 MH	25 MH	25 MH	22 UPMC	27 UPMC	24 UPMC	January - March <b>South Side Market House</b> Bedford Square 12th and Bingham Pittsburgh, PA	April - June <b>UMPC Mercy South Side Outpatient Center</b> 2000 Mary St Pittsburgh, PA	10 a.m. - noon

## Regional Sites

	Jan	Feb	Mar	Apr	May	Jun	Location	Time
Johnstown	4	1	1	5	3	7	<b>Greater Johnstown Career &amp; Technology Center</b> 445 Schoolhouse Rd   Johnstown, PA 15904	10 a.m. - noon
Washington	3	7	14	4	2	6	<b>Washington County Fairgrounds</b> 2151 N Main St   Washington, PA 15301	10 a.m. - noon
Aliquippa	20	17	17	21	19	16	<b>Church in the Round</b> 744 Griffith St   Aliquippa, PA 15001	10 a.m. - noon
Beaver Falls	28	25	25	22	20	24	<b>Beaver Falls Middle School</b> 1601 8th Ave   Beaver Falls, PA 15010	10 a.m. - noon
Butler	24	28	28	25	23	27	<b>Butler City Farmers' Market</b> 205 South Chestnut St   Butler, PA 16001	4:30 p.m. - 6 p.m.
Greene	26	23	23	27	25	22	<b>Greene County Fairgrounds</b> 107 Fairgrounds Rd   Waynesburg, PA 15370	10 a.m. - noon
New Castle	14	11	11	8	13	10	<b>St. Vitus School</b> 915 South Jefferson St   New Castle, PA 16101	11 a.m. - 12:30 p.m.
Fayette	12	9	9	13	11	8	<b>Fayette County Fairgrounds - Grange Building</b> 123 Pechin Rd   Dunbar, PA 15431	10 a.m. - noon
West Greene	13	10	10	14	12	9	<b>Jackson Twp Building</b> 104 Tunnel Rd   Holbrook, PA 15341	10 a.m. - noon

Dates in gray squares are not typical distribution days of the month

Find us online at [pittsburghfoodbank.org/producetopeople](http://pittsburghfoodbank.org/producetopeople)

For information on produce distributions in Somerset County see [scmfb.org](http://scmfb.org) or call (814) 443-6573x3





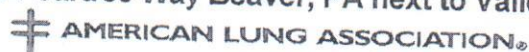
**Smoking Cessation Group Classes FY17**  
**(A Minimum of 5 Individuals Needed to Start a Group Session)**

DATE	TIME	LOCATION	SITE	CLASS
September 12, 2016	5-6 PM	Conf Room	PTW	1
September 19, 2016	5-6 PM	Conf Room	PTW	2
September 26, 2016	5-6 PM	Conf Room	PTW	3
<b>October 3, 2016</b>	5-6 PM	Conf Room	PTW	<b>4</b>
				<b>Quit Day</b>
October 5, 2016	5-6 PM	Conf Room	PTW	5
October 10, 2016	5-6 PM	Conf Room	PTW	6
October 17, 2016	5-6 PM	Conf Room	PTW	7
October 24, 2016	5-6 PM	Conf Room	PTW	8

DATE	TIME	LOCATION	SITE	CLASS
January 3, 2017	5-6 PM	Conf Room	PTW	1
January 9, 2017	5-6 PM	Conf Room	PTW	2
January 16, 2017	5-6 PM	Conf Room	PTW	3
<b>January 23, 2017</b>	5-6 PM	Conf Room	PTW	<b>4</b>
				<b>Quit Day</b>
January 25, 2017	5-6 PM	Conf Room	PTW	5
January 30, 2017	5-6 PM	Conf Room	PTW	6
February 6, 2017	5-6 PM	Conf Room	PTW	7
February 13, 2017	5-6 PM	Conf Room	PTW	8

DATE	TIME	LOCATION	SITE	CLASS
April 3, 2017	5-6 PM	Conf Room	PTW	1
April 10, 2017	5-6 PM	Conf Room	PTW	2
April 17, 2017	5-6 PM	Conf Room	PTW	3
<b>April 24, 2017</b>	5-6 PM	Conf Room	PTW	<b>4</b>
				<b>Quit Day</b>
April 26, 2017	5-6 PM	Conf Room	PTW	5
May 1, 2017	5-6 PM	Conf Room	PTW	6
May 8, 2017	5-6 PM	Conf Room	PTW	7
May 15, 2017	5-6 PM	Conf Room	PTW	8

Classes held at 3 Peartree Way Beaver, PA next to Valley Internal Medicine



*Freedom*  
 FROM SMOKING<sup>SM</sup>



Uniquely Connected. For life.<sup>SM</sup>  
**HERITAGE VALLEY**  
**HEALTH SYSTEM**

## Description of Freedom From Smoking Program

### Overview of the Program

#### Session 1: Thinking About Quitting

Introduce the program, questionnaires, Three-Link Chain of Addiction, Pack Tracks tools, benefits of quitting, triggers and coping skills, introduction to quit-smoking medications.

#### Session 2: On the Road to Freedom

Nicotine dependence assessment, self-management skills, stress management techniques, Pack Track review, quit-smoking medications.

#### Session 3: Wanting to Quit

QUIT Plan worksheet, high-risk situations, relapse prevention, building social support.

#### Session 4: Quit Day

Quit Ceremony, recovery symptoms, slips and relapse.

#### Session 5: Winning Strategies

QUIT Plan worksheet update, transitioning to a nonsmoker, coping strategies, relapse prevention, social support, stress reduction techniques and strategies.

#### Session 6: The New You

The nonsmoker lifestyle, weight management, long-term quitting strategies.

#### Session 7: Staying off

Assertive communication, physical activity plan.

#### Session 8: Celebration

Program reflection, relapse prevention, certificate of completion.

 **AMERICAN LUNG ASSOCIATION®**

*Freedom*

**FROM SMOKING®**



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**HERITAGE VALLEY**  
**HEALTH SYSTEM**

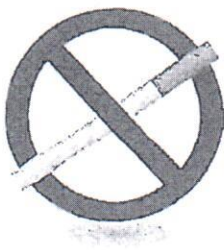
## American Lung Association Freedom From Smoking®

According to the Centers for Disease Control and Prevention, 16.8% of all U.S. adults age 18 years or older smoke cigarettes. The facts are:

- Tobacco use is the leading preventable cause of death.
- Smoking can make it more difficult for women to get pregnant and increase her risk of a premature birth.
- Smoking increases your risk of cancer, stroke and heart disease.
- Quitting smoking lowers your risk of smoking-related diseases and can add years to your life.

The good news is it is never too late to quit using tobacco.

**Freedom From Smoking®** is an evidence-based eight session smoking cessation program designed to help you quit smoking and remain smoke-free. The program stresses the following elements:



- |                           |                     |
|---------------------------|---------------------|
| -Assertive Communication  | -Coping skills      |
| -Quit-smoking medications | -Motivation         |
| -Nicotine Addiction       | -Physical Activity  |
| -Recovery and grief       | -Relapse prevention |
| -Self-monitoring          | -Social support     |
| -Stress management        | -Weight Management  |

Both individual and group sessions are available. To schedule an appointment contact:  
Heritage Valley Community Health Services: 1-866-328-8389, option #2.

**† AMERICAN LUNG ASSOCIATION®**

*Freedom*

**FROM SMOKING®**



The Salvation Army's  
Emergency Lodging Grant Program

This grant is intended to provide a short motel stay for households that are homeless AND there is no shelter space available. This program is dependent on grant funds and available motel space.

Before households are referred for this program, we are asking the staff working with the individuals to verify there is no space at the local shelters that would accommodate the family.

After hours/weekends the Homeless Hotline will answer calls related to motel vouchers. 724-714-6203.

During the work day, individuals can call Friendship Homes at 724-846-1089.

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>CLOSED/ New Year's Holiday</b>	3 ✓ 10:30 Resume & Cover Letter Workshop ✓ 10:30 Intro. to Basic Computer Skills	4  ✓ Work Certified™ Training – 8:30am to 3:00pm – JTBC Office- Start Date ✓ 9:00am-12:00pm "The Basics of Starting Your Own Small Business"	5 On-Site 9:00am to Noon – SNAP (Food Stamp) Outreach Services	6 ✓ 10:00 Intro. to Microsoft Word
9 ✓ 9:00am-12:00pm "The Basics of Starting Your Own Small Business"	10 ✓ 10:30 Interviewing & Job Search Techniques 	11 ✓ Work Certified™ Training – 8:30am to 3:00pm – JTBC Office- Start Date ✓ 9:00am-12:00pm "The Basics of Starting Your Own Small Business"	12 ✓ Work Certified™ Training – 8:30am to 3:00pm – JTBC ✓ E-Commerce Workshop – 10:00am	13 ✓ 10:00 Intermediate Microsoft Word ✓ Work Certified™ Training - 8:30am to 3:00pm – JTBC
16 <b>CLOSED/ Martin Luther King Jr. Day</b>	17 ✓ 10:30 Resume & Cover Letter Workshop ✓ 10:30 Intro. to Basic Computer Skills ✓ Work Certified™ Training – 8:30am to 3:00pm – JTBC	18 ✓ Work Certified™ Training – 8:30am to 3:00pm – JTBC ✓ 9:00am-12:00pm "The Basics of Starting Your Own Small Business"	19 ✓ Work Certified™ Training – 8:30am to 3:00pm – JTBC ✓ 9:00am-12:00pm "The Basics of Starting Your Own Small Business"	20 ✓ Work Certified™ Training – 8:30am to 3:00pm – JTBC ✓ 10:00 Intro. to Microsoft Excel
23 ✓ Work Certified™ Training – 8:30am to 3:00pm – JTBC ✓ 9:00am-12:00pm "The Basics of Starting Your Own Small Business"	24 ✓ 10:30 Interviewing & Job Search Techniques ✓ LinkedIn Workshop – 10:30am ✓ Work Certified™ Training – 8:30am to 3:00pm – JTBC	25 ✓ Work Certified™ Training – 8:30am to 3:00pm – JTBC ✓ 9:00am-12:00pm "The Basics of Starting Your Own Small Business"	26 ✓ Work Certified™ Training – 8:30am to 3:00pm – JTBC Office- Last Day ✓ E-Commerce Workshop – 10:00am	27 ✓ 10:00 Intermediate Microsoft Excel
30 ✓ 9:00am-12:00pm "The Basics of Starting Your Own Small Business"	31 ✓ 12:30 – Re-Entry Resource Workshop	<b>WEBSITES:</b> <a href="http://www.jobgateway.pa.gov">www.jobgateway.pa.gov</a> <a href="http://www.cwds.pa.gov">www.cwds.pa.gov</a>	To Register for Workshops call 724-728-4860 Ext: 205	724-775-1199 - TTY 724-728-7164 – Fax 724-728-4860 – Phone 12/08/2016