



FOOD RESOURCES

- Apply for food stamps with your local assistance office or apply online at www.compass.state.pa.us
- Apply for WIC (Women, Infant and Children) through your local assistance office or apply online at www.compass.state.pa.us
- Free or Reduced lunches for your children
- County Cooperative Extension offices-food prep & nutrition programs
- Food Bank
 - The Christian Food Bank 814.834.1951
 - Salvation Army 814.772.0485
 - Kings Tables 814.772.0485
 - Northern Tier Community Action Corp. 814.486.1161
- Meals on Wheels-food programs for seniors
 - St. Marys Senior Center 814.781.3555
 - Fox Twp. Sr. Center 814.885.8111
 - Bennetts Valley Sr. Center 814.787.7888
 - Johnsonburg Sr. Center 814.965.5638
 - Jones Twp. Sr. Center 814.929.5443
- PA Sr. Farmers Market Nutrition Program www.aging.pa.gov

You don't need a silver fork to eat good food.