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SQUIRREL HILL
COMMUNITY FOOD PANTRY

Hunger Shouldn't Be an Option



September brings a national focus on hunger

September brings the start of the school year, cooler temperatures and for us at the Squirrel Hill Community Food Pantry, the beginning of the Jewish high holidays and the start of Hunger Action Month, during which time Feeding America, the nation's leading domestic hunger-relief charity, their nationwide food bank network and local food pantries and soup kitchens ask all Americans to do something to end domestic hunger.

At the Squirrel Hill Community Food Pantry, we are working at the local level to shine a spotlight on hunger during Hunger Action Month. Last year, more than 1,000 people turned to us for help feeding themselves and their families. With the support of our community, we raised almost half a million dollars and 200,000 pounds in food donations in order to serve them.

So what can you do? To help end hunger in our community you can help by:

- Making an online donation to the Squirrel Hill Community Food Pantry.
- Dropping off food donations at the Pantry or at one of several local synagogues -- Shaare Torah, Adat Shalom, Temple Sinai, Rodef Shalom, Beth Shalom and Temple B'Nai Israel -- who are partnering with us to collect donations.
- Volunteering with your family, friends or community group to see first-hand how we are feeding our neighbors in need. Contact us to schedule a time.
- Advocating using your social network. One of our favorite ideas - Donate your Status! Share your passion of ending hunger in our community by posting facts about hunger and encouraging your social network to take action to end food insecurity. For more ideas, check out the 30 ways for 30 days link at the Feeding America website.

Together we can put an end to hunger in our community.

Welcome Tanya

On August 15, we welcomed Tanya Bielski-Braham as the new coordinator at the Squirrel Hill Community Food Pantry. During the past few weeks, she has learned the ropes and is now fully immersed in all things Pantry! Some of her many duties include organizing food drives, managing volunteers, conducting outreach programs with the community and managing Pantry operations.

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For every \$18 you donate, the Squirrel Hill Community Food Pantry can purchase \$72 of food for clients.

Donate Now

Secure donations through
Network for Good

In the News

Read what others have to say about the Pantry.

Pitt News: *[Meanwhile, back at the farm, a younger generation grows](#)*

The Jewish Chronicle: *[City Gardeners](#)*



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[Squirrel Hill Community Food Pantry](#)



JEWISH FAMILY &
CHILDREN'S SERVICE
OF PITTSBURGH

Would you like to know
what's happening at

Prior to joining the Food Pantry, Tanya was the sales coordinator at the former Right by Nature in the Strip District and was a food buyer at Dean & DeLuca, an international gourmet market. In New York, she also was a volunteer for City Harvest, teaching nutrition and culinary classes to food insecure populations in Manhattan and the Bronx. Before becoming involved in the food world, Tanya was a journalist in New York City and Washington, DC.



Tanya comes to us with a passion for food and feeding the hungry. Pantry Director Becky Abrams says, "We are thrilled to have Tanya's wealth of knowledge in the area of nutrition education and her skills for organizing the volunteers and the Pantry food stock. Tanya has jumped right in, rolled up her sleeves and you'd never guess she's only been at the Pantry for one month!"

Please join us in welcoming Tanya to the Pantry! She can be reached at tbielski-braham@jfcspgh.org.

the Pantry's parent organization, [JF&CS?](#)

Signup for our brief newsletter and get JF&CS news delivered weekly to your inbox.

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Donating to the Pantry

What do we need this month? The September Food of the Month is cold cereal. We also need extra donations of non-food products, such as shampoo, dishwashing soap and paper products! You can drop donations off at the Pantry or place them in the yellow donation baskets at the following locations: Tree of Life-Or L'Simcha, Rodef Shalom, Temple Sinai, Adat Shalom, Beth Shalom, Shaare Torah and the Anathan Club.



Remember the Pantry when you're doing your shopping and spot a "Buy one, get one free" - consider keeping one for your family and donating the other! Not sure what foods the Pantry needs? Refer to our [Pantry Shopping List](#).

Another way to donate to the Pantry is through our *Centerpieces for Tzedakah* program. You can rent our food baskets in lieu of flowers as celebration centerpieces and bimah baskets, and your tax-deductible donation helps to feed individuals and families that rely on the Pantry. The baskets are decorated with beautiful bows in the colors of your choice, and each has a card attached acknowledging your support. Some *Centerpieces for Tzedakah* patrons supply their own bows or have their baskets decorated by florists or other party professionals. It's an easy, meaningful way to add

significance to your special occasion. [Contact us](#) for more information or to place an order.



Calling all volunteers

Can you help? We are currently in need of volunteers for **drop-off recycling** - volunteers with valid driver's licenses to deliver our numerous cardboard boxes to the recycling facility (2-3 volunteers weekly). We also need volunteers with valid driver's licenses to **pick up bread donations** Monday through Friday mornings from Giant Eagle. Any volunteers would be a huge help!

Individual volunteers, schools and community groups are vital parts of our Pantry's operation. Prior training is not required for most volunteer opportunities. We just are looking for committed and enthusiastic individuals, who have some free time and want to help. Children are welcome when accompanied by an adult.

Since many of the duties require multiple people, this is a great opportunity to spend some quality time with your family, friends or group while providing an essential service to our community's most vulnerable. Refer to our [volunteer opportunities](#) for a complete listing of ways you can help the Pantry.

Pantry Hours

Monday: 9:00am - 12:30pm (and 5:00 - 7:00pm by appointment only)
 Tuesday: 9:00am - 12:30pm and 1:30 - 3:00pm
 Wednesday: 9:00am - 12:30pm
 Thursday: 9:00am - 12:30pm and 1:30 - 3:00pm
 Friday: 9:00am - 12:30pm
 One Sunday a month by appointment only

*Please contact the Pantry at
 412-421-2708*

for appointments outside of the normal business hours.

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