

Meal Programs

Compliments of Senior Living Advisors

Western Pennsylvania Resource Guide

We are a free service to help families choose an appropriate Independent Living apartment with services, Personal Care Home, or Assisted Living community for their loved one that matches the medical needs, financial capabilities, and geographic preferences.

With the family's permission, we will assess the candidate at home, at the skilled rehab unit, or at the hospital. After obtaining an accurate report to determine the scope of care the individual requires, we make appropriate recommendations of communities that fit the parameters of medical, financial, and geographic needs.

Senior Living Advisors will accompany the family and prospective resident on tours to help them through the process. Our skilled representatives will always make recommendations as if it were pertaining to our own Mom, Dad, or other loved one. We answer seven days a week.

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MEAL PROGRAMS

Meals on Wheels

www.mealsonwheelsamerica.org

Catholic Youth Association

(412) 621-3342 ext. 4

- Lawrenceville, Bloomfield, Oakland, Garfield, East Liberty, Stanton Heights, Shadyside
- \$2 contribution per meal
- One meal per day

Eastern Area Adult Day Services

(412) 829-9250

- Britton Towers, Braddock
- Donation \$1.75 per meal

LifeSpan, Inc.

(412) 464-1300 ext. 133

- Steel Valley, Mon Valley, Bethel Park, Chartiers, Imperial, Knoxville,
- Only Allegheny County residents
- 24-hour reservation
- offers both home delivery and community meals, as well as modified meals based on dietary medical needs with a doctor's note

Lutheran Service Society

(724) 774-0292

- Meals on Wheels
- \$20-25 per week
- Age 60 Plus
- Live in or around Beaver County

Mollie's Meals

(412) 421-7616

- Provides kosher
- Squirrel Hill, East End, Shady side, Oakland
- \$8 per meal
- Free with county waiver, suggested donation

Meals Direct

(412) 218-0017

www.mealsdirectllc.com

Mom's Meals

<http://www.momsmeals.com/>

(877) 508-6667

- Are you over 65?
- Are you disabled?
- Do you require assistance with grocery shopping and/or preparing meals?
- Are you on Medicaid/Medicare or a member of a Health Insurance Plan that offers a paid meal benefit?
- Can you say yes to any of these questions? If so, you might qualify for government or health plan assistance and have Mom's Meals NourishCare delivered at little or no cost to you!

Riverview Community Action Corp.

(412) 828-1062

501 Second St.

P.O. Box 437

Oakmont, PA 15139

- Oakmont, Verona, Cheswick, Springdale
- \$1.25 donation per meal

FOOD RESOURCES

The Supplemental Nutrition Assistance Program - SNAP

(800) 692-7462

Allegheny Valley Association of Churches, Inc. Food Bank

(724) 226-0606

Eastern Area Adult Services

(412) 829-9250

Urban League of Pittsburgh

(412) 227-4802

Just Harvest

(412) 431-8960

Rainbow Kitchen Community Services

(412) 464-1892

Squirrel Hill Food Pantry

(412) 421-2708

Food Helpers

(724) 632-2190

(878) 881-5653

Serving Washington County

Westmoreland County Food Bank

(724) 468-8660

List of local food pantries at PantryNet.org

www.PantryNet.Org

Greater Pittsburgh Community Food Bank

(412) 460-3663

List of Pittsburgh Food Pantries at FoodPantries.org

www.FoodPantries.org

Big Burgh

www.bigburgh.com

Provides information to find local services

Greater Duquesne Community Food Bank

1N. Linden Street

Duquesne, PA 15110

(412)460-3663

Jubilee Kitchen

2005 Wyandotte Street

Pittsburgh, PA 15219

(412)261-5417

Light of Light Rescue Mission

234 Voegtly Street

Pittsburgh, PA 15212

(412) 258-6100

Network of Hope

www.networkofhope.org

(412) 487-7220

North Hills Community Outreach – Food Pantry

1975 Ferguson Road

Allison Park, PA 15101

(412) 487-6316 x 3144

AHN Healthy Food Center

<https://www.ahn.org/services/medicine/center-for-inclusion-health/healthy-food-center>

Healthy Food Center hours

Monday: 9:00 AM –4:00 PM

Tuesday: 1:00 –4:00 PM (Closed for nutrition counseling 9:00 AM –1:00 PM)

Wednesday: 9:00 AM –4:00 PM

Thursday: 9:00 AM –1:00 PM (Closed for nutrition counseling 1:00 PM –4:00 PM)

Friday: 9:00 AM –4:00 PM

Saturday and Sunday: Closed

Healthy Food Center locations

Healthy Food Center - West Penn Hospital

School of Nursing (back entrance)

4921 Mend Way

Pittsburgh, PA 15224

(412) 578-5922

Healthy Food Center - Allegheny General Hospital

Allegheny Professional Building

First Floor, Suite 103

490 East North Ave.

Pittsburgh, PA 15212

(412) 359-4030

Healthy Food Center – Allegheny Valley Hospital

Café Conference Room

1301 Carlisle Room

Natrona Heights, PA 15065

(724) 226-7435

Healthy Food Center - Jefferson Hospital

Medical Office Building

575 Coal Valley Road

Suite 200, Second Floor

Jefferson Hills, PA 15025

(412) 469-7030

Healthy Food Center - Forbes Hospital

Professional Office Building One, Ground Floor

2566 Haymaker Road

Monroeville, PA 15146

(412) 858-7588

Healthy Food Center - Saint Vincent Hospital

Medical Office Building

Professional Building-Lower Level

311 W. 24th Street

Erie PA 16502

(814) 452-7043