

Visiting a Food Pantry: Here are the Facts

Fact:

Everyone is welcome at food pantries, regardless of:

- income
- immigration status
- benefit participation



Fact:

You will not be asked to provide your Social Security Number.

Fact:

Many pantries are **flexible on geographic eligibility** and **number of visits** per month. If you have questions, ask!



Fact:

You can visit **more than one pantry** in a month.

Fact:

You can **send someone in your place** to pick up food for you.

Fact:

Pantries are required to **serve visitors their first visit**, no matter what.

Fact:

A Food Pantry is not the same as a Food Bank.

A Food Pantry is where you pick up food. A Food Bank is the warehouse that holds and distributes food to local agencies.



Fact:

Many pantries can provide **deliveries for folks in need** — ask!

Call or text 2-1-1 for food and other service information.

You can also visit www.foodbankst.org/find-food