



FILL a GLASS *with* HOPE®

Pennsylvania's Statewide Charitable Milk Program

In Pennsylvania, more than 1.7 million of our neighbors struggle to acquire nutrient-dense food to feed their families. One of the most-requested items at food pantries, also one of the least donated and most expensive items to purchase, is milk. Milk provides essential nutrients that are vital for a person's health during all life stages; it fuels cognitive development in children, supports muscle mass retention in adults, and maintains bone health and vitality in seniors. To meet these critical nutritional needs, the *Fill a Glass with Hope* charitable milk program was established. Managed through a partnership between Feeding Pennsylvania, the Pennsylvania Dairymen's Association, and the American Dairy Association North East, *Fill a Glass with Hope* raises funds to provide food banks and pantries with high-quality fluid milk from local dairy producers.

Milk is one of the most requested items at food banks due to its high nutritional value, but it is rarely donated.



Fill a Glass with Hope is the nation's first-ever statewide charitable milk program, and its impact is undeniable. **Since its inception in 2015, the program has enabled food banks to distribute more than 42.6 million servings of fresh milk to families facing hunger.** This unique model is a powerful win-win: it secures nutritious dairy for food-insecure families and simultaneously provides stable demand for our dedicated Pennsylvania dairy farmers and producers. By focusing on purchasing fresh, PA-produced food, your support directly strengthens agricultural economies and communities throughout the state.



The need for funds to purchase fresh, nutritious PA-produced foods is greater than ever. To sustain and grow our distribution network—and to meet the growing demand from the 1 in 8 Pennsylvanians relying on food assistance—we depend on the generosity of our partners. We invite you, along with organizations, foundations and corporations, to join our mission. By providing financial support to *Fill a Glass with Hope*, you help our food banks buy fresh, fluid milk from local dairy farmers, ensuring that families get the nutrients they need to thrive while also supporting Pennsylvania farmers. Join us in making a profound, tangible impact on childhood health and community resilience across PA.