

# Newsroom

Helping People, Changing Lives...  
For every stage of life



October 2023 Edition



## Happy Energy Assistance Month!

Almost one-third of U.S. households have reported difficulty in paying energy bills or adequately heating and cooling their homes. Weatherization helps by lowering utility bills and making homes more energy efficient. Over 20 percent of households have reported reducing or forgoing necessities such as food and medicine to pay an energy bill. Weatherization Assistance Program providers like PCCEO with LIHEAP can help families by lowering utility bills and making homes more energy efficient. Our weatherization assistance program adjustments like furnace repair and wall and attic insulation help promote energy equity by lowering utility burdens. Communities of color experience energy insecurity more than other groups. Weatherization saves families \$283 per year on average in energy costs!#EnergyEquity#EnergyAwarenessMonth

## PROGRAM SPOTLIGHT



HEAL is a local organization for healthier eating and more activity. HEAL stands for Healthy Eating Active Living. The Peoria Area Food Bank got involved with HEAL for just that reason to advocate in our communities about healthier, more nutritious foods and to become more active for a healthier lifestyle. We also enjoy collaborating with HEAL to help spread the word about resources in our communities to help our neighbors in need. These resources include mobile pantries, SNAP Outreach, nutrition education, food safety, budgeting, and cooking classes.

CEO KITCHEN IS NOW

**OPEN**

ORDER NOW

## Programs

- Head Start  
Early Head Start
- Energy Services  
Energy Assistance  
Ameren Energy Efficiency Partnership
- CSBG  
Peoria Area Food Bank  
Emergency Services  
Prescription Drug Assistance
- Housing Services  
Weatherization Program
- Economic Development  
East Bluff Development  
Central Illinois Catering  
Peoria Affordable Housing Initiative



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