



Food Resources:

Greater Chicago Food Depository: network of over 800 food pantries and meal programs across the city, providing fresh produce, meat, dairy, and packaged goods.

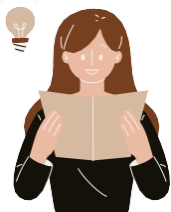
The Love Fridge Chicago: mutual aid network of community refrigerators stocked with free food available 24/7



Transportation Resources:

RTA Access Pilot Program: households receiving SNAP benefits can access reduced fares on Metra. make sure to apply!

LyftGrocery Access Program: Low-income families and seniors may qualify for discounted rides to grocery stores, food pantries, and similar destinations



Affordable Medications:

Cost Plus: Mark Cuban's pharmacy offering big discounts

GoodRx: coupons to use at your pharmacy

HEB and Walmart 4\$ Prescription Program: affordable medications



Mental Health Resources:

National Human Trafficking Hotline: available 24/7, in more than 200 languages.

Heartland Alliance Case Management Program: provides Mental health support to refugees and asylees for up to five years.



Exercise Resources:

Chicago Fitness Plus Program - free or affordable fitness classes across various community centers in Chicago. Programs often include aerobics, yoga, and strength training for all fitness levels.

Chicago Park District Programs - free or low-cost fitness classes, including Zumba, tai chi, and boot camps

