



WOMEN'S LEADERSHIP AND RESOURCE CENTER

Food & Basic Needs Resources

Last Updated: 11.17.25

Given the current defunding of SNAP resources, the WLRC has compiled a list of locations both on and off UIC that provide food services to those in need. If you have any questions about this list, or know of a resource we might have missed, please contact us at wlrc@uic.edu.

ON UIC CAMPUS

UIC Pop-Up Pantry

- Provides free food to UIC students at Student Center East on Wednesdays and Thursdays.
- wellnesscenter.uic.edu/pop-up-pantry/information

Dion's Chicago Dream Vault

- Provides free healthy fruits and vegetables to health sciences students at Student Center West.
- For more information, contact the Wellness Center at wellnesscenter@uic.edu.
- Registration required: uic.ca1.qualtrics.com/jfe/form/SV_bg55Td5u9XYUUVQ

U&I Care Meals

- Provides a select number of meals per term to all undergraduate, graduate, and professional students in urgent need.
- dos.uic.edu/student-assistance/ui-care/ui-care-meals

UIC College of Applied Health Sciences

- UIC AHS has both a food pantry available for AHS students and the Van Doren Scholarship for unexpected financial needs.
- Directions to the pantry: [instagram.com/p/DQrbGaQjWdF](https://www.instagram.com/p/DQrbGaQjWdF)
- Scholarship application:
forms.office.com/Pages/ResponsePage.aspx?id=R80C4IZ6qkuZ4-O3Gnx33XtZABcDn91ChOIQcs9GrRpUOUUyRURERkdKWEhMRkM2Mk1QSDVXR1NWRy4u

Sanctuary For All UIC Mutual Aid Resource List

- A list of on- and off-campus food/basic needs resources.
 - docs.proton.me/doc?mode=open-url&token=ADTE8RJ034#HKeerRGlrbtT
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OFF UIC CAMPUS

City of Chicago/Office of Mayor Johnson

- A list of updates regarding changes to SNAP benefits
- chicago.gov/city/en/depts/mayor/supp_info/protecting-chicago/snap.html

Community Kitchen's Mutual Aid Map

- Provides a list of food-related resources all over the Chicagoland area. Includes food pantries, hot food programs, distribution services, and more.
- communitykitchenchicago.org/mutual-aid-map

UI Extension's Food Map

- Provides a list of all the food pantries, free/reduced lunch programs, grocery stores, and other food resources available in Illinois. Can search by ZIP code or city name.
- eat-move-save.extension.illinois.edu

We Got You Illinois' Food Map

- A similar food map to UI Extension's, with a heavier focus on grocery and hot food programs.
- wegotyouillinois.org/find-food

Greater Chicago Food Depository

- Interactive food pantry map for Chicago and Cook County
- chicagosfoodbank.org/find-food-2

Irving Park Mutual Aid

- List of different food pantries, community meals, and mutual aid orgs
- instagram.com/p/DQsLe8bkr3K

Block Club Chi

- List of food pantries across Chicago by community area
- blockclubchicago.org/2025/11/05/how-to-find-food-or-help-neighbors-in-need-while-snap-is-paused

211 Metro Chicago

- A hotline you can call (211) to access information on food, housing, utility payment assistance, health care, transportation, childcare, employment, mental health, disaster information and assistance, and more.
 - 211metrochicago.org/about-211
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PET FOOD PANTRIES

Offer pet food and other supplies to owners across the city. (Sources: The Anti-Cruelty Society, Illinois Feeds)

Animal Welfare League

- 6224 S. Wabash Ave, Chicago
- Provisions: Pet Food
- Must be 65+, a veteran, or have a disability
- animalwelfareleague.com

Care for Real

- 5341 N Sheridan Ave, Chicago
- Provisions: Pet Food
- careforreal.org

Friendship Pet Food Pantry

- 2733 W Lawrence Ave, Chicago
- Provisions: Pet food, cat litter, toys, leashes when available
- Requirements: Chicago resident and proof of spay/neuter
- friendshippetpantry.org

Irving Park Community Food Pantry

- 3801 W Keeler Ave, Chicago
- Provisions: Pet food
- Requirements: must be a resident of 60618 or 60641
- irvingparkfoodpantry.com

PAWS Chicago Pet Food Bank

- 3516 W 26th St, Chicago
- Provisions: Pet food and supplies
- pawschicago.org

Pets Are Like Family

- Northwest Chicago
- Provisions: Pet food and supplies
- Email help@petsarelikefamily.org
- petsarelikefamily.org

Red Door Animal Shelter

- 7648 S Paulina St, Chicago
- Provisions: Pet food
- Requirements: Proof of government aid
- reddoorshelter.org



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Tree House Pet Food Pantry

- Provisions: Pet food
- Requirements: Proof of low income
- treehousehumane.org

More Pet Mutual Aid Groups

- <https://www.instagram.com/p/DQzVBBuAM1f>