



Chicago/Cook County Community Resources

SCAN THE QR CODE TO FIND CHICAGO/COOK COUNTY
RESOURCES TO HELP SUPPORT A HEALTHY YOU!

LAST UPDATED 11.30.24



Food Resources:

Greater Chicago Food Depository: Directory of food pantries
TooGoodToGo: App providing significant discounts on leftover food from local restaurants

mRelief: See if you qualify for SNAP benefits in less than 3 minutes with 10 simple questions

Application for Benefits Eligibility (if eligible): Application for food and medical benefits in Illinois



Transportation Resources:

RTA Access (if eligible): Reduced Metra fare for individuals in households that receive SNAP benefits



Affordable Medications:

GoodRx: coupons to use at your pharmacy

Walmart \$4 Prescription Program: affordable medications



Exercise Resources:

Chicago Park District- free and discounted access to pools, gyms, classes

November Project- free outdoor workouts, various locations

Millenium Park (summer only)- free outdoor workouts at Millenium Park

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Food Resources:

Greater Chicago Food Depository: Directory of food pantries

<https://www.chicagosfoodbank.org/find-food/>

TooGoodToGo: App providing significant discounts on leftover food from local restaurants

<https://www.toogoodtogo.com/en-us>

mRelief: See if you qualify for SNAP benefits in less than 3 minutes with 10 simple questions

<https://apply.mrelief.com/>

Application for Benefits Eligibility (if eligible): Application for food and medical benefits in Illinois

<https://abe.illinois.gov/access/>

Transportation Resources:

RTA Access (if eligible): Reduced Metra fare for individuals in households that receive SNAP benefits

<https://fares.rtachicago.org/>

Exercise Resources:

Chicago Park District- free and discounted access to pools, gyms, classes

<https://www.chicagoparkdistrict.com/programs-memberships>

November Project- free outdoor workouts, various locations

<https://linktr.ee/novemberprojectchicago>

Millenium Park (summer only)- free outdoor workouts at Millenium Park

<https://millenniumparkfoundation.org/programs/summer-workouts/>

Affordable Medications:

GoodRx: coupons to use at your pharmacy

<https://www.goodrx.com/>

Walmart \$4 Prescription Program: affordable medications

<https://www.walmart.com/cp/4-prescriptions/1078664>