## Local South Suburban Food Resources – serving Cook County

### Bloom Township Food Pantry

425 S. Halsted, Chicago Heights, IL, 60411

708-543-2555

Hours: Mondays
3 PM to 7 PM

Wednesdays
10 AM. to 2 PM

Government issued photo ID and utility bill with matching name and address to register.

### Thornton Township Food Assistance Center

15340 Page Avenue, Harvey, IL, 60426

708-543-2555

Hours for curbside food box pickup: Wednesdays 3:00 PM to 7:00 PM.

Thursdays 10 AM to 2:00 PM

### Rich Township Pantry

22013 Governors Highway

Richton Park, IL 60471

Hours: Tuesdays & Thursdays: 1 PM – 3 PM

Contact-Free, Drive-Thru Pantry

Closed on Observed Holidays

Office 708-748-6722

The Rich Township Food Pantry provides free groceries to individuals and families who reside within Rich Township.

To qualify for pantry services, residents must meet residency requirements (live in Rich Township – proof required), ID required, Emergency food program income eligibility guidelines must be met. Eligible households may come once a month.

If you do not reside in Rich Township, you may receive a one-time emergency food package and will be provided with referrals to food pantries that serve your area.

**Living Springs Pantry**

19051 S. Halsted St,., Glenwood, IL 60425

Phone: (708) 709-0100

M-F 9:30 AM - 11:30 AM

Household may shop once per month (more like a micropantry)

**Calvary Assembly Pantry**

18620 Governors Highway, Flossmoor, IL 60422

Contact: pantry@calvaryflossmoor.com or 708-957-0986

Hours: Monday 3:00 PM – 6:00 PM

Thursday 9 AM – 12 PM

Friday 2 PM – 4 PM

Also offer volunteer hours for 15+ who may need them for the new SNAP requirements

**Respond Now**

1439 Emerald Ave., Chicago Heights, IL 60411

(708) 755-4357

Chicago Heights Hours: Monday 9:00 AM – 3:30 PM

Tuesday 1 PM – 3:30 PM

Wednesday 9 AM – 3:30 PM

Thursday 1 PM – 3:30 PM

Friday 9 AM – 3:30 PM

21701 Torrence Ave., Sauk Village, IL, 60411

Sauk Village Hours: Every Tuesday from 10 AM - 1PM

**Nellie’s Cupboard Food Pantry**

325 Center Street, Glenwood, IL, 60425

(708) 757-7449

info@nelliepratherfoundation.org

Hours: Tuesdays 1 PM – 3 PM

Thursdays 1 PM – 4 PM

**Hazel Crest Community UMC Food Pantry**

17050 California Ave., Hazel Crest, IL 60429

(708) 335-4500

Hours: Wednesday 10 AM – 12 PM

**St. Paul's Church Pantry**

6201 Vollmer Road, Matteson, IL, 60443

(708) 720-0880

Hours: Every Saturday from 8:30 AM – 11 AM

No ID required

**VKMI Hattie B Williams Food Pantry**

5217 149th St., Oak Forest, IL, 60452

(708) 927-4561

Hours: Wednesdays 4:00 PM – 6:00 PM

Thursdays 10:30 AM – 12:30 PM

Fridays 9:15 AM – 12:15 PM

Onsite registration required, ID Required

Serving all south suburbs

**Cornerstone Community Development Corps**

943 E. Lincoln Highway, Ford Heights, IL, 60411

(708) 251-4750 / (708) 758-2565

Kamil.Walton@cornerstone-cdc.org

Hot meals and pantry/grocery distribution (Call for Pantry Hours)

Hot Meal Hours: Wednesdays 11:30 AM – 1:30 PM

Senior Hot Meal Hours: Tuesdays 11:30 AM – 12:30 PM

Thursdays 11:30 AM – 12:30 PM

Fridays 11:30 AM -12:30 PM

Serving south suburban cook county, some programs may have geographic boundaries or income restrictions, case managers will help determine if client is in their service area

**The Salvation Army Blue Island Worship and Community Center**

2900 W. 127th St., Blue Island, IL, 60406 (near Eisenhower High School)

Hours: Wednesdays 1 PM – 3 PM

Thursdays 9:30 AM – 11:30 AM

(Next produce weeks are November 5-6 and November 19-20)

No ID necessary, Pantry card will be issued upon first visit

Serves all south suburbs

**Palos Methodist Church**

12101 S. Harlem Ave., Palos Heights, IL

(708) 448-0798

Hours: Tuesdays 10 AM – 2 PM

Serves all south suburbs, can come twice a month, need photo ID

**Mosque Foundation**

7210 W. 90th Pl., Bridgeview, IL,

(708) 430-5666

Hours: Tuesdays 10 AM – 1 PM

Serves all south suburbs, regardless of religious affiliation

**St. Clement's Open Pantry**

15245 Loomis Ave, Harvey, IL, 60426

(708) 927-0048

pantry@stclementsharvey.org

Hours: Tuesdays 3 PM – 5 PM

Serves Harvey area and south suburbs, boxes are heavy and they cannot assist

**Provision Market**

5430 W. Main Street, Monee, IL, 60449

(708) 792-3034

www.provisionlab,org/market

All are welcome, no matter where you live

**Free-N-Deed Market**

14200 Dr. MLK Jr. Drive, Suite 117, Dolton, IL 60419

(708) 825-9059

Hours: Tuesdays 9 AM – 1 PM

Wednesday 3 PM – 6 PM

Thursday 9 AM – 1 PM

Serves Dolton, Calumet City, and other south suburban communities (Call to verify)

**Center for Food Equity in Medicine**

P.O. Box 182, Flossmoor, IL, 60422

hello@foodequityinmedicine.org

Monthly healthy food deliveries for people living with cancer

**Suburban Access Outreach**

925 W. 175th St., Homewood, IL, 60430

Referrals made through agencies or schools

**Zion Pop-Up Pantry**

One family per car – items are handed out individually or in bulk as received. Some items may already be placed in your car.

Location: Mt. Zion Center

2340 177th Street, Lansing, IL

Wednesdays at 10 AM  No ID required, all served

**Pro Libre Dei,** Posen

708 388-8190

**Worth Township**, Alsip

708 972-7869

**St Vincent DePaul**, Midlothian

708 371-4621

**Together We Cope,** Tinley Park

708 633-5040

**Operation Blessing**, Alsip

708 597-6326

**Open Hands**, Alsip

708 385-6020

**Stuffed Love Refrigerators**

5522 S. Pulaski

**Micropantries/Little Free Pantries:**

Girl in Lansing - girlinlansing.net – more current list

Flossmoor Community Church – In Community House Parking lot

Salem Lutheran Church - In Front of the church

**Websites to search for additional resources:**

FeedingAmerica.org

chicagosfoodbank.org

Ampleharvest.org

Nokidhungry.org

Feedingforward.org

Food finder app

Dollar Tree Dinners www.youtube.com/@DollarTreeDinners

**Significantly Discounted Food Apps:**

Flashfood * Can be used in conjunction with SNAP

FoodHero

Too Good to Go

**Other Resources:**

South Suburban Assistance Group on Facebook for information about local food giveaways, hot meals, utility assistance, clothing giveaways, pop up fresh foods markets, etc.

South Suburban Volunteering and Action on Facebook for future ways to volunteer, donate, assist with future actions and volunteerism