



5343 West Roscoe Street
Chicago, Illinois
60641-4141

(773) 385-5100
www.fspro.com

Originally prepared in part by the Illinois Hunger Coalition, this list is being offered as a service to FSP families to help them find potential resources for food and food assistance as needed. This list does not imply FSP or Archdiocese of Chicago endorsement or preference.

211 – Metro Chicago.

Chicago and suburban Cook County residents can access 2-1-1 and connect with critical health and social services. 2-1-1 is a free, local, 24/7/365 service that connects all Cook County residents to essential health and social service support and information during times of non-emergency crisis and for everyday needs. If you need assistance finding food, housing, transportation, and utility assistance, reach out to 211.

Phone: 211

Web: <https://211metrochicago.org>

Catholic Charities

Catholic Charities provides immediate and wraparound services for people in crisis, addressing their basic needs and connecting them to longer-term support.

(312) 655-7700

<https://www.catholiccharities.net/food-and-basic-needs/food-pantries/>

Find Food – Greater Chicago Food Depository Pantry & Meal Map

Search for food pantries, soup kitchens, and meal programs in Chicago and Cook County.

773-247-FOOD (3663)

<https://www.chicagosfoodbank.org/find-food-2/>

Nourishing Hope (formerly Lakeview Pantry)

Provides groceries, home delivery for homebound clients, and help accessing benefits.

773-525-1777

<https://www.nourishinghopechi.org/>

St. Sabina Church Social Service Office Food Pantry

Operated by the Faith Community of St. Sabina in Chicago's Auburn Gresham neighborhood

773-846-3018

<https://maps.app.goo.gl/fyYkmwWhSYcckuhj6>

Application assistance: Greater Chicago Food Depository

For support with SNAP or Medicaid applications or questions on how to apply for public benefits.

773-247-FOOD (3663)

<https://www.chicagosfoodbank.org/get-help/benefits-outreach/>

Illinois Department of Human Services (ABE Portal)

Apply for SNAP, cash assistance, or medical benefits through the ABE website.

1-800-843-6154

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



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Beyond Hunger

Provide hunger-relief programming and services across Cook County, including portions of Chicago and its near-west Suburbs. Service offerings seek to provide the food, resources, knowledge, and skills people need to live healthy, active lives. Benefits Services Team helps people apply for public benefits, including SNAP & RTA Ride Free Permits.

848 Lake Street, Oak Park, IL 60301

(708) 386-1324

<https://www.gobeyondhunger.org/need-help>

Northern Illinois Food Bank (NIFB)

SNAP outreach, mobile markets, and a large pantry network serving 13 counties, including DuPage, Will, Kane, and Kendall.

844-600-SNAP (7627)

<https://solvehungertoday.org/snap-food-stamps/>

My Pantry Express (NIFB Program)

Order free groceries online for pick-up at convenient suburban locations.

<https://solvehungertoday.org/mypantryexpress/>

People's Resource Center (PRC)

Food pantry, emergency assistance, job help, and literacy programs in DuPage County.

Phone: 630-682-5402

<https://www.peoplesrc.org/food-pantry/>

West Suburban Community Pantry

Provides groceries and social services for DuPage and Will County families.

Phone: 630-948-8136

<https://wscpantry.org/>

Neighborhood Food Pantries (DuPage Network)

Network of six community food pantries serving DuPage County and nearby suburbs.

Phone: 630-293-4958

<https://www.neighborhoodfp.org/>