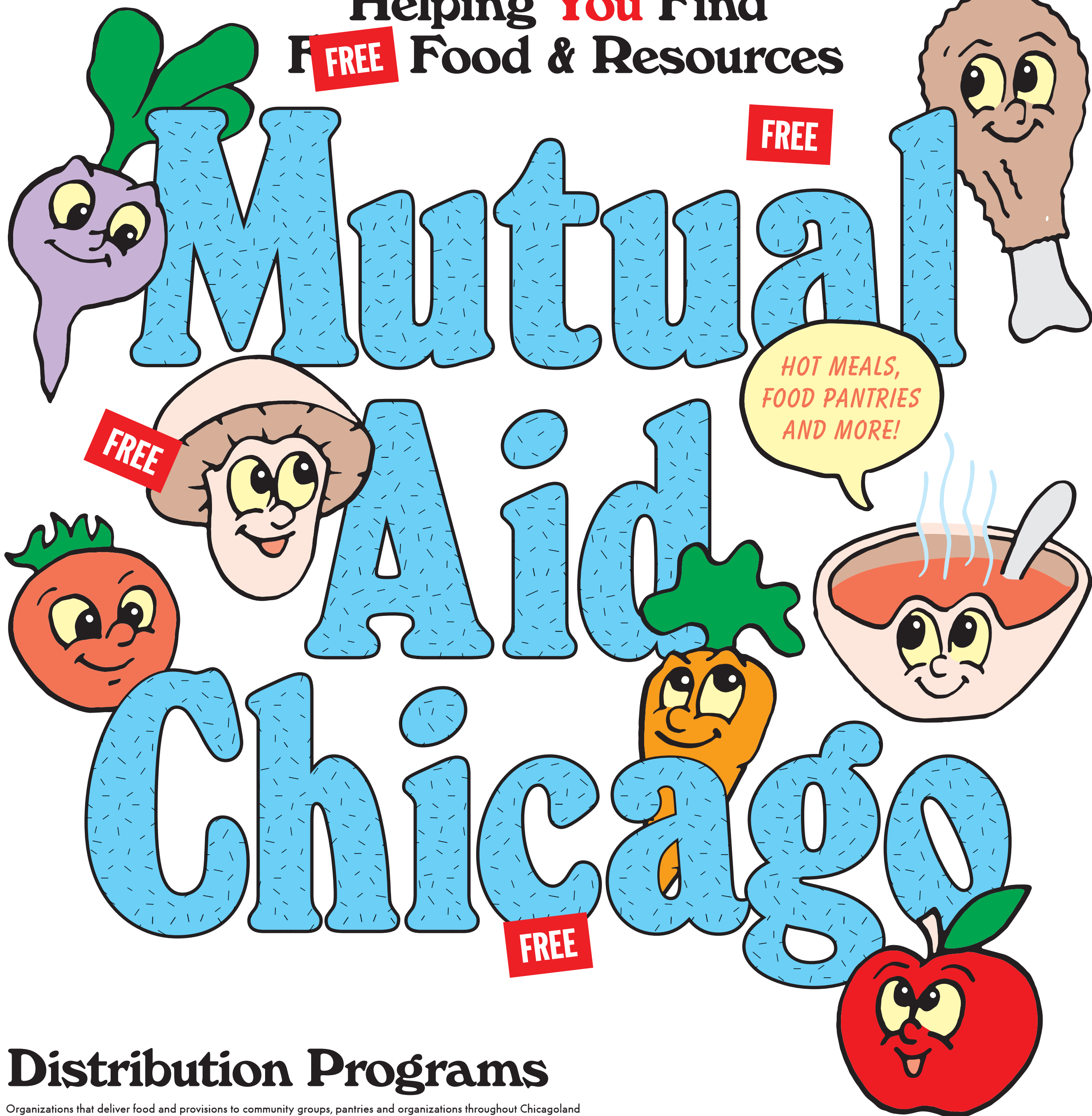


Helping **You** Find **FREE** Food & Resources



Distribution Programs

Organizations that deliver food and provisions to community groups, pantries and organizations throughout Chicagoland

Albany Park—Comité Organizador/Organizing Committee

Serving Albany Park
 Mission Peoples Kitchen, a mass organization committed to the struggles of poor and working people
 Email albanypark-oc@protonmail.com
 Facebook facebook.com/AlbanyParkOC

Care Kitchen Chicago

Serving Chicago
 Mission Personalized deliveries for people stressed about food.
 Phone 312-566-7351
 Email carekitchenchicago@gmail.com
 Facebook facebook.com/carekitchenchicago
 Instagram @carekitchenchicago

Chicago Mutual Aid Gardens

Serving Chicago
 Mission We build free, edible gardens in front yards, parkways, and other publicly accessible spaces using mutual aid and exchange practices.
 Email chicagomutualaidgardens@gmail.com
 Facebook facebook.com/chicagomutualaidgardens
 Instagram @chicagomutualaidgardens
 LinkTree linktr.ee/cmag

Community Kitchen

Serving Chicago
 Description A food service program providing complementary box lunches to in-need residents, families and workers in Chicago.
 Sponsor Public Media Institute
 Email emily.communitykitchen@gmail.com
 Website communitykitchenchicago.org/
 Facebook facebook.com/communitykitchenchicago
 Instagram @communitykitchenchicago

Dion's Chicago Dream

Serving West Englewood Community
 Mission Combat hunger and food insecurity, provide resources to the West Englewood Community
 Phone 312-509-4909
 Email dionschicagodream@gmail.com
 Website DionsChicagoDream.com
 Facebook facebook.com/DionsChicagoDream
 Instagram @dionschicagodream
 Twitter @DChicagoDream

Fight2Feed

Serving Chicago
 Mission Food redistribution to fight food insecurity
 Address 825 S Waukegan Rd, Lake Forest, IL 312-244-3724
 Phone 312-244-3724
 Email give@fight2feed.org, info@fight2feed.org
 Website fight2feed.org
 Facebook facebook.com/Fight2Feed

Food Not Bombs Humboldt Park

Serving Humboldt Park
 Mission Autonomous chapters sharing free vegetarian food with hungry people and protesting war and poverty
 Email chicagofoodnotbombshp@gmail.com
 Facebook facebook.com/fnbhumboldtpark
 Instagram @foodnotbombshumboldtpark

For The People - Chicago

Serving Chicago
 Mission Dedicated to building and expanding revolutionary, grassroots political power
 Email ftp-chicago@protonmail.ch
 Website facebook.com/FTPCHI

Grocery Run Club

Serving Chicago
 Mission A community driven initiative partnering with organizations to supply fresh produce and everyday necessities to underserved neighborhoods in Chicago
 Email groceryrunclub@gmail.com
 Website groceryrunclub.com
 Instagram @groceryrunclub
 LinkTree linktr.ee/groceryrunclub

Humble Hearts Organization

Serving Chicago
 Mission Working to collect resources such as In-kind goods, hygiene products, food, & other miscellaneous items for the homeless, people in need, families leaving shelter life, & those who suffer from mental health issues
 Address 213 North Kolin Ave Chicago, IL 60612
 Phone 773-322-2997
 Email info@humbleheartsfoundation.org
 Website humbleheartsfoundation.org

Market Box

Serving South Side
 Mission Delivering bags of local produce, eggs, and bread to over 800 households on the South Side, Purchase a Market Box for a community Member—Boxes start at \$40.
 Sponsor Experimental Station
 Address 6100 S. Blackstone Ave. Chicago, IL 60637
 Phone 773-241-6044
 Email info@experimentalstation.org
 Website experimentalstation.org/market-box

Meals On Wheels America

Serving Chicago
 Mission National organization for delivering food to seniors
 Phone 888-998-6325
 Website mealsonwheelsamerica.org/find-meals



(continued on back)

Food Pantries

Organizations that provide groceries and supplies

	Name	Location(s)	Time	Web Site	Email	Phone	More Information
1	Greater Chicago Food Depository Pantry List	348 Locations, Full List: chicagosfoodbank.org/find-food	See List or Contact organization	chicagosfoodbank.org	fooddrives@gcfd.org	773-247-3663	Central hub for 700 food pantries, soup kitchens & shelters. Headquarters: 4100 W Ann Lurie Place
	Chicago Public Schools Nutrition Support Services	448 Locations, See List: schoolinfo.cps.edu/mealdistributionsites	Monday—Friday 8am—1pm	cps.edu/services-and-supports/school-meals-and-nutrition	food@cps.edu	773-553-1000	Free breakfast and lunch snacks to all students, Sponsored by Chicago Public Schools
2 3	19th Ward Free Store	BAPA 11109 S. Longwood Dr. & Morgan Park Presbyterian 11052 South Longwood Dr.	Wednesdays 5–7pm	19aid.com/programs	info@19aid.com	773-980-6043	Sponsored by 19th Ward Mutual Aid. BAPA location distributes first aid and hygiene products, the other distributes food, etc.
4	A Just Harvest	7653 N Paulina St.	Wednesdays 3–5pm	ajustharvest.org	info@ajustharvest.org	773-262-2297	Fighting poverty and hunger in Rogers Park
	Brave Space Alliance Crisis Food Pantry	Multiple locations, please contact the organization		bravespacealliance.org/covid-19	info@bravespacealliance.org	872-333-5199	For queer, trans, non-binary, and gender non-conforming people, empowering queer and trans voices, particularly POC
5	Breakthrough Fresh Market	3334 W Carroll Ave	Tues 2–4pm, Thurs 10a–2p, Sat 10a–noon, 4th Tues Monthly 10:30a–12:30p	breakthrough.org/programs/fresh-market	info@breakthrough.org	872-444-8260	Groceries, various supplies, legal aid, food stamps, housing and employment information, financial management, GED certification and family workshops
6	Care For Friends	530 Fullerton Pkwy	Contact organization	careforfriends.org	info@careforfriends.org	773-932-1010	Gathering a community of homeless folks, volunteers, and partners who come together for a regular meal—No sign-in requirements
7	Care for Real (M,W, F, Sa)	5339 N Sheridan	Mon, Wed, Friday 9a–12pm & Saturday 9a–1pm	careforreal.org	info@careforreal.org	773-769-6182	Providing food, free clothes closet, pet food pantry and support services for neighbors
8	Care for Real (Tuesdays)	1545 W Morse	Tuesday 12–2pm	careforreal.org	info@careforreal.org	773-769-6182	Serving 1.25 million meals each year, free clothes closet, pet food pantry and support
9	Centro Comunitario Juan Diego Food Pantry	8812 S Commercial Ave	Friday 12–2pm	ccjuandiego.org/programs.html	ccjuandiego@yahoo.com	773-731-0109	20 year old organization founded by eight Latina women
10	Chicago Hope Food Pantry	2505 N Kedzie Blvd	Contact organization	armitagechurch.org/chicago-hope	info@armitagechurch.org		Fulfilling unmet spiritual and physical needs of urban areas with God's message of hope
11	Common Pantry	3744 N. Damen Ave	Contact organization	commonpantry.org	director@commonpantry.org	773-327-0553	50 year old food pantry meeting the emergency needs of the community with healthy food
12	Food & Hygiene Pantry	909 W. Wilson	Contact organization	juf.org/ezra/programs.aspx	tov@juf.org	773-275-0866	Preventing homelessness, alleviating hunger, reducing isolation
13	Free Store	4628 N Clifton Ave	Contact organization	ccolife.org	info@ccolife.org	773-271-8163 ext. 0	Allowing shelter residents and low-income neighbors to shop for clothing & essentials
14	Free Store for Women and Families	Free Street's Storyfront 4346 S Ashland Ave	Contact organization	freestreet.org	info@freestreet.org	773-772-7248	Creating joyful and thought-provoking theater by and about Chicago's diverse communities
15	Howard Area Community Center	7648 N Paulina St	Contact organization	howardarea.org/services/emergency-needs/food-pantry	info@howardarea.org	773-262-6622	Helping address food insecurity
16	La Casa Norte's Fresh Market	3533 W North Ave	Contact organization	lakeviewpantry.org/get-food/la-casa-nortes-fresh-market	glenn@lakeviewpantry.org	773-525-1777, 773-276-4900	Serving residents struggling with hunger
	Love Fridge Chicago	20+ Locations, Full List: thelovefridge.com/locations	See List online for availability	thelovefridge.com	thelovefridgechicago+info@gmail.com		Public refridgerators (some with 24/7 access) created to redistribute food waste in Chicago
17	Marillac St. Vincent Family Services (North Side)	St. Vincent de Paul Center 2145 N. Halsted	Tues & Thurs 9:30am–noon	marillacstvincent.org/find-help/foodpantries.html	info@marillacstvincent.org	773-722-7440, 773-584-4539, 312-278-4130	Client Choice food pantry
18	Marillac St. Vincent Family Services (West Side)	Marillac Social Center 2859 W. Jackson	Mon 11a–1:30p, Wed 2:30–5:30p, Fri 10a–12:30p	twitter.com/msvchicago	info@marillacstvincent.org	773-722-7440, 773-584-4539, 312-278-4130	Client Choice food pantry
19 20 21 22 23 24	New Life Centers Food Distribution	2701 S Lawndale Ave 3729 W Leland Ave 1400 N Springfield Ave 2759 S Karlov Ave 2501 N Nordica (not on map) 4155 S Rockwell St	Contact organization	newlifecenters.org/covid-response		312-736-2466	Food distribution to over 3,000 families in six neighborhoods
25	Olive's Neighborhood Garden (Garden For the Hungry)	Corner of W. Ainslie Ave. and N. Laramie St.	Contact organization	facebook.com/olivesneighborhoodgarden			Neighborhood garden providing handpicked produce for local residents in need
26	Pacific Garden Mission	1458 South Canal Street	Contact organization	pgm.org/what-we-do/food-and-clothing	pacificgardenmission@gmail.com	312-492-9410	Serving free hot breakfast, lunch and dinner 365 days a year, gospel service prior to meal
27	Ravenswood Community Services Food Pantry	4550 N Hermitage	Tuesday 5:30–7:30pm	ravenswoodcommunityservices.org/food-pantry-community-kitchen		773-769-0282	Hosting an average of 250 visits and 40 volunteer hours every week
28	Ravenswood Community Services Weekend Pantry	Ravenswood School Lawn, Montrose and Paulina	2nd Saturday of month, starting at 9am	instagram.com/rcschicago/		773-769-0282	Mobile Pantry offering fresh produce, bread and non-perishable food items in a farmer's market-style atmosphere at no charge to families in need
29	Shepherd's HOPE, Ltd	5732 S Lowe	Contact organization	shepherdshopechicago.org/programs/food-pantry	info@shepherds hopechicago.org	773-846-9494, 773-756-3535	Community/Volunteer-run food pantry
30	Sheridan Market	3945 N. Sheridan Rd	Contact organization	lakeviewpantry.org/get-food/sheridan-market	glenn@lakeviewpantry.org	773-525-1777	
31	Southeast Side of Chicago Food Pantry	11401 S Green Bay Ave	Contact organization	facebook.com/sechicagofoodpantry/	sechifoodpantry@gmail.com	773-649-9612	Distributing food and grocery items to families and individuals at risk of hunger
32	St. Teresa of Avila	1950 North Kenmore	Contact organization	teresa.church/food-pantry	office@teresa.church	773-528-6650	Serving an average of 40 Households a week—please bring government issued ID
33	St. Paul & the Redeemer	4945 S. Dorchester Ave	Contact organization	sprchicago.org/food-pantry	pusnur@sprchicago.org	773-624-3185	Dependable source of nutritious food, respect and social contact
34	The ARK	6450 N California Ave	Contact organization	arkchicago.org	ark@arkchicago.org	773-973-1000	Helping Chicagoland Jews who are facing adversity navigate toward self-reliance
35	The Friendship Center Pantry	2711 W Lawrence Ave	Contact organization	friendshipcenterchicago.org	ross@friendshipcenterchicago.org	773-907-6388	Fostering hope and dignity through access to food, vital resources, and critical social services
36	The Hub	5151 N. Ravenswood Ave	Contact organization	lakeviewpantry.org/get-food/the-hub	glenn@lakeviewpantry.org	773-525-1777	Online Market pickup with nutritious groceries, Social Services access during Online Market pick-up hours
37	The Hyde Park Kenwood Food Pantry	5600 S. Woodlawn (side door at 1169 E. 56th St.)	Sat 10a–1pm	hpkinterfaith.org/programs/food-pantry	hpkinterfaithcouncil@gmail.com	773-363-6063	
38	The Irving Park Community Food Pantry	4256 North Ridgeway Ave	Wed 9a–noon, 2nd Tues of the month 6–7pm	irvingparkfoodpantry.com	info@irvingparkfoodpantry.org	773-283-6296	Helping alleviate food insecurity for anyone living in 60641 and 60618 ZIP codes
	The Market by altspace	Contact for Location	Contact organization	altspacechicago.com	altspacechicago@gmail.com		Functional art installation that transforms abandoned spaces into a communal free market where members of the community share



Kitchens

Restaurants and kitchens where you can get complementary hot meals to-go

1 **Community Dinners**
 Description Packaged meals delivered from our "walk up window" in back
 Location 3000 N Kedzie (St Nicolai)
 Hours Wed & Thurs, 4-6 pm, and lunch-to-go every Thurs noon
 Phone 773-896-5764
 Email communitydinners@gmail.com
 Website thecommunitydinners.org
 Facebook facebook.com/
 AvondaleCommunityDinners
 Instagram @communitydinnersavondale

2 **Community Kitchen**
 Description Fully functional kitchen, where anyone can try a new food, learn how to prepare meals, and come together over food.
 Location 6402 S. Honore
 Hours Contact organization
 Sponsor I Grow Chicago
 Mission The mission of I Grow Chicago is to grow Englewood from surviving to thriving through community connection, skill building, and opportunity.
 Phone 773-245-2212
 Email contact@igrowchicago.org
 Websites igrowchicago.org/our-work/urban-farming-food-access/
 Facebook facebook.com/IGrowChicago
 Instagram @igrowchicago
 Twitter @igrowchi

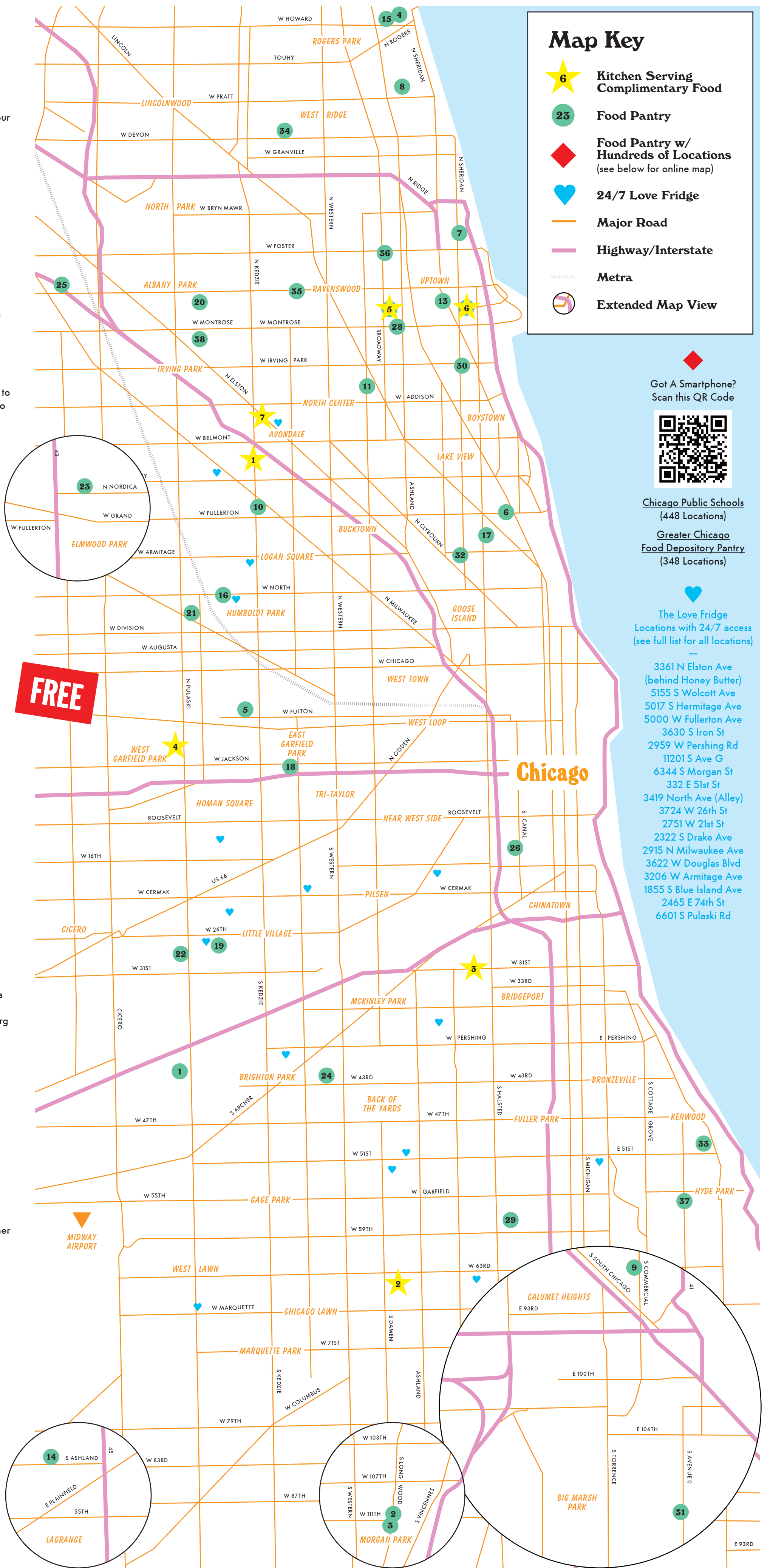
3 **Kimski Community Canteen**
 Description Food service program providing complementary meals for take away. Initiative by Public Media Institute.
 Location 956 W 31st St
 Hours Tuesday-Saturday Noon to 5pm
 Sponsor Public Media Institute
 Email emily.communitykitchen@gmail.com
 Website communitykitchenchicago.org
 Facebook facebook.com/
 communitykitchenchicago
 Instagram @communitykitchenchicago

4 **Healthyhotfreemeals**
 Description West Garfield Park startup restaurant that serves free meals
 Location 4100 W. Madison
 Hours 11:00 am - 09:00 pm
 Phone 773-575-1745
 Email Eatdaily@healthyhotfreemeals.com
 Website healthyhotfreemeals.com

5 **Ravenswood Community Services Hot Dinner**
 Description Offering to-go meals during the pandemic
 Location 1757 W. Wilson Ave
 Hours Tuesday, 5:30-7:30 pm
 Sponsor Ravenswood Community Services
 Phone 773-769-0282
 Website ravenswoodcommunityservices.org
 Facebook facebook.com/
 food-pantry-community-kitchen
 Instagram @rcschicago
 Twitter @rcschicago

6 **The JUF Uptown Cafe**
 Description Restaurant-style meals program feeding hungry people
 Location 909 W. Wilson
 Hours Contact organization
 Sponsor EZRA Multi-Service Center
 Mission EZRA's services strive to prevent homelessness, alleviate hunger, reduce isolation, and mitigate other self-sufficiency barriers.
 Phone 773-275-0866, 312-357-4762
 Email tov@juf.org
 Website juf.org/ezra/programs.aspx
 Facebook facebook.com/EZRAMSC
 Twitter @EZRAMSC

7 **Wherewithall Community Canteen**
 Description Food service program providing complementary meals for take away
 Location 3472 N Elston Ave
 Hours Tuesday - Friday 10 am to 2pm
 Sponsor Public Media Institute
 Email emily.communitykitchen@gmail.com
 Website communitykitchenchicago.org
 Facebook facebook.com/
 communitykitchenchicago
 Instagram @communitykitchenchicago



Distro Programs

(continued from front page)

Northwest Food Partners Network

Serving Northwest Side
 Mission Bridging community issues and emergency food on Chicago's Northwest Side
 Phone 773-276-4900, 872-701-0301
 Email shabreka@lacasanorte.org, rmaia@lacasanorte.org
 Website nfpnchicago.org
 Facebook facebook.com/NorthwestFoodPartnersNetwork

People's Pizza Party

Serving Chicago
 Mission Small organization in Chicago dedicated to providing food and supplies to homeless encampments around the city as well as providing supply runs in solidarity with Brave Space Alliance.
 Email peoplespizzapartychicago@gmail.com
 Facebook facebook.com/Peoplespizzapartychicago
 Instagram @peoplespizzapartychicago

Rogers Park Food Not Bombs

Serving Rogers Park
 Mission Autonomous chapters sharing free vegetarian food with hungry people and protesting war and poverty.
 Email rogersparkfnb@gmail.com
 Facebook facebook.com/RogersParkFNB
 Instagram @rogersparkfoodnotbombs

Senior Viral Response

Serving South Side
 Mission Ensuring seniors have access to hand sanitizer, health supplements, toiletries, and food.
 Sponsor My Block, My Hood, My City
 Address 47 W. Polk St. Suite 100
 Email info@mbmhmc.com
 Website formyblock.org
 Facebook facebook.com/myblockmyhoodmycity
 Instagram @myblockmyhoodmycity
 Twitter @mbmhmc

Snack Time

Serving Chicago
 Mission Healing the Chicago community through free food care packages
 Instagram @snacktimechi
 @hocuspocuschefmouse
 @_black_daria_

The Chicago Help Initiative

Serving Chicago
 Mission The Chicago Help Initiative provides nutritious meals and support to people experiencing hunger and homelessness in Chicago.
 Address 440 N Wells St., Ste. 440
 Phone 312-448-0045, 312-914-2138
 Email info@chicagohelpinitiative.org
 Website chicagohelpinitiative.org
 Facebook facebook.com/ChiHelpInitiative
 Twitter twitter.com/Chicago_Help

The Healing Corner

Serving West Side
 Mission The Healing Corner goes to different corners known for violence predominately on the West Side of Chicago and passes out free food, hugs and resources. Check organization for location and dates.
 Phone 312-504-5515
 Website healingcornerchicago.org/
 Facebook facebook.com/TheHealingCornerChicago

Urban Growers Collective

Emergency Food Relief Squad
 Serving South Side
 Mission Distributing nutrient-dense produce as well as coordinated and delivered culturally-affirming meals to communities most in need. Between these produce boxes and prepared meals, over one million pounds of food has been donated.
 Sponsor Urban Growers Collective
 Address 1200 W 35th St #118
 Phone 773-376-8882
 Email info@urbangrowerscollective.org
 Website urbangrowerscollective.org/covid-19
 Facebook facebook.com/urbangrowerscollective
 Instagram @urbangrowerscollective
 Twitter @ugrowcollective

Mutual Aid Groups

Mutual aid—as a formal community structure—is meant to protect all in need when informal ties may not

Name	Service Area	Email	Web Site	Instagram	Facebook	Phone
Albany Park Mutual Aid	Albany Park	apmutualaid@gmail.com	albanyparkmutualaid.com	@albanyparkmutualaid	facebook.com/groups/1317900055267586	312-854-9741
Avondale Mutual Aid	Avondale	mutualaidavondale@gmail.com	avondalemutualaid.org	@avondalemutualaid	facebook.com/avondalemutualaid	708-620-7941
Belmont Cragin Mutual Aid	Belmont Cragin	belmontcraginma@gmail.com	belmontcraginmutualaid.com	@belmont_cragin_ma	facebook.com/belmontcraginchicagomutualaid	
Greater Bridgeport Mutual Aid	Bridgeport, Armour Square, Chinatown, Canaryville	info@gbmachicago.org	gbmachicago.org		facebook.com/gbmachicago	312-818-1393
Bronzeville-Kenwood Mutual Aid	Bronzeville, Kenwood	bronzevillekenwood@gmail.com	bkmachicago.com	@bk_mutualaid	facebook.com/bkmutualaid	312-945-6647
Edgebrook and Forest Glen Mutual Aid	Edgebrook, Forest Glen	edgebrookmutualaid@gmail.com	fnwmutualaid.com/edgebrook-forest-glen		facebook.com/groups/edgebrookma	224-698 7065
Edgewater Covid Mutual Aid Network	Edgewater	covidonedge@gmail.com	edgewatermutualaid.org		facebook.com/edgewatermutualaid	312-324-4378
Edison Park Mutual Aid	Edison Park	edisonparkmutualaid@gmail.com	fnwmutualaid.com/edison-park-1			773-280-5180
Far Northwest Chicago Mutual Aid	Edison Park, Edgebrook, Forest Glen, Jefferson Park, Gladstone Park, Norwood Park, Sauganash	fnwmutualaid@gmail.com	fnwmutualaid.com			773-280-5180
Gage Park Latinx Council	Gage Park	info@gplxc.org	gplxc.org	@gplxc	facebook.com/gplxc	708-872-8798
Hermosa Mutual Aid	Hermosa	hermosamutualaid@gmail.com			facebook.com/hermosamutualaid	773-236-7760
Humboldt Park Solidarity Network	Humboldt Park	hpsolidaritynetwork@gmail.com			facebook.com/hpsolidaritynetwork	312-883-7526
Irving Park Mutual Aid	Irving Park	irvingparkmutualaid@gmail.com		@irvingparkmutualaid	facebook.com/groups/irvingparkmutualaid	773-231-7310
Jefferson and Gladstone Parks Mutual Aid	Jefferson Park, Gladstone Park	jeffmutualaid@gmail.com	fnwmutualaid.com/jefferson-gladstone-park-1			773-270-1288
Lincoln Square Ravenswood Solidarity Network	Lincoln Square, Ravenswood	neighborsrespond@gmail.com	lsrsn.org		facebook.com/lincolnsquareravenswoodsolidaritynetwork	224-458-4666
Logan Square Mutual Aid	Logan Square	lsmutualaid@gmail.com	logansquaremutualaid.org		facebook.com/logan-square-mutual-aid-104943747956674	773-234-8313
McKinley Park Mutual Aid	McKinley Park	mckinleypark.covid19@gmail.com		@mckinleyparkmutualaid	facebook.com/mckinleyparkmutualaid	312-772-4806
19th Ward Mutual Aid	Mount Greenwood, Morgan Park, Beverly	info@19aid.com	19aid.com		facebook.com/19aid	773-980-6043
Northwest Side Solidarity Network	Northwest Side	hello@northwestsidesolidarity.com	northwestsidesolidarity.com	@northwestsidesolidarity	facebook.com/northwestsidesolidarity	
Norwood Park Mutual Aid	Norwood Park	norwoodmutualaid@gmail.com	fnwmutualaid.com/norwood-park			773-280-5180
Oak Park Mutual Aid	Oak Park	oakparkmutualaid@gmail.com	oakparkmutualaid.com		facebook.com/oakparkmutualaid	708-628-8373
Portage Park Mutual Aid	Portage Park	portageparkmutualaid@gmail.com			facebook.com/groups/1195127357553811	312-854-9851
Rogers Park Community Response Team	Rogers Park	rpct49@gmail.com	rpct.org		facebook.com/rpct	773-831-7668
Sauganash Mutual Aid	Sauganash	sauganashmutualaid@gmail.com	fnwmutualaid.com/sauganash-1			773-800-9685
Suburban Solidarity Network	Skokie, North Suburbs	suburbansolidaritynetwork@gmail.com		@suburbansolidaritynetwork	facebook.com/suburbansolidaritynetwork	
Ukrainian Village Mutual Aid	Ukrainian Village	ukvmutualaid@gmail.com	ukvmutualaid.com		facebook.com/ukvmutualaid	312-298-9328
Uptown & Buena Park Solidarity Network	Uptown, Buena Park	ubpsolidaritynetwork@riseup.net		@ubpsn	facebook.com/groups/236752964164395	312-854-9215
West Town Mutual Aid	West Town	westtownaid@gmail.com	sites.google.com/view/westtownmutualaid/home	@westtownmutualaid	facebook.com/westtownmutualaid	773-245-6846
Wicker Park & Bucktown Mutual Aid	Wicker Park, Bucktown	wickerparkmutualaid@gmail.com	wickerparkmutualaid.org	@wickerparkbucktownmutualaid	facebook.com/wickerparkbucktownmutualaid	773-273-9640

FREE

FREE

"BUDDIES"

