

LOCAL FOOD ASSISTANCE

Thornton Township Food Assistance Center

15340 Page Avenue, Harvey, IL, 60426 / 708-543-2555

- Curbside food box pickup: Wednesdays 3 - 7PM / Thursdays 10 AM to 2 PM

Rich Township Pantry

22013 Governors Highway, Richton Park, IL 60471 / 708-748-6722

- Contact-Free, Drive-Thru Pantry Hours: Tuesdays & Thursdays: 1 PM – 3 PM / Closed on Observed Holidays
- Free groceries to residents of Rich Township who 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.

Cal City Resources Pantry/ Grocery Distribution

768 Lincoln Ave, Calumet City, IL 60409 / (708) 891-9330

- Monday & Tuesday 9:30 AM - 11:30 AM



Living Springs Pantry

19051 S. Halsted St, Glenwood, IL 60425 / (708) 709-0100

- M-F 9:30 AM - 11:30 AM
- Household may shop once per month (more like a micropantry)

Respond Now (2 locations)

1439 Emerald Ave., Chicago Heights, IL 60411 / (708) 755-4357

- Monday, Wednesday, Friday: 9 AM – 3:30 PM
- Tuesday & Thursday: 1 PM – 3:30 PM

21701 Torrence Ave., Sauk Village, IL 60411

- Every Tuesday from 10 AM - 1 PM

Nellie's Cupboard Food Pantry

325 Center Street, Glenwood, IL, 60425 / (708) 757-7449 / info@nelliepratherfoundation.org

- 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

- Wednesday 10 AM – 12 PM

Calvary Assembly Pantry

18620 Governors Highway, Flossmoor, IL 60422 / 708-957-0986 / pantry@calvaryflossmoor.com

- Monday 3 PM – 6 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

VKMI Hattie B Williams Food Pantry

5217 149th St., Oak Forest, IL, 60452 / (708) 927-4561

- Wednesdays 4 PM – 6 PM, Thursdays 10:30 AM – 12:30 PM / Fridays 9:15 AM – 12:15 PM
- Onsite registration required, ID Required, Serving all south suburbs

The Salvation Army Blue Island Worship and Community Center

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

- Wednesdays 1 PM – 3 PM, Thursdays 9:30 AM – 11:30 AM
- No ID necessary, Pantry card will be issued upon first visit
- Serves all south suburbs



Palos Methodist

12101 S. Harlem Ave., Palos Heights, IL / (708) 448-0798

- 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

- 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@stclementscharvey.org

- Tuesdays 3 PM – 5 PM
- Serves Harvey area and south suburbs, boxes are heavy and they cannot assist



Free-N-Deed Market

14200 Dr. MLK Jr. Drive, Suite 117, Dolton, IL 60419 / (708) 825-9059

- Tuesday 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

Zion Pop-Up Pantry

Mt. Zion Center 2340 177th Street, Lansing, IL

- Wednesdays at 10 AM
- One family per car – items are handed out individually or in bulk. Some items may be placed in your car. No ID required. All served.

St. Paul’s Church Pantry

6201 Vollmer Road, Matteson, IL, 60443 / (708) 720-0880

- Every Saturday from 8:30 AM – 11 AM / No ID required

LOCAL FOOD PANTRIES

TOGETHER, WE CAN PUT FOOD ON THE TABLE

LIVING GRACE CHURCH Thursdays @ 11am - 1pm
20100 Lakewood Ave , Lynwood, IL 60411
708-895-5690 – living-grace.org

CORNERSTONE COMMUNITY DEVELOPMENT CORPS Thursdays @ 9am - 12pm
943 E Lincoln Hwy, Ford Heights, IL 60411
708-251-4750 – www.cornerstone-cdc.org

GRACE UCC Saturdays @ 10am - 12pm
2500 223rd St, Sauk Village, IL 60411
708-758-6700 – grucc.org/grace-ucc-food-pantry

BLOOM TOWNSHIP Mondays @ 3pm - 7pm
Wednesdays @ 10am - 2pm
425 S Halsted St, Chicago Heights, IL 60411
708-754-9400 – bloomtownship.org/177/Food-Pantry

EMMANUEL CHRISTIAN REFORMED CHURCH Saturdays @ 10am - 12pm
22515 Torrence Ave, Sauk Village, IL 60411
708-758-3343 – emmanuelcrc.com/food-pantry

FIND A PANTRY NEAR YOU WITH THE GREATER CHICAGO FOOD DEPOSITORY'S PANTRY LOCATOR:
www.chicagosfoodbank.org/find-food-2

Websites to Search for Additional Resources

- FeedingAmerica.org
- chicagosfoodbank.org
- Ampleharvest.org
- Nokidhungry.org

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

