



SNAP – Supplemental Nutrition Assistance Program

SNAP is the Supplemental Nutrition Assistance Program that used to be called Food Stamps. SNAP helps low income people buy the food they need for good nutritional health. If you qualify for SNAP, you will get an Illinois Link card. Each month, the amount of your SNAP benefits will be added to your Link Card account, and you can use it like a debit card to pay for food at most grocery stores.

Here are some resources to assist you in finding help in your area:

National

To locate a nearby food bank, food pantry, or other food assistance:

<https://www.feedingamerica.org/find-your-local-foodbank>

Call the USDA National Hunger Hotline: <https://www.fns.usda.gov/national-hunger-clearinghouse#:~:text=If%20you%20need%20food%20assistance,at%20914%2D342%2D7744> at 1-866-348-6479 or (1-877-842-6273 for Spanish). Information is available in English and Spanish. The hotline operates Monday through Friday, 7:00 AM to 10:00 PM Eastern Time.

State

Call the Illinois Hunger Coalition Hunger Hotline: 1-800-359-2163 ;

<https://www.ilhunger.org>

Search for Food Pantries and Soup Kitchens in Illinois:

<https://www.dhs.state.il.us/page.aspx?item=31245>

Illinois State Board of Education (ISBE) link to Nutrition programs:

<https://www.isbe.net/Pages/Nutrition-and-Wellness.aspx>

Call 211 for information about local assistance that may be available to you.

Catholic Charities -phone numbers listed for locations in Alton, Effingham, Mattoon, Quincy & Springfield: <https://cc.dio.org/programs/food-pantries>

Chicago and Cook County/Suburban

Call the Greater Chicago Food Depository hotline Monday through Friday from 8:30 a.m. to 5 p.m. at 773-843-5416. They will answer benefits questions, help you submit the application and provide support to ensure you get connected to eligible benefits. <https://www.chicagosfoodbank.org/find-food/> to search for food pantries and food programs in Chicago and Cook County:

Neighborhood Food Pantries: Phone numbers listed for specific locations, see: <https://www.neighborhoodfp.org/our-pantry-locations>

Catholic Charities: Phone numbers for Cook and Lake Counties: <https://www.catholiccharities.net/food-and-basic-needs/food-pantries/>

Lastly, check with your village, township, city, neighbors, school and faith based communities.