



***Family Voices of Illinois
The Arc of Illinois
Family to Family Health
Information Center***

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RESOURCES FOR HELP WITH FOOD

Many children and adults with disabilities in Illinois may sometimes need help with obtaining food. Illinois Supplementary Nutrition Assistance Program or SNAP is the name for the Illinois Program that provides help to people who are having a hard time buying food. SNAP is a federal program run by the Illinois Department of Human Services (IDHS). SNAP benefits are delivered electronically through the Illinois Link card to help buy food.

Not everyone who applies for SNAP will be approved. Here is a link with more details about Illinois' SNAP Program: <http://www.dhs.state.il.us/page.aspx?item=45750>

Some children and young adults who are enrolled in school may be eligible for the Free School Breakfast and Lunch Program. Here is a fact sheet for families from the Illinois State Board of Education: https://www.isbe.net/Documents/IFL_student_eligible.pdf

You can ask for an application at your child's school. Here is information from the Illinois State Board of Education about how to apply:

<https://www.isbe.net/Pages/Household-Eligibility-Resources.aspx>

The United States Department of Agriculture (USDA) has a new manual (7/17) that can help families who have a child with a disability and food concerns: Accommodating Children with Disabilities in the School Meals Program:

<https://www.isbe.net/Documents/2017-ACCOM-MANUAL-SP40.pdf>

If you are not eligible for one of these programs and/or you run out of food, you may be able to get help from one of the many food pantries in our state. Here are some websites to help you with finding one near you:

- **Find Your Local Food Bank:** <http://www.feedingamerica.org/find-your-local-foodbank/?referrer=https://www.google.com/>
- **Find Food Pantries:** <https://www.foodpantries.org/st/illinois>
- **Solve Hunger Today** (Northern Illinois): <http://solvehungertoday.org/>
- **Greater Chicago Food Depository:** <https://www.chicagosfoodbank.org/>

- **Central Illinois Food Bank:** <https://www.centralilfoodbank.org/Default.aspx>
- **Eastern Illinois Food Bank:** <https://eifoodbankorg.presencehost.net/>
- **Riverbend Food Bank:** <https://riverbendfoodbank.org/>
- **St. Louis Area Food Bank:** <http://stlfoodbank.org/>
- **Tri-State Food Bank:** <http://www.tristatefoodbank.org/>

In addition, some local charitable organizations, governmental agencies or other groups may sponsor food pantries that are not listed in regional or national databases. If you'd like help in find local resources that help with getting food, we suggest contacting one or more of the following:

- Reference desk at your local public library (here is a list of all public libraries in Illinois: <https://www.lib-web.org/united-states/public-libraries/illinois/>).
- Social worker/case worker at your child's school, medical center, health department or other community program.
- Clergy person or faith-based organizations in your community.
- Your municipality (city, town or village) may have a social services or human services department. The Illinois Secretary of State maintains a list of all municipalities here: <http://www.ilsos.gov/isa/localgovnameindexsrch.jsp>