Edgewater Resource Guide for Food Security

Reducing Food Insecurity as a Community
A simple guide to food access & resources to help prevent food insecurity in the Edgewater area.
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Food Pantries, Food Bank & Soup Kitchens

Care for Real

Care for Real is dedicated to helping the Edgewater community by providing food, clothing, & counseling services. Most of the food that is distributed is from The Greater Chicago Food Depository. However, they also take donation from local grocery stores & community gardens.

Demographic Information
- Address: 5341 N. Sheridan Road
- Website: http://www.careforreal.org/food.shtml
- Phone: 773-769-6182
- Hours of operation:
  - Mon, Wed, & Fri: 9am – Noon
  - Fri: 3pm – 5pm (monthly food distribution only)
  - Sat: 9am – 1pm

Important Information
- Application Process: Apply in person.
- Documents to bring: Provide a current photo ID (Driver’s License, State ID card, Passport, or 194 Visa). If the address shown on your identification card is not your current address, provide proof of residency. Examples of residency include a current utility bill, signed lease, or piece of mail received at that address.

Program guidelines: If you are in their service area & meet the income eligibility requirements, you can receive monthly staples every 30 days. In addition, you can receive fresh bread, fruits, & vegetables up to four times per week.

Warren Park Produce Mobile

The Warren Park Produce Mobile offers fresh fruits & vegetables to anyone who comes. Food is received for the Greater Chicago Food Depository & is run entirely by volunteers dedicated to serving the community.

Demographic Information
- Address: 6601 N Western Avenue Chicago, IL 60645
- Website: http://www.warrenparkfoodmobile.info/
- Phone: 773-987-7700
- Hours of operation: Every 2nd Wed of the month, 9:30am-11:30am

Important Information
- Program guidelines: Arrive early & dress for the weather.
Greater Chicago Food Depository

The Greater Chicago Food Depository is a non-profit organization dedicated to providing food for the hungry & is on a mission to end hunger. It serves over 700 food pantries, shelters, community kitchens, & more in Cook County. The foods provided range from canned food to fresh produce. Last year, they distributed nearly 72 million pounds of food.

Demographic Information
- Address: 4100 W. Ann Lurie Place Chicago, IL 60632
- Website: http://www.chicagosfoodbank.org/
- Phone: 773-247-3663
- Hours of operation: Mon-Fri: 8am-5pm

Important Information
Application Process: There is an application process for non-profit organizations to start a food program with the Greater Chicago Food Depository if there is a need within the community.

Vital Bridge

Vital Bridge has been in the area for over 30 plus years. With the help of even Loyola University social work school that has been helping with the food pantries for over 30 years. Loyola University has a strong connection with Vital Bridge. The center is for low-income individuals living with HIV/AIDS. There are four other grocery centers in Edgewater, Englewood, Garfield Park & in Elk Grove Village. There are more than 400,000 meals for people with low-income with HIV.

Demographic Information
- Address: 4121 W Lake St, Chicago, IL 60624
- Website: https://www.heartlandalliance.org/program/vital-bridges-center-on-chronic-care/
- Phone: 773-826-7066
- Hours of operation:
  - Tues: 12pm-6pm
  - Thurs: 12pm-3pm & 5pm-7pm
  - Sat: 11am-2pm

Important Information
- Required Documents: Proof of diagnosis & proof of income
  - Photo ID
  - Proof of Residency (ID/Signed Lease/utility bill)
  - Proof of income (i.e. pay stubs/ SSI/SSDI documents)
  - Proof of HIV/AIDS (6 months within, must have a AFC medical Form)
  - Proof of health benefits (i.e. Medicare/Medicaid/insurance)
Children & Mothers Nutrition Programs

Women Infant and Children (WIC)

The WIC program provides nutrition education, nutritious foods, breastfeeding support & referrals to health care & other social services to infants, children under the age of five, pregnant women, breastfeeding women & postpartum women. WIC also strongly supports breastfeeding & has lactation consultants available for mothers who need assistance.

Important Information

- **Application Process**: There is a certification meeting, where a mother comes in with the children she is enrolling in the program. The clerk at the front desk will process all paperwork, take heights, & weights, explain the program in detail & bring you for an initial visit with a nutritionist who will them complete a nutrition assessment & provide you will the qualified food vouchers.

- **Application link**: You cannot apply online; all documents must be brought into the WIC office for certification.

- **Documents to bring**:
  - All people who are being certified must be present for the certification meeting
  - Proof of Identity for Mom
  - Proof of Identity for Infant/Child
  - Proof of Address
  - Proof of Income
  - Iron blood work (Hemoglobin/Hematocrit) for all participants

Program guidelines:

All pregnant women are eligible throughout the length of their pregnancy. After the delivery the mother & child need to come back to the office to reenroll. Postpartum mothers who are not breastfeeding can receive benefits for 6 months & mothers who are breastfeeding can receive benefits until the child’s first birthday. Children are eligible until their fifth birthday, but need to recertify each year. Coupons are distributed through a variety of packages depending on the family’s preferences that can be redeemed at all WIC nutrition centers. Participants need to come back to the WIC office every three months for a follow-up to receive the next set of coupons. All WIC participants must fall below 185% of the poverty line.
Near North SunnySide Health Center

The Mission of Near North Health Service Corporation (NNHSC) is to provide access to high quality health care to improve the health, well-being, & safety of the diverse populations & communities we serve. We are a culturally sensitive & culturally competent, patient centered community health center that empowers individuals through education, disease prevention, & promoting healthy behaviors, regardless of one’s inability to pay. Near North provides a variety of medical services with a strong emphasis on prevention including general practitioners, dentistry, & WIC.

Demographic Information
- Address: 4501 North Sheridan Road
- Website: http://www.nearnorthhealth.org/sunnyside-health-center
- Phone: 773-878-8090
- Hours of operation: Mon-Fri: 8am-4pm
- Scheduled appointments & walk-ins accepted
  - It is recommended to make a schedule to ensure that you will be seen in a timely manner.

CEDA

CEDA is a private Community Action Agency producing community & economic development programs & direct social services that address the needs of low-income residents & communities in Cook County, Illinois. It’s CEDA mission to work in partnership with communities to empower families & individuals to achieve self-sufficiency & improve their quality of life.

Demographic information:
- Address: 1516 W. Howard Street
- Website: http://www.cedaorg.net/www2/WIC.html
- Phone: 773-338-7334
- Hours of Operation: Mon-Fri: 8am-4:30pm
- Scheduled appointments & walk-ins accepted
  - It is recommended to make a schedule to ensure that you will be seen in a timely manner.
Heartland Health Center

Heartland Health Centers offers primary health care & mental health services. It features 12 exam rooms, a central open-air garden, & community room for group wellness & health education activities. Heartland is open to the entire community accepting Medicaid, Medicare, private insurances, & affordable prices for the uninsured population. Our mission is to improve the well-being of the communities we serve by providing accessible, high-quality healthcare. We also provide school based health centers to easily provide care for students.

Demographic Information
- Address: 1300 W. Devon Avenue
- Website: https://www.heartlandhealthcenters.org/
- Phone: 773-751-7800
- Hours of operation:
  - Mon-Thurs: 8:30am-8:00pm
  - Fri: 8:30am-5:00pm
  - Sat: 8:30am-12:30pm

Health Education
Heartland Health employers our patients to put themselves first & to be an advocate for their well-being. They offer workshops, wellness activities, & supply detailed information to assist patients in managing their own health. These classes range from Cooking Matters to Freedom from Smoking, to a scheduled Gardening Group. Classes are offered as group of individual sessions.

Services include:
- Primary care for all ages
- Management of chronic illnesses
- School & sport physicals
- Women’s health, including prenatal care
- Pediatrics
- Mental Health Services
- Immunizations
- Health Education

Important Information
Eligibility: Everyone; Heartland Health Care doesn’t turn people away
Insurance Help: Tues & Thurs 10am-4pm (Sliding Fee starts at $30)
Documents to bring:
- Photo ID
- Current Address
- Current Phone Number
- Medical or Insurance Card
- All medications you’re currently taking or a list with the full name & dosage
- Vaccination Records; if student or seeing a pediatrician
- Discharge papers if you’re bringing a newborn
- Children under 18 must be accompanied by an adult
- Proof of income from the last 30 days to qualify for sliding scale prices
Rogers Park Children’s Center a Head Start Program

Managed by Lutheran Social Services of Illinois Rogers Park Children’s Center firmly believes that early childhood is crucial for every child’s development & a time of great opportunity. The center is accredited by the National Association for the Education of Young Children & receives city, state, & federal funding that allows it to provide high quality, diverse, & culturally sensitive services to children & families in the Chicago area. The Program is designed to empower, strengthen & support families through services & resources that will support their personal goals. They strive to create a stimulating learning environment that promotes social competency & school readiness for preschool age children who are academically & economically at risk.

Demographic Information
- Address: 1754 West Devon Avenue
- Website: https://www.lssi.org/childrens-community/ccs-head-start-child-care.php
- Phone: 773-262-3366
- Hours of operation: Mon-Fri: 8am-4pm

Services Includes:
- Certified, degreed, bilingual staff who love to teach
- Curriculum that promotes kindergarten readiness & technology
- Translation services available
- Free Field Trips
- Nutritious meals
- Welcomes children with special needs
- Child care subsidy accepted, low co-pay for full day
- Half-day & Full-day care available

Important Information
- **Application Process:** There is a 40 child limit & children between 2-5 years old are accepted. The site offers open enrollment & encourages parents to call the center & ask for Atikya.
  - Pick up forms in person; requires a physical, dental seconds & proof of residency
  - Head start is a free program consists of 3-6 hours a day or there is a full day option available income; state pays program costs & the parents provide co-payments; co-pay is the only out of pocket payment by parents
- Three languages are offered: Spanish, Arabic, Farsi
Howard Area Community Center

The Howard Area Community Center strives to assist individuals & families in Rogers Park & adjacent communities in multiple ways. There are emergency needs such as food, housing, or escaping domestic violence. Literacy programs for all ages, childcare, employment resources, & health services provide essential resources for the whole family. There is also a Birth to Five Early Childhood Education Program at the Sheila Reynolds Berner Family Center uses the Head Start Model.

Demographic Information

- Howard Area Community Center
  - Address: 7648 N. Paulina Street
  - Website: howardarea.org
  - Main Phone: 773-262-6622
  - Home Visiting Program Home Phone: 773-761-8324
  - Food Pantry
    - Mon: 9am-11am
    - Thurs: 2pm-6pm

- Sheila Reynolds Berner Family Center: 7510 N. Ashland Avenue
  - Phone: 773-764-7610
  - Mon-Fri: 7:30am-5:30pm

Birth to Five Education

Provides all day care for children 6 weeks to five years old. Sheila Reynolds Berner Family Center provides a high-quality, affordable early childhood education for ages 0-5 years old in a full-day program. The pre-school serves a racially & ethnically diverse group of students & trains childcare professionals to be culturally informed. Covered by Head Start. The parents must work or be in school full time, meet a certain family size & low-income bracket. Rates are established by household income. Accredited by the National Association for the Education of Young Children (NAEYC). If the child's stay is not covered fully by Head Start then the fee can up about $100 per month.

Domestic Violence

This program provides those in need with resources such as case management, counseling, & court advocacy to act as a person’s support system until the situation is resolved.

Home Visiting Program

The Home Visiting Program is offered through the Family Literacy program & Family Center. Professionals assess a home for safety & identify issues for children early on such as difficulty speaking, walking, or reading. Home visitors & parents work on fine motor skills, socioemotional skills, & physical development. Families may be connected to other services provided by HACC. Covered by Early Head Start.

Food Pantry

Pantry open twice a week providing families with nutritious free foods.

Important Information

Email Stephania Koliarakis, Director of Early Childhood, to apply & to answer questions at skoliarakis@howardarea.org
Little Kiddies Daycare offers fulltime, part time, hourly, & weekly childcare to parents as needed. The facility is open from 6am to 6pm to help accommodate multiple working schedules of parents. It is a privately-operated daycare facility that cares for children 6 weeks old to 6 years old. The children are brought on field trips, given an array of activities & provided lessons that are age appropriate. Meals are included for students & there are workshops available for parents. The facility is an approved Head start location.

Demographic Information
- Address: 1501 W. Devon Avenue.
- Website: www.littlekiddiesdaycare.com
- Phone: 773-465-7702
- Hours of Operation: Mon-Fri: 6am-6pm

Different age groupings:
- Rainbow 6 wk-14 months
- Busy Bee 15 months – 2 years
- Explorers 2 Year olds
- Eagles 3 year olds
- Inventors 4-5
- Adventurers 3-5 Head Start Program

Important Information
Apply: Appropriate materials are available on the website for parents to bring in
- Financial Agreement
- Registration form
- Food Program Form
- Dental care proof for children 2 years & older
- Immunization Record
- Copy of birth certificate

Head Start Program is a half-day program for children 4-5 years old, that parents only need to pay a weekly $10 copay for. There is not separate application. Students older than 6 are not accepted unless they have a younger sibling in the program.
Senior Citizen Food Programs

Meals on Wheels

*Meals on Wheels* is a nationwide network of community based, non-profit programs that provide seniors support with nutritious meals, friendly visits, & safety checks. They are dedicated to providing seniors with this support to enable them to remain living in their homes.

**Edgewater Service Provider: CJE Senior Life Living**

**Demographic Information**
- Address: 300 Touhy Avenue, Bernard Horwich Building
- Website: https://www.cje.net/supportive-resources/food-services/home-delivered-meals
- Phone: 773-508-1000
- Hours of operation: Mon-Fri: 8am-4:30pm
- Delivery areas: Northeast Chicago, Evanston, Skokie, Niles, Morton Grove

**Important Information**
- Application Process: call & ask to speak with an Entry Specialist to schedule a kosher or regular meal delivery
- Documents to bring: Insurance & other documents requested by the social worker
- Program guidelines:
  - Must reside in the Edgewater community. North Shore Senior Center or Catholic Charities will be working with each individual in need for a delivered meal.
  - To be eligible, one must be approved with a social worker from North Shore Senior Center: 847-784-6000
  - Eligibility regulations, prices, & menu options may differ based on the funding source & client location.
- Food available: Kosher & regular meals that are designed to be nutritionally balanced, low in sodium, & calorie sensitive

Golden Diners

*The Department of Family & Support Services* serves lunch in the Broadway Armory Senior Satellite Center almost every day of the week starting at 11am for older adults (60 years & older). It is free, but there is a suggested donation of $1.50. Meals typically consist of a bread, fruit, starch, vegetable, & protein.

**Demographic Information**
- Address: 5917 N. Broadway
- Phone: 312-742-7502
- Hours of operation:
  - Senior Satellite Center: Mon-Fri: 8:30am-4:30pm
  - Golden Diners Meals: Weekdays at 11am
Food Co-ops & Farmers Markets

Edgewater Farmers Market

The Edgewater Farmers Market offers fresh local produce, baked goods, cheeses, coffee, & other specialties.

Demographic Information
- Address: 5917 N. Broadway, Broadway Armory Parking Lot
- Website: http://edgewaterchmb.wpengine.com/programs-and-events/farmers-market/
- Phone: 773-561-6000
- Hours of operation: Saturdays, June-October: 8am-1pm
- Email: info@edgewater.org

Loyola University Farmer’s Market

The Loyola Farmers Market seeks to increase the access of healthy & locally grown & produced foods to the community, thereby supporting community members, a local food economy, family farms & local producers. The Loyola Farmers Market is a “producers only” market. Therefore, the growers & producers grow & produce their food. The farmers take care to grow quality fruits & vegetables. The bakers & other local producers also take considerable time securing quality ingredients to bring you healthy & great tasting foods. When you shop at farmers markets – money goes directly to the farmers & producer, thereby supporting local economies.

Demographic Information
- Address: 6550 N. Sheridan Road, Loyola Plaza
- Website: http://blogs.luc.edu/farmersmarket/
- Hours of operation: Every Mon beginning the first Mon in June: 3-7pm

Important Information
Conveniently located steps outside the CTA Red Line Loyola stop, the market accepts link card, senior food farmer’s market coupons, & WIC to serve those in need by increasing access to fresh, nutritious, locally grown, affordable food.

Rogers Park Food Co-op

Rogers Park Food Co-op will be a community-owned cooperative grocer. We will be your friendly neighborhood store, offering access to trusted sources for healthy, locally grown, sustainable & artisanal foods. We will offer food education programs, serve as a gathering place for the community, & foster strong ties among our ethnically diverse neighborhood.

Demographic Information
- Address & Hours of Operation: TBD
- Website: http://www.rogersparkfoodcoop.com/
Grocery Stores & Food Delivery Programs

**Edgewater Produce Inc.**

**Address:** 5515 N Clark Street  
**Hours:** Everyday • 7am-9pm  
**Phone:** 773-275-3800  
**Public Transportation:** Bus #50  
**Goods available:** fresh fruit, vegetables & meat plus an extensive selection of Mexican food. Readymade meals are available, along with pet/beauty/household items.  
**Important Information:** Does not accept SNAP or WIC. Does not accept coupons. Does not deliver.

**Whole Foods**

**Address:** 6009 North Broadway  
**Website:** www.wholefoodsmarket.com  
**Hours:** Everyday • 8am-10pm  
**Phone:** 773-506-7600  
**Public Transportation:** Thorndale Red Line; Bus #36  
**Delivery:** Whole Foods Edgewater offers its own in house delivery service. Deliveries have a flat rate cost of $10. Personal shopping has a flat rate cost of $10. Customers can use both services separately. A customer can have personal shopping done & then pick it up in store, or a customer can do their own shopping, & have it delivered to their home.  
**Goods available:** natural & organic groceries, fresh fruits & vegetables, fresh meat & seafood, deli options, housewares & pet products. Ready to eat options also available.  
**Important Information:** All major payment methods accepted except for check. SNAP is accepted. WIC is not accepted. Coupons are available through the Whole Foods app.
**Mariano’s**

**Address:** 5201 N Sheridan Road  
**Website:** www.marianos.com/stores/details/531/00522  
**Hours:** Everyday ● 6am-10pm  
**Phone:** 773-506-0558  
**Public Transportation:** Buses #136, #146, #147  
**Delivery:** Mariano’s offers delivery services. Cost is variable depending on the amount of groceries ordered. In the next year the store is hoping to partner with Clicklist to enhance delivery capabilities.  
**Goods Available:** Mariano’s offers fresh fruit, fresh vegetables, USDA certified meat, deli options, readymade meals, a variety of canned goods, & household product. There is also a large selection of organic vegetables, & an aisle of international foods.  
**Important Information:** All major payment methods accepted except for check. SNAP/WIC accepted. Coupons are available in store & on their website.

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**Jewel-Osco**

**Address:** 5343 North Broadway  
**Hours:** Everyday ● 6am-12am  
**Phone:** 773-784-1922  
**Public Transportation:** Berwyn Red Line; Bus #36  
**Delivery:** $30 minimum order required. 1-4 hour delivery windows available. Everyday between 7:00 am & 10:00 pm local time. Delivery fees for 1-hour delivery windows: $5.95 on purchases of $150 or more & $7.95 on purchases under $150; 2-hour delivery windows: $2.95 on purchases of $150 or more & $4.95 on purchases under $150. Delivery is FREE for 4-hour delivery windows. Applicable taxes & fees will be applied.  
**Goods Available:** Fresh fruits & vegetable, deli options, readymade foods, full service butcher, seafood, household products, canned goods, & pet products. There is an aisle dedicated to international & ethnic food items.  
**Important Information:** Credit, Debit, Check, SNAP/WIC are accepted in store. Credit cards, & debit cards that have a Visa or MasterCard logo only accepted for online orders. Coupons are available in store & online. Manufacturer coupons accepted.
**Aldi**

**Address:** 6221 North Broadway  
**Hours:** Mon-Sat: 9am-9pm; Sun: 9am-7pm  
**Phone:** 855-955-2534  
**Public Transportation:** Granville Red Line; Bus #36  
**Goods Available:** Aldi’s offers a range of grocery items, including produce, meat & dairy, at discount prices.  
**Important Information:** Most major payment methods accepted. SNAP is accepted. Checks & WIC are not accepted. Coupons not accepted.

**Devon Market**

**Address:** 1440 W Devon Avenue  
**Hours:** Everyday ● 8am-10pm  
**Phone:** 773-338-2572  
**Public Transportation:** Bus #155  
**Goods available:** Stocked with “delicious food & beverages from basics to exotics”, seasonal produce, convenient & affordable, ready-to-eat meals.  
**Important Info:** SNAP/WIC accepted.

**Cermak Fresh Market**

**Address:** 6623 N. Damen Avenue  
**Hours:** Everyday ● 8am-10pm  
**Phone:** 872-888-8835  
**Public transportation:** Bus #155  
**Goods available:** Organic produce, local & ethnic foods  
**Important info:** All payment accepted except check, SNAP/WIC accepted.
La Unica Food Mart

**Address:** 1515 W Devon Avenue
**Phone:** 773-274-7788
**Hours:** Mon-Sat: 8:30am-9pm; Sun: 8:30am-5pm
**Public Transportation:** CTA Bus #151, #155, #36
**Goods Available:** Offers Latin American food, has a cafe attached that serves Latin American Food as well.
**Important information:** SNAP/WIC accepted.

Tai Nam Food Market

**Address:** 4925 N Broadway
**Phone:** 773-215-5666
**Hours:** Everyday ● 9am-8pm
**Public Transportation:** CTA Bus #36, Argyle Red Line
**Important information:** SNAP/WIC accepted.

Uni-Mart One Stop Shopping

**Address:** 5845 N Clark Street
**Phone:** 773-271-8676
**Hours:** Mon-Sat: 9am-7pm; Sun: 9am-6pm
**Public Transportation:** CTA Bus #151, #22
**Goods Available:** Convenience store items, assortment of Filipino grocery & prepared items.
**Important information:** SNAP/WIC accepted.
Hoa Nam Grocery

Address: 1101 W Argyle Street
Hours: Everyday ● 9am-8pm
Phone: 773-275-9157
Transportation: CTA Argyle Red Line
Goods available: Authentic Asian cuisine at cheaper prices
Important Information: SNAP/WIC accepted.

Viet Hoa Plaza

Address: 1051 W Argyle St, Chicago, IL 60640
Hours: Everyday ● 7:30am-7pm
Phone: 773-334-1028
Public Transportation: CTA Red Line to Argyle, walk to store.
Goods available: Neighborhood store stocking Vietnamese groceries & specialties including fresh vegetables & meats.
Important Info: Accepts SNAP & EBT cards.
Delivery Programs

Instacart

www.instacart.com

For profit service that delivers groceries from Whole Foods, Mariano’s, Jewel-Osco & other major retailers.

Cost: For orders over 35$: $5.99 Under $35: $9.99

*Prices subject to increase during times of high demand*

Payment options: Currently accepts all major US credit & debit cards with major credit card logo, Android Pay & Apple Pay. Prepaid credit cards, store gift cards, EBT cards or international payment not accepted.

Peapod

www.peapod.com

Fresh, quality products, priced fairly & delivered with friendly & reliable service. Orders are picked and delivered directly to customer from Peapod. Delivery times are reserved at least one day in advance and up to two weeks ahead of date of order. Minimum order $60. Taxes and fees where applicable. Delivery charges: $60-75: $9.95; $75-100: $7.95; $100+: $6.95. Weekly sales offered.

Payment Options: Peapod Direct Check, Peapod Gift Card, Credit Cards and Debit Cards with credit card logo. Prepaid credit cards, SNAP/WIC and Cash not accepted.
Community Gardens

Peterson Garden Project

The Peterson Garden Project is a nonprofit organization whose mission is to recruit, educate, and inspire.

Demographic Information

- Address: 6306 N Broadway, Chicago, IL 60660
- Website: www.petersongarden.org
- Blog: www.wecangrowit.org

Important Information

- Application Process: Anyone can register until all plots are reserved
- Program guidelines:
  - Make your garden delicious
  - Help your neighbor, if you have a question, ask!
  - Enjoy the garden harmoniously & make sure guests know to follow the garden guidelines
  - Animal friends need to stay outside of the garden
  - Keep the garden beautiful
  - No smoking in the garden
  - No transportation devices in the garden; bikes, skateboards, etc.
  - Growth of many edibles such as fruits, herbs, veggies, and some flowers
  - Organic growth; use of only certified organic fertilizers in the garden
  - Lock up the gates

- Programs and Events
  - Grow2Give Program – Extra produce is donated to Care for Real
  - Cooking Events
    - Community Cooking School at Broadway Armory
    - Free and low-cost classes are offered to seniors

Edgewater Beach Community Garden

Demographic Information

- Address: Margate Park Fieldhouse – Berwyn Ave and Sheridan Road
- Website: www.ebga.org
- Phone number: 312-742-7522

Important Information

- Program Guidelines: Plots are assigned on a first come first serve basis.
  - There are 52 plots and two of them are dedicated to growing produce to donate for Care for Real
Senn Unity Garden is a little gem of open space tucked between residential buildings in the Edgewater neighborhood on the Northeast side of Chicago. It features 22 raised beds for vegetable gardening, a grape arbor, flower gardens around the perimeter, and public art, all surrounded by green space. Its main intent is for gardeners to grow fresh veggies for their personal use, but it also provides a welcome haven for neighborhood children to play, sun lovers to lounge, and nature lovers to take a break from the concrete jungle.

Demographic Information
- Address: 1523 W. Thorndale Avenue

Important Information
- Vegetable plots are awarded on a first come first served basis, with priority given to returning gardeners. Please contact sennunitygarden@gmail.com for more information.
Faith-Based Institutions

St. Gertrude Parish

*St. Gertrude Parish ministers to the diverse & evolving communities of Edgewater & Rogers Park, drawing upon the creativity, industry, generosity & compassion of our members in the name of Jesus, teacher & Lord. Heart to Heart is another organization St. Gertrude established. It serves the elderly of Edgewater regardless of religious affiliation. The mission is to help seniors who need minimal assistance to enable them to remain independent in their home.*

**Demographic Information**

- **Address:**
  - St. Gertrude Parish: 1420 West Granville Avenue Chicago, IL 60660
  - Heart to Heart: 6214 N Glenwood Avenue Chicago, IL 60660
- **Website:** www.stgertrudechicago.org
- **Phones:**
  - St. Gertrude Rectory: 773-764-3621
  - Heart to Heart Ministries: 773-973-5464

United Church of Rogers Park

**Demographic Information**

- **Address:** 1545 W. Morse Avenue
- **Website:** https://www.ucrogerspark.org/
- **Phone:** (773)761-2500 ext. 10
- **Hours:** Sunday 4-6PM

**Important Information:**

The United Church of Rogers Park had provided dinners for the neighborhood since 1984. They are very welcoming and there is no need to bring proof of identification, anyone can join. Each week they provide a hot, complete, nutritious meal that includes meat, pasta/rice/potato, fruits and/or vegetables, soup/ salad, dessert, beverage, and bread and butter.
Food Security Policy

Greater Chicago Food Depository

www.chicagosfoodbank.org

“The Greater Chicago Food Depository's mission is to provide food for hungry people while striving to end hunger in our community.” The Greater Chicago Food Depository was founded in 1978 and has distributed millions of pounds of food each year, and today, they distribute the equivalent of 160,000 per day.

3 Main Goals:
- Maintaining and strengthening hunger relief programs for individuals and families
- Increasing the amount of healthy food that is available and affordable to all
- Ensuring that healthy meals are available in schools for children in need

GCFD supports policies (like SNAP & WIC) and policy makers that fight for these outcomes.

Walk for Hunger: www.chicagosfoodbank.org/hunger-walk/

Chicago’s largest annual anti-hunger rally raises funds and awareness to end hunger. Hunger Walk takes place in Jackson Park and is two miles long. Support our network of soup kitchens, pantries, and shelters with a walk along the lakefront.

Chicago Food Policy Action Council

chicagofoodpolicy.com/policy-initiatives

CFPAC is a 501c3 non-profit that advocates for responsible food and agriculture policy recommendations and promotes systemic policy changes allowing all communities to readily obtain healthy food. CFPAC was formed in 2002 as a result of the Chicago Community Trust sponsored Illinois Food Summit. One policy initiative is the Good Food Purchasing Program: the goals of the program are to increase market demand for Good Food in Chicago, increase access to high-quality healthy food in underserved communities, and shift production practices especially when it comes to workers, by leveraging the purchasing power of major institutions.

Illinois Hunger Coalition

www.ilhunger.org

The IHC Hunger Hotline helps families apply for necessary public benefits and can also direct families to a neighborhood food pantry or soup kitchen. It was founded in 1988, is the only statewide membership organization that works to end hunger and address the underlying causes by working for a deeper and more transformative approach to economic and racial justice. IHC’s goal is to organize grassroots collaborative efforts across low-income communities to expand programs that reduce poverty, bring federal and state resources to low-income communities.
CHC is a federal organization that lobbies for passage of bills that support or expand access to benefit programs like SNAP and WIC. They are currently working on the passage of the Global Food Security Act in both the House and Senate “which would authorize and strengthen Feed the Future”, an Obama administration plan to end global hunger. Currently working to implement regulations and recommendations for the Roadmap to End Child Hunger so that it is unilateral across the United States.