

NEED FOOD?

VISIT A LOCAL PANTRY TODAY!

KNOW BEFORE YOU GO...

Most pantries require the following:

- Your ID
- The IDs of household members (pictures accepted)
 - For children under 18, bring medical card, birth certificate, or something current from their school.
- Proof of address (a lease or bill, junk mail not accepted)

Important: Pantry requirements vary, so be sure to call ahead to confirm what you will need. Each pantry has different rules on how many times a person can visit per week/month/year. Pantry hours may change, so **we strongly recommend calling before your visit.**

Pantry	Hours	Location	Closest Bus Stop
Rock River Valley Pantry (Main Branch) 815-965-2466	Mon-Fri 1:00-4:00	421 S. Rockton Ave Rockford, IL 61102	Routes 5,16,17 S Winnebago St & Cedar St-SWC-Outbound (0.1 miles)
Rock River Valley Pantry (Broadway Location) 815-965-2466	Mon-Fri 10:00-12:00	1100 Broadway Rockford, IL 61104	Route 14,16,17 Broadway & 7th St-SEC-Inbound (<100 ft)
Christian Union Pantry 815-963-3808	Mon- 10:00-12:00 Thurs- 9:00-12:00	1705 Kilburn Ave Rockford, IL 61101	Route 6 Kilburn Ave & Yonge St-SEC-Outbound (102 ft)
Unity in the Community/Lighthouse Pantry 815-243-7492	Every 3rd Thurs- 12:00-2:00 (apt as needed)	4426 Virginia Ave Rockford, IL 61101	Route 1 Daisyfield Rd & W State St-SEC-Outbound (0.8 miles away)
St. Elizabeth Pantry 815-969-6526	Mon-Thurs 1:00-2:00 F 9:30-10:30	1505 S. Main Street Rockford, IL 61102	Route 7 S Main St & Salter Ave-NWC-Outbound (315 Ft)
Cornucopia Pantry 815-962-1380	Tues, Thurs 9:00-11:00 3rd Sat of month 9:00-11:00	402 Market St. Rockford, IL 61107	Route 13 N 1st St & E Jefferson St-NWC-Inbound (0.1 miles)

Pantry	Hours	Location	Closest Bus Stop
Salvation Army 815-972-1135	Mon-Fri 9:00-12:00; 1:00-3:00 Must call for appointment	500 S Rockford Ave Rockford, IL 61104	Routes 12, 12L Charles St & S Rockford Ave-NEC-Inbound (0.2 miles)
Emmanuel Lutheran Pantry 815-963-4815	Fri 9:30-11:30	920 3rd. Ave Rockford, IL 61104	Route 14 7th St & 2nd Ave-NWC-Outbound (0.2 miles)
God's Glory Pantry 815-824-4459	3rd Sat of month 12:00-2:00	1250 S. Perryville Rd. Rockford, IL 61108	Route 19 S Bell School Rd & Waterford Dr-E-Inbound (0.7 miles)
Souls Harbor Pantry 815-229-1922	1st and 3rd Mon: 5:30-7:00 2nd and 4th Mon: 12:00-1:00	2802 11th St Rockford, IL 61109	Routes 14, 19 11th St & Alton Ave-SEC-Inbound (0.1 miles)
Neighborhood Market** 815-639-1257 **No ID needed	Tues: 1:00 – 6:00 p.m. Thurs: 9:00 a.m. – 2:00 p.m.	1397 Sandy Hollow Rd, Rockford, IL 61109	Routes 14, 15, 19 Sandy Hollow Rd @ Southgate Shopping Center-S (435 feet)
Voices of Inspiration 779-423-1935	Tues & Thurs 12:30-4:30	3112 N Rockton Ave. Rockford, IL 61103	Routes 16, 17 N Rockton Ave @ Rockton Ave Centre-W-Inbound (0.1 miles)



PLAN YOUR ROUTE

Use the RMTD route planner to plan your specific route to food near you.
bustime.rmtd.org/map?selector=tripplanner



NEED MORE OPTIONS?

Use the Find Food IL map to find places in your community offering free food or meals, as well as stores and markets that accept SNAP/LINK or WIC coupons, and DHS or WIC office nearest to you.
eat-move-save.extension.illinois.edu/#food-finder

This route guide was made in partnership with University of Illinois Extension,
 RMTD, NICNE, and 100 Strong
 For any corrections/updates contact ering@illinois.edu