

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

Pantry	Hours	Location	Closest Bus Stop
<b>Salvation Army</b> 815-972-1135	Mon-Fri 9:00-12:00; 1:00-3:00 Must call for appointment	500 S Rockford Ave Rockford, IL 61104	<b>Routes 12, 12L</b> Charles St & S Rockford Ave-NEC-Inbound (0.2 miles)
<b>Emmanuel Lutheran Pantry</b> 815-963-4815	Fri 9:30-11:30	920 3rd. Ave Rockford, IL 61104	<b>Route 14</b> 7th St & 2nd Ave-NWC-Outbound (0.2 miles)
<b>God's Glory Pantry</b> 815-580-8184	3rd Sat of month 12:00-2:00	1250 S. Perryville Rd. Rockford, IL 61108	<b>Route 19</b> S Bell School Rd & Waterford Dr-E-Inbound (0.7 miles)
<b>Souls Harbor Pantry</b> 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	<b>Routes 14, 19</b> 11th St & Alton Ave-SEC-Inbound (0.1 miles)
<b>Neighborhood Market**</b> 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	<b>Routes 14, 15, 19</b> Sandy Hollow Rd @ Southgate Shopping Center-S (435 feet)
<b>Voices of Inspiration</b> 779-423-1935	Tues & Thurs 12:30-4:30	3112 N Rockton Ave. Rockford, IL 61103	<b>Routes 16, 17</b> 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.  
<https://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.  
<https://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](mailto:ering@illinois.edu)