

Resources for Students at University of Illinois at Chicago, Peoria and Rockford Experiencing Very Low Food Security or Life Emergencies

What is Food Security?



United State's Department of Agriculture defines the range of food security as:

Food Security

- **High food security** (*old label=Food security*): no reported indications of food-access problems or limitations.
- **Marginal food security** (*old label=Food security*): one or two reported indications—typically of anxiety over food sufficiency or shortage of food in the house. Little or no indication of changes in diets or food intake.

Food Insecurity

- **Low food security** (*old label=Food insecurity without hunger*): reports of reduced quality, variety, or desirability of diet. Little or no indication of reduced food intake.
- **Very low food security** (*old label=Food insecurity with hunger*): Reports of multiple indications of disrupted eating patterns and reduced food intake.

Please see following page for local resources for students attending University of Illinois Chicago, Peoria, and Rockford campuses.

Chicago area and State of Illinois Resources

Greater Chicago Food Depository: 773-247-3663

<https://www.chicagosfoodbank.org/>

- The Depository acts as a hub collecting and distributing groceries to food pantries all over the Chicagoland area. Visitors to their website can use the Pantry Locator search engine to find a pantry in their zip code.

Northern Illinois Food Bank: 630-443-6910

273 Dearborn Court

Geneva, IL 60134

<https://solvehungertoday.org>

- Visitors to the Northern Illinois Food Bank website can use the Agency Locator to find a pantry near their zipcode

Illinois Department of Human Services: 1-800-843-6154

<http://www.dhs.state.il.us/page.aspx?>

- Visit their website or call 1-800-843-6154 to find programs and resources to support individuals and families experiencing challenges with food, housing, utilities, child care, and more.

University of Illinois at Chicago Resources

UIC Counseling Center: 312-996-3490

Student Services Building
1200 West Harrison Street Suite 2010
<https://counseling.uic.edu/>

- Individual and group therapy sessions are available for free to help students facing mental health and life challenges.

UIC Student Employment: 312-996-3130

Student Services Building
1200 West Harrison Street Suite 2100
<https://studentemployment.uic.edu/>

- Students seeking on or off-campus employment can find assistance at this office by either speaking with a counselor or visiting their website. Permanent and temporary employment opportunities are posted at this website and can also be applied for online.

UIC Student Financial Aid: 312-996-3126

Student Services Building
1200 West Harrison Street Suite 1800
<https://financialaid.uic.edu/>

- For those students currently receiving financial aid and who have experienced a life emergency contact the office to see if any form of emergency aid is available.

UIC Student Financial Aid (College of Medicine only): 312-413-0127

College of Medicine
808 S. Wood Street, Room 163
Chicago, IL 60607
<https://medicine.uic.edu/finaid>

- For those students currently receiving financial aid and who have experienced a life emergency contact the office to see if any form of emergency aid is available

UIC Wellness Center: 312-413-2120

Student Center East

750 S. Halsted Street Suite 238

<https://wellnesscenter.uic.edu/>

- The **UIC Pop-Up Pantry** was founded by the Wellness Center and Undergraduate Student Government and is supported by the Office of the Dean of Students. Its mission is to serve UIC students who are experiencing **Very Low Food Security** and missing or skipping multiple meals a week due to financial constraints. The pantry operates solely on the donations of food from the UIC community of students, staff, and faculty. The Pantry is able to ‘pop up’ if a sufficient quantity of food has been donated.

Accessing the UIC Pop-Up Pantry for Professional Students Traveling from west campus:

- **On Day of Event:**
 - **Fast Track (Pilot Program):** Professional students who have traveled from west campus can present a copy of their class schedule and I-Card and request to be “Fast Tracked.” Five shopping slots will be available for these students to utilize. If Fast Track slots are currently in use average wait time is only 15 minutes.
 - **Life Emergencies:** If a Graduate or Professional student experiences a life emergency such as a fire, homelessness, or other critical life event it is important for them to reach out to their academic advisor or Dean of Students Office for assistance and support. If access to food is an issue the student should request that a representative from one of these offices calls the Wellness Center at 312-413-2120. Center staff will give the student access to what food supplies are available and provide information on other food pantries.

University of Illinois College of Medicine at Peoria

Peoria Area Food Bank: 309-671-3906

721 W. McBean St.

Peoria, IL 61605

- <http://peoriafoodbank.org>
- Click this link <http://www.peoriafoodbank.org/agency-locator/> and type in your zip code so you access information to emergency food services in your community.

Midwest Food Bank: 309-671-3906

9005 N Industrial Road

Peoria, IL 61615

- <https://peoria.midwestfoodbank.org/home>

Peoria Area Food Pantries/Soup Kitchens: phone numbers vary.

Locations vary

- Click the link below to be directed to a list of local food pantries and soup kitchens
- <http://healthyhoi.org/files/Food-Pantries-and-Soup-Kitchens.pdf>

Central Illinois Food Pantries: phone numbers vary.

Locations vary

- Click the link below to be directed to a list of area food pantries by county
- <http://www.wdboyce.org/area-food-pantries/57967>

College of Medicine Peoria Financial Aid Liaison and Emergency Student Loans: 309-671-8411

UICOMP Office of Student Affairs

- *Emergency loans are available to students based on need, contact the office for more information (Medical students only)*

Student Health- UnityPoint Methodist Family Medical Center: 309-672-4977

815 Main Street Suite A

Peoria, IL

Counseling & Wellness- University Psychiatry and Psychology: 309-495-1640

Unity Point Methodist Atrium Building

900 Main St. Suite 720

Peoria, IL

University of Illinois College of Medicine at Rockford

Cornucopia Food Pantry: 815-962-1380

402 Market St
Rockford, IL

Rock River Valley Pantry: 815-965-2466

421 S Rockton Ave
Rockford, IL 61102

- <http://www.rrvp.org>

Emmanuel Lutheran Food Pantry: 815-963-4815

920 3rd Ave
Rockford, IL 61104

Christian Union Food Pantry: 815-963-3808

1705 Kilburn Ave
Rockford, IL 61101

Christ The Carpenter UMC Food Pantry:

1121 South Winnebago St.
Rockford, IL 61102

University Student Health and Wellness at Parkview: 815-395-5870 (for an appointment)

1601 Parkview Ave. Room N115 (first floor, north building)

- <http://rockford.medicine.uic.edu/cms/One.aspx?portalId=515172&pageId=32263757>

Same day appointments and evening hours available.

Monday- 8am-4pm

Tuesday- CLOSED

Wednesday- 9am-7pm

Thursday- 8am-4pm

Friday- 8am-10 am (laboratory services)

All students have convenient access to primary care and counseling services

Student Employment at Rockford Campus

Contact Local Human Resources for student employment availabilities

Lorraine J. Mesch

lmesch@uic.edu

815-395-5587

College of Medicine Rockford Financial Aid and Emergency Student Loans

(Medical Students only)

Allena J. Fortson

815-395-5581

This document is the result of a partnership between the College of Medicine and the Wellness Center.

