

Hunger Action Month

PEORIA-TAZEWELL-WOODFORD
September 2023



Community Toolkit



FIGHT HUNGER LOCALLY

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Photo: Guest at St Ann's OSF Garden of Hope in Peoria, IL



Introduction





Introduction

What is Hunger Action Month?

Hunger Action month was started in 2008 by Feeding America as a way to raise awareness in communities about the existence of hunger and food insecurity.

Did you know?

34 Million People

in the United States are food insecure.

33,000 people

in the Tri-County are food insecure

1 in 9

Children in Illinois
face hunger

You can help!

Join in the fight against hunger locally and help to spread awareness with HEAL this September during Hunger Action Month. This toolkit will provide you with background on what hunger is, the ties between hunger & health, the presence of hunger locally, ways to find food, general ways to help out, local initiatives you can plug into and some resources you can use to fight hunger in your own community.

FOOD

**SHOULDN'T
BE AN**

IMPOSSIBLE

CHOICE



Introduction

Who is HEAL?

HEAL for short, Healthy Eating/Active Living is a priority focus area for Peoria, Tazewell, and Woodford counties. A multi-sector partnership of organizations from all three counties work together to improve healthy eating, physical activity, built environment, and food insecurity.

HEAL supports the development of several campaigns which include:

- Hunger Action Month & Tri-County Hunger Walk
- WIC Farmers Market
- 12 Days of Giving

HEAL also supports several local coalitions including:

- Food Pantry Network - HOI
- Community Garden Network
- Regional Food Council

HEAL meets currently on the second Thursday of the month at 2pm. Location of the meetings have been hybrid offering a rotating in-person location between Peoria & Tazewell Counties and a zoom option.

Find out more about HEAL on the Partnership for a Healthy Community website

healthyhoi.org



Food Pantry Network - HOI Meeting
Speakers/Leads
June 2023



Tri-County Hunger Walk 2022 in Pekin
September 2022



Peoria County WIC Garden
September 2021



Introduction

Tri-County Hunger Action Month 2023 Plans

Locally, around 33,000 people in our tri-county area lack access to enough nutritious food for an active, healthy life. Recognizing that hunger and food security is an issue for our community is an important piece of the Hunger Action Month Campaign. This year the Partnership for a Healthy Community HEAL Priority action team is working to coordinate some events, print media, and online media all pointing toward education surrounding the hunger & health needs of our neighbors and actionable ways we can support these needs.

To achieve this and call our community to action, we have created a variety of planned events:

- Bridge Lighting – Orange for Hunger on September 1
- Annual social media educational campaign on Facebook
- Hunger Action Month Community toolkit
- Proclamations by local city and county government
- Nourish Your Neighbor Food Drives with Kroger's – September 16
- Tri-County Hunger Walk – September 30

We invite you to join - share information & take action during the month!

You can find information about all the Hunger Action Month event activities by visiting: go.illinois.edu/ham2023

2023 Tri-County Hunger Walk

The second annual Tri-County Hunger Walk will be held at OSF Center for Health, 8600 Illinois, IL-91, Peoria, IL 61615. The goal is to raise awareness and support the hunger and health of our neighbors by donating healthy, shelf-stable food options to local pantries. We hope to have the community rally around this need and enjoy time with friends and family while taking some steps to end hunger!

Saturday, September 30 at 9am

Register online, find the flyer, and shopping list for items to donate, and more information at go.illinois.edu/walk2023.

Walk Entry Fee: One healthy, shelf-stable food item per walker. Donations will go to local pantries.

Tri-County Hunger Walk T-Shirt: Order shirts for you and your walking party via a link you will get in your confirmation registration email.

- Shirts start at \$20 each
- Shirt pick-up will take place at the Hunger Walk Event

Proceeds from shirt sales will be donated to Food Pantry Network - HOI to support pantries in our tri-county area in fighting hunger year-round.

The First one hundred registrants will get a FREE Tri-County Hunger Walk water bottle!

Pre-registration is encouraged for the event but not required.

Walk Length

We will walk for a total of 30 minutes to get in our recommended daily amount of physical activity!

Tri-County Hunger Action Month 2023 Plans 2023 Tri-County Hunger Walk

**2023 TRI-COUNTY
HUNGER WALK**
PEORIA | TAZEWELL | WOODFORD

FOOD SHOULD NOT BE AN IMPOSSIBLE CHOICE

Partnership for a Healthy Community
healthyhel.org

SEPTEMBER 30 @ 9 AM
REGISTER BY SEPTEMBER 25TH

OSF HEALTHCARE

SCAN HERE TO SIGNUP

SCAN HERE TO SIGNUP

OSF CENTER FOR HEALTH
8600 ILLINOIS, IL-91
PEORIA, IL 61615

Donations:

Monetary donations to support our local charitable food system can also be made by check payable to Tazewell County Health Department with Hunger Walk on the memo line.

Donations can be mailed to:

Tazewell County Health Department
Attn: Shanita Wallace
21306 IL Rt 9
Tremont, IL 61568

Share about the event on facebook!

Planning to attend and/or want to help spread the word? Find our event, mark yourself as 'going', and share to spread the word! The event will also be used to share important Hunger Action Month facts & education. Facebook event: go.illinois.edu/fbwalk2023.

Other ways to share

In our resource section check out where you can download printable pdf full-page & half page flyers to share with others.

If you have any questions or need reasonable accommodations to participate please contact Rebecca Crumrine, racrumri@illinois.edu or 309-685-3140.

#takestepstoendhunger23

Tri-County Hunger Action Month 2023 Plans

Take Action

Wondering about how you can help? Utilize this newly created Hunger Action Month Toolkit to learn more about hunger locally and some different ways you could help. The toolkit can be downloaded here: go.illinois.edu/hamtoolkit.

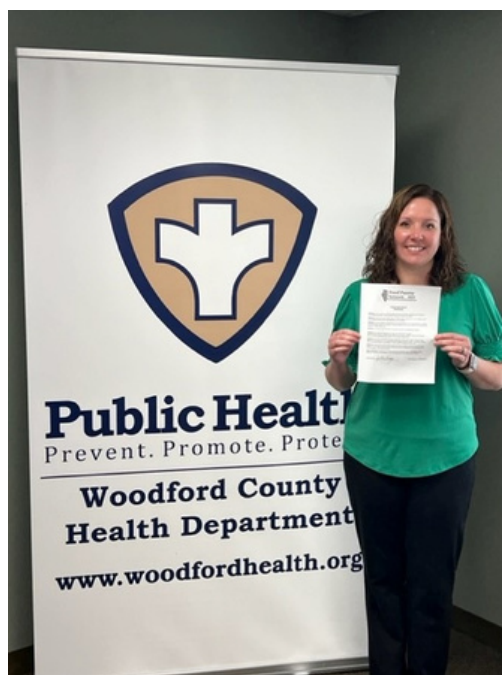
Join in by fighting hunger and participating in the Nourish your Neighbor campaign at your local Kroger's on Saturday, September 16th from 10-2pm. Purchase some nutritious foods or donate money to our local pantries at these events! You can check out the flyer for the Nourish your Neighbor event here: go.illinois.edu.NourishNeighborsSept16. Participating Kroger stores in our area are as follows:

Other ways to take action during Hunger Action Month is to connect with your local food pantry and find out how you can get involved. You can find your local pantry here: go.illinois.edu/FindFoodIL.

Hunger Action Day is September 15th wear your orange to show your support! Throughout the month it is encouraged to take photos of how you are showing your support and wear orange. You can send your pictures to Shanita Wallace, by email swallace@tchd.net, and share online using the hashtag #HungerActionMonth.



Child at Peoria County 2022 Hunger Walk



Woodford County Hunger Action Month Proclamation 2022



Trunk filled with Fresh Food
Drive Donations 2021

Photo: Illinois Junior Chefs Class Participant in Peoria, IL



Importance of fighting hunger



Importance of fighting hunger

What is hunger, food insecurity, and nutrition security?

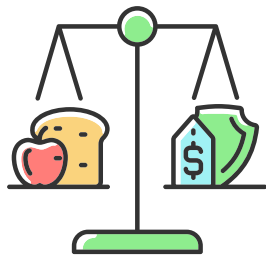
The USDA defines food insecurity as a lack of consistent access to enough food for every person in a household to live an active, healthy life.

It is important to note there is a difference between hunger, food security, and nutrition security.



Hunger

Physical sensation when a person needs food



Food Insecurity

Access to quantity of food



Nutrition Insecurity

Access to quality of food (nourishment)

Food security is defined as the availability and access of food to all people. Nutrition security demands the intake of a wide range of foods which provides the essential needed nutrients.

There are many causes of food insecurity to include but not limited too: poverty, unemployment, low income, lack of affordable housing, chronic health conditions, lack of access to healthcare, systemic racism or racial discrimination.

Food insecurity can have a major impact depending on someone's situation. This could include a person having to choose between essential health medications and food, it could impact a child's develop to grow and learn, and it can lead to difficult decisions to choose what basic needs can be met.

In fighting hunger, we need to consider more than just feeding people. The needs present for people are often complex and if we can recognize this as a community we can begin to address the food needs of families on a broader scale.

Ties between Hunger & Health

A recent study found that food insecure individuals on average spend 19.5% more on healthcare each year than their food secure peers (Palakshappa, et al. 2023). An important piece to all this is food. The food we eat directly impacts our health, and when a person or family is experiencing food insecurity they can get caught in a cycle leading to worsening conditions.

Diagram adapted from Feeding America below includes example of challenges that may be facing food insecure families.

Hunger & Health Cycle



Reference: Feeding America, Map the Meal Gap 2019, https://www.feedingamerica.org/sites/default/files/2019-05/2017-map-the-meal-gap-health-implications_0.pdf

Food insecure families rely on the food available at local charitable food organizations (ie: pantries, community gardens), institutions (ie: schools, hospitals, work place), and other food programs to help sustain their family. Understanding the ties between hunger & health and how we can help to support the well-being of our neighbors in need is an important step to addressing hunger locally.

Local Hunger Needs in the Tri-County

It is important to note, there are approximately 33,000 people in our tri-county area that lack access to enough nutritious food for an active and healthy lifestyle.

Data below from Feeding America Map the Meal Gap 2021

Food Insecurity in the Tri-County



Peoria County

10.8% or 19,700 individuals

Tazewell County

8.1% or 10,750 individuals

Woodford County

6.3% or 2,450 individuals

Feeding America - Map the Meal Gap

Current Factors Creating More Need Rising Costs

Food insecurity is hard to track in real-time, which is why our most recent data is from 2021. Rising costs of foods, bills, utilities are contributing to our Food Pantry Network - HOI partners experiencing higher demand, suggesting that food insecurity rates have gone up since then.

At the June 2023 Food Pantry Network - HOI meeting, pantries from the tri-county spoke of the need they were seeing as double that what had been visiting for food assistance in recent months. Of these, many families they are seeing are also new to accessing their services. This signifies a great uptick in need for families and new families needing assistance as our community works to feed our neighbors in need in an economic environment that continues to create harder and harder choices for families.

According to a survey by No Kid Hungry in early 2023, they found that the rising cost of foods over the last year has greatly affected our middle and lower-income families in affording the food they need for their family.

Local Hunger Needs in the Tri-County

Current Factors Creating More Need Rising Costs

In their Rising Food Prices & Childhood Hunger report, No Kid Hungry surveyed 3,000 parents of public-school children some results are displayed below. You can find the link to the full report in the references section of the toolkit to learn more.



Reported it had become harder to afford enough food for their children over the last year



Cited the rising costs in food prices as a reason for this struggle

Many parents that were surveyed also reported that federal and state food assistance is one of the most important pieces of the puzzle. Yet stigma around them is still very prevalent as well.

Current Factors Creating More Need Change in Benefits

Extra benefit programs helping to feed families and address food insecurity during our COVID-19 pandemic have been slowly discontinued greatly affecting the ability to purchase necessary nourishing foods for our families. This has included the P-EBT card for eligible children and emergency SNAP Allotments.

In the March of 2023, the SNAP emergency allotments that had been issued from the beginning of the COVID-19 Pandemic were discontinued to Illinois families due to a federal policy change. This change had SNAP participants seeing their benefits for food reduced anywhere from **\$95-\$250 per month per person**. During a season of rising costs, the loss of these benefits also plays into increased needs for families locally.

Local Hunger Needs in the Tri-County Local Voices

Hungry, nutrition insecure families can be found across the tri-county. Support from local charitable food organizations can help provide food and more through their services.

Charitable Food Organizations help provide...

Needed Help

One elderly couple is providing a home for 7 other family members, mostly grandchildren.

"I don't know what I would do without you!"
she exclaimed, as she broke into tears while registering for her monthly allotment.

"Thank you for helping us!"

Peoria County Food Pantry Guest

Respect & Dignity

"Sophia's gave me an oasis of peace and plenty when I was homeless. That included warm food and a place to sit and enjoy it where I was treated with respect and compassion. **Providing not only a place to be human but the place & dignity we all deserve when our bodies need to follow through with the food we receive.** A veritable oasis giving me the strength and courage to move through that stage in my life."

Peoria County Pantry/Meals Guest

Social Support

"I wasn't eating much during the day and wasn't eating many fruits or vegetables so my doctor suggested having home delivered meals. Now I eat much better. **I love getting to see my delivery driver, she is usually the only person I get to talk to.** I don't cook anymore and these meals are so good. No cleaning up either."

Woodford County
Meals Recipient

Necessary Nourishment

"If it weren't for your efforts, I'd have literally starved to death by now."

Woodford County Food Pantry Guest

Filling a Gap

"I work two jobs, but I still can't make ends meet. By coming here I can get what I need to feed my family the nutritious meals that we need. Thank you for all you do!"

Tazewell County Food Pantry Guest

...so much more than food.

Local Hunger Needs in the Tri-County Conclusion

Across our tri-county we know many families may be struggling to make ends meet and end up making decisions between paying important bills for their family or purchasing the food needed for their family. As families continue to adapt to the rising costs, need is only rising in our community. Coupled with a loss of benefits for some of our families, the need being seen is greater than that we have seen in recent years. Together, we can work to feed families and support our community during this time of need.

Photo: Bus filled with USDA Food Boxes in Washington, IL for mobile pantry event



Finding Food



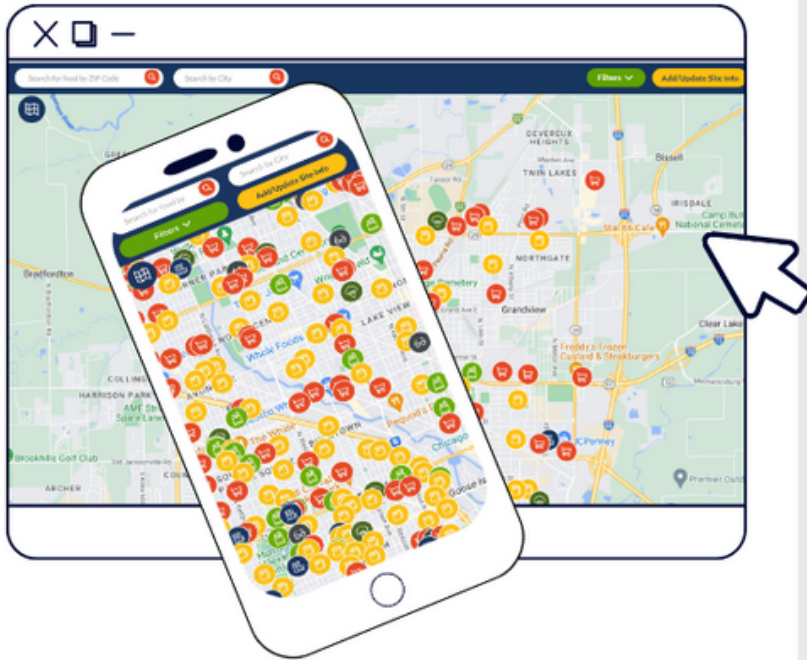
Finding Food

Resources exist in our community that can help connect our families in need to food nearby! Check out some of the resources below and share them as you see fit to help connect families to food.

Online Resource

go.illinois.edu/FindFoodIL

Find Food IL is an online community food map that can help families get connected to many different resources for food in their community. You can find details about print materials, sharing on social media and/or hosting a link for the map in our resources section.



FIND FOOD IN YOUR COMMUNITY

Enter your city or zip code and choose a filter to get started!



Food Pantries & Meal Sites



School & Summer Meal Sites



Grocery Stores



Farmers Markets



SNAP & WIC Offices



Senior Food Resources

Find the map by scanning the QR code, or visiting go.illinois.edu/FindFoodIL



Finding Food Online Resource

The Find Food IL map has a team working on keeping it updated. However, the best way to achieve as up-to-date of a map as possible is to have community members also input edits to the map. This can be done by selecting the yellow **Add/Update Site** button on the main screen of the map. All edits are verified and added within a couple business days.

Phone Resource

Call 2-1-1 OR 309-999-4029

Heart of Illinois 2-1-1 is a comprehensive information and referral line connecting callers to critical health and human care programs. The service is free, confidential and available 24 hours a day, 365 days a year and offered as a joint program of the Heart of Illinois United Way and Advanced Medical Transport of Central Illinois. The service provides fast and efficient access to resources in the area.



Federal Nutrition Programs

The Supplemental Nutrition Assistance Program (SNAP) & Illinois Special Supplemental Nutrition Program for Womens, Infants & Children (WIC) are examples of some important programs available to families in need of food. To find out if a family qualifies or update their benefit information they can use the contacts below.

SNAP

Tri-County DHS Offices

DHS Family Community Resource Center
Peoria & Woodford County
Family Community Resource Center
103 N E Jefferson Avenue
Peoria, IL 61602

Phone: (309) 671-8100
TTY: (866) 451-5763
Fax: (309) 671-8133

DHS Family Community Resource Center Tazewell
County
Family Community Resource Center
200 South 2nd Street, Suite 20
Pekin, IL 61554

Phone: (309) 347-4184
TTY: (866) 324-3820
Fax: (309) 347-1041

You may also visit ABE.Illinois.gov or call the IDHS Help is Here toll-free line at 1-833-2-FIND-HELP.

Finding Food Federal Nutrition Programs

Tri-County WIC Offices

Peoria County 309-679-6076
Temporary location - 3521 N. California Road

Tazewell County 309.929.0320
21306 Illinois Route 9, Tremont, IL 61568

Woodford County 309-467-3064
1831 S. Main Street, Eureka, IL 61530



SNAP Application Assistance

There can be many barriers to applying for SNAP benefits for a family. Locally there are some programs and materials that can help point families to assistance available with this process. Check out flyers for these programs available at a link in the resource section.

Utilizing Emergent Food

When families are looking to utilize a food pantry, it can seem like a daunting prospect. Food Pantry Network - HOI created a video to help outline what food insecurity is, myths and facts about using a food pantry, tips for utilizing and even links to some of the food resource lists to find pantries. If you would like to share this video you can find it online.

go.illinois.edu/emergencyfood

MYTH: You have to be eligible for SNAP (food stamps) in order to qualify for pantry services.

FACT: More than half of those who visit food pantries are employed. In fact, 1 in 3 food insecure families in Illinois makes too much money to qualify for federal nutrition programs.

The infographic features three stylized human figures representing a family: a larger figure for an adult and two smaller figures for children. The first figure is yellow, the second is dark blue, and the third is light blue. They are arranged in a row, with the adult figure on the left and the two child figures on the right.

Food Pantry Network - HOI
ALTERNATIVE TO THE ALCOHOL AND DRUGS PROGRAM

For more myths check out: <https://www.feedingamerica.org/hunger-blog/five-myths-about-hunger>

Photo: Volunteers sorting food at Peoria Area Food Bank in Peoria, IL



Fight Hunger Locally



Fight Hunger Locally

General Ways to Fight Hunger

There are many fantastic organizations fighting hunger in your neighborhood right now. You can refer to our Finding Food section to try to identify an organization near you to connect with. Then you could volunteer and/or donate to help out!



Connect



Volunteer

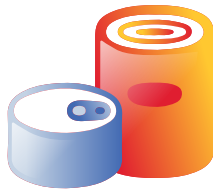


Donate

General Ways to Fight Hunger Volunteer

Volunteering your time to help a local organization can be a great way to give back. Charitable food organizations rely on the support of volunteers to run their day to day operations. Feeding America states that over half of all charitable food organizations rely completely on volunteers to run their whole operation. This number is much higher when it comes to smaller, local organizations.

Volunteering can look like many different things! A few examples could be as follows:



Sort & Pack Food

Picking up food, unloading, stocking shelves and more are important pieces to some behind the scenes work.



Assist with Food Distribution

Work directly with guests and be a volunteer that helps serve your community during distribution hours.



Glean & Garden

Have a green thumb or enjoy being outside? Fresh, healthy foods are always a request at our pantries.

This is only a short list of tasks that could be needed by local food organizations. The best way to help is to check in with your local food bank, pantry, agency or community garden to see what needs they have that you could help with!

General Ways to Fight Hunger

Donate Food

Having the necessary items on hand to help our neighbors in need is another big part of fighting hunger locally. Our charitable food system runs with the support of a lot of donated foods. You can help out by planning food drives in the community. Food drives can be a great way to boost the inventory of food and other household items available in our charitable food system. Hosting a drive can be done in many different ways with different groups! Consider working within your network to try to support hunger efforts in the community.

Where to host a food drive?



Churches



Worksites



Schools



Youth Groups



& more

Food drives can be successful in a variety of situations! Consider groups you interact with to determine where hosting a drive could be a good fit. To host a successful drive, think about some ways you could help incentivize participation as possible! Whether that be a competition between classes at a school, giving discounts to customers who donate food items at a business, reducing admission price to an event for attendees who donate, etc. - you can build in some extra incentive to help make your drive fun and successful.

When to host a food drive?

You can choose to plan a food drive at any time during the year! By working with a local charitable food organization you can see when they may need food to plan it for greatest impact. Also you can coordinate how to get the food to the pantry at the best timing based off when they distribute. Another option would be doing a regular food collection that is set up with the organization based on a schedule for both of you.

What items to ask for during a food drive?

In hosting a food drive, we can help increase the nutrition of foods we are giving to our neighbors by requesting food items families want and need. To do this consider hosting either a fresh food drive or preferred food drive. Flyers that could be used to host a drive like this are located at a link below in our resources section.



Fresh Food Drive

Access to quality, fresh foods can be hard for our pantries. Check with your local pantry about the best day to host a drive & their ability to store the foods as foods are not shelf-stable.



Preferred Food Drive

Shelf-stable foods are a staple for our pantries as they work to feed families. Use a list of healthier, shelf-stable food items to help stock up on nutritious options at a pantry.

General Ways to Fight Hunger

Donate Food

When planning a drive, make sure to connect with your local pantry about foods they are most in need of currently. Considering quality of food as well as customizing a food drive to fit the current need is an important step in filling a gap.

Donate Funds

Doing a drive to collect funds for your local charitable food organization can also be a huge help. According to Feeding America just \$1 can be turned into at least 10 meals for our food banks. This is because food can be purchased at a much lower rate by our charitable food organizations and put to work to create a large impact.



Similar to food drives, fund drives could be completed in a variety of spaces and ways. Continue to think about working directly with your local charitable food organization to determine details. When hosting a fund drive consider ways to again boost participation amongst participants. Some examples could be hosting a penny drive between grades at a school, collecting donations at a business and offering a discount for those donating above a certain amount, collecting a special offering at a church, etc. Use creativity in crafting your drive to help make the most of it!

Fight Hunger Locally
Local Initiatives to Plug Into

Community Garden Network



WHO

The Community Garden Network is for all gardens in the Tri-County area that hope to better our health and community. The network offers a space for gardens to share resources, hardships, and events to keep others involved so they can all flourish in their work and passions.

WHAT

Join this network of partners to get connected to resources, connections & supports for your community garden. You can connect with the group on their facebook page and/or join their email list to keep up-to-date.



Interested in learning more or joining the Community Garden Network?

Please Contact - Mike Brooks
OSF Garden of Hope Coordinator
Michael.A.Brooks@osfhealthcare.org
309-678-9867

Food Pantry Network - HOI



WHO

Food Pantry Network - Heart of Illinois (HOI) was created in 2019 to bring those working in charitable food together. Serving primarily Fulton, Mason, Peoria, Tazewell and Woodford counties, we hope to connect pantries, volunteers and other interested community members/organizations with helpful resources for pantries.

WHAT

Our mission is to support, connect and provide resources to those working within the charitable food system. This network of community partners strives to help alleviate hunger and build a healthier community.

HOW



Align Food Resources



Mobile pantries, Fresh Food Drives, Preferred Food Drives, Grow-a-Row, Sharing of excess food resources between entities

Connect Organizations



Bi-monthly meetings, networking, private facebook group and google listserv

Address Needs, Gaps & Challenges



One-time emergent deliveries to families, lists of local pantries, Find Food IL, Campaigns (12 Days of Giving, Holiday Food Guide, Clean for a Cause), group problem solving, volunteer support to pantries

Interested in learning more or joining Food Pantry Network - HOI?

Please Contact - Rebecca Crumrine, SNAP-Ed Educator

racrumri@illinois.edu or 309-685-3140

Fight Hunger Locally
Local Initiatives to Plug Into

Food Pantry Network - HOI



Food Box Delivery

Be the reason someone eats today!



DID YOU KNOW?

There are families in need of food & unable to access it in your community.

YOU CAN HELP!



- Food Pantry Network - HOI accepts one-time emergency food delivery requests



- Food is offered by our local food pantries or food banks



- Transportation for the food delivery to the family is limited



- **Help bridge the gap by joining our volunteer program & accepting food delivery requests!**

Contact Rebecca Crumrine
racumri@illinois.edu or 309-347-6614

QUESTIONS



Volunteer Today!

bit.ly/2T7kc8u



SCAN ME!



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. University of Illinois | United States Department of Agriculture | Local Extension Councils Cooperating. University of Illinois Extension provides equal opportunities in programs and employment. Illinois Extension: <https://go.Illinois.edu/EatMoveSave>.

Fight Hunger Locally
Local Initiatives to Plug Into

Grow A Row

Have extra produce?

Donate
here!

Scan for
participation form!

Grow A Row Project



The Grow a Row project allows community gardens, home growers, and local farmers to donate excess produce to local food pantries, helping to alleviate hunger in our communities. Harvested produce is collected, weighed, and donated to local organizations that serve vulnerable populations.

If interested, please complete form at qr code above or online at:
forms.office.com/r/hVKnkNiNVz

Questions or need more information?
Contact Shanita Wallace at swallace@tchd.net

Healthy Eating Active Living

FOOD SYSTEM PARTNERS



PROJECT PURPOSE:

To develop a community-based model of integration leveraging the strengths of numerous existing food systems programs whose primary mission is to improve the emergency food system by increasing healthy food access, advancing community education, and creating agricultural and community development opportunities using existing services and programs.

3 Project Objectives:

Objective 1: Increase Healthy Food Access

Objective 2: Advancing Community Education

Objective 3: Creating Economic, Community and Agricultural Development Opportunities

HEAL: Food System Partners have 4 established teams who work at achieving the 3 project objectives.

Team 1: Increasing Access

Team 2: Nutrition Education & Family Stabilization

Team 3: Pantry Technical Assistance

Team 4: Food Policy



Have questions or want to get involved?

Contact Amy Fox - afox@tchd.net



Resources





Preferred Food Drive Flyer

Utilize this list when hosting a food drive to encourage people to purchase items that are supporting the health of our neighbors and are shelf stable!

Online:

go.illinois.edu/donategreen



Go Green! Shopping List



Support your local food pantries by donating the following nutritious foods!

Fruits

Canned

- Mandarin Oranges
- Peaches
- Pineapple
- Pears
- Mixed Fruit

Other

- Fruit Cups
- Applesauce
- Raisins/Dried Fruit
- 100% Fruit Juice



Dairy

- Shelf-stable Lowfat Milk
- Evaporated Milk
- Powdered Milk



Whole Grains

- High Fiber/Low Sugar Cereal
- Whole Grain or Corn Tortillas
- Whole Grain Bread
- Brown or Wild Rice
- Old-Fashioned Oatmeal
- Whole Grain Crackers
- Whole Grain Pasta
- Couscous
- Quinoa



Vegetables

Canned

- Carrots
- Peas
- Corn
- Mixed Vegetables
- Tomatoes
- Canned Soups
- Spaghetti Sauce



Other

- Dried/Dehydrated
- Vegetables, no fat added
- 100% Vegetable Juice

Proteins

- Canned Tuna (in water)
- Canned Salmon (in water)
- Unsalted Nuts & Seeds
- Canned Chicken (in water)
- Low Sodium Nut Butters
- Trail Mix
- Canned Beans
- Low Sodium Meat Jerky



Go Green! Shopping List



Pantries are often in need of other items to help families - shop the list below!

Herbs & Spices

- Chili Powder
- Garlic Powder
- Onion Powder
- Cinnamon
- Ground Cumin
- Basil
- Oregano
- Paprika
- Pepper
- Red Pepper Flakes
- Cayenne Pepper



Hygiene Items

- Bar Soap
- Shampoo
- Conditioner
- Feminine Hygiene Products
- Toothpaste
- Mouthwash
- Disposable Diapers
- Diaper Wipes
- Diaper Rash Ointment



Other Food Items

- Canola or olive oil
- Low sodium broth
- Baby Formula
- Baby Food
- Whole Grain Flour

Household Supplies

- Laundry Detergent
- Dishsoap
- Household Cleaners
- Sponges
- Paper Towels
- Toilet Paper

Look for pop-top cans or pouches!

Food is Medicine!

Green light foods have nutrients to keep your body healthy.



Purchasing smaller containers helps pantry guests transport the hygiene items home.

Resources

Fresh Food Drive Flyer

Utilize this list when hosting a food drive to encourage people to purchase items that are supporting the health of our neighbors and are fresh!

Online:

go.illinois.edu/freshfooddrive



Help us nourish our neighbors by donating from the fresh produce items listed below



apples, oranges, pears, banana, cantaloupe, watermelon, plums, honeydew, peaches, nectarines, strawberries, blueberries, raspberries, pineapple



broccoli, cauliflower, cabbage, carrots, celery, cucumber, radish, tomato, zucchini, squash, potato, sweet potato, corn, green beans, lettuce, spinach, sweet peppers, greens (mustard, collard)

Why fresh foods?

Pantries can promote health and help manage diseases like like diabetes, high blood pressure, and obesity, by offering fresh produce. Help pantries go beyond filling bellies and instead nourish healthy lives.



Resources

SNAP Application Assistance Programs

Find some printable flyers for sharing with others about programs that could support families in applying for SNAP benefits. Some flyers available in English & Spanish.

Online:

bit.ly/snap-outreach



Resources

Local Highlight Posts

We asked local organizations to submit info about the work they do daily to support the hunger needs present in the community. These posts are available for you to download and share as you may see fit.

Online:

[go.illinois.edu/](https://go.illinois.edu/HAMlocalhighlightposts)

[HAMlocalhighlightposts](https://go.illinois.edu/HAMlocalhighlightposts)



HEAL IS A PARTNERSHIP OF ORGANIZATIONS FROM THE TRI-COUNTY WHO WORK TOGETHER TO IMPROVE HEALTHY EATING, PHYSICAL ACTIVITY, BUILT ENVIRONMENT, AND FOOD SECURITY FOR RESIDENTS.

Questions? Contact Shanita
swallace@tchd.net



Resources

Educational Posts

To highlight and spread awareness about hunger in our community, general educational posts were created. Feel free to download posts of interest to you and share.

Online:

[go.illinois.edu/](https://go.illinois.edu/HAMeducationalposts)

[HAMeducationalposts](https://go.illinois.edu/HAMeducationalposts)



go.illinois.edu/HAM2023 #HungerActionMonth

**In counties with high food insecurity:
1/8 HAVE DIABETES,
1/5 HAVE A DISABILITY,
& 1/3 EXPERIENCE
OBESITY.**

A close-up photograph of a hand with light purple nail polish using a blue and white glucose meter to test a finger. The background is a solid teal color.

Source: Feeding America

Partnership for a Healthy Community
Feeding Illinois

Food Pantry Network - HOI
ULTIMATE CONNECTIONS. ALIGNED. UNIFIED. IMPROVED HEALTH.

go.illinois.edu/HAM2023

1 IN 9
children in
Illinois face
food insecurity.

A photograph of a young girl with long brown hair, wearing a pink shirt, eating a strawberry on a fork. The background is a blurred indoor setting.

Source: Feeding Illinois
#HungerActionMonth

Partnership for a Healthy Community
Feeding Illinois

Food Pantry Network - HOI
ULTIMATE CONNECTIONS. ALIGNED. UNIFIED. IMPROVED HEALTH.

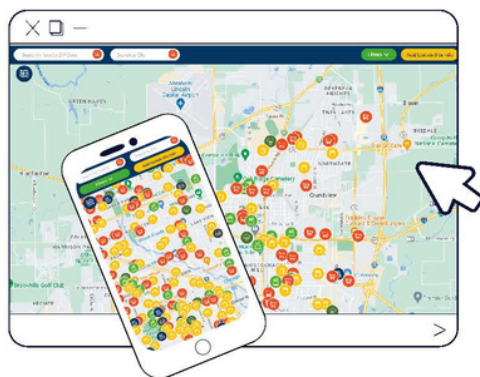
Resources

Find Food IL Promotional Materials & Link Hosting

To share about ways to get food you can find materials and a way to host a link to the Find Food IL Map on your site at the link below.

Online:

go.illinois.edu/INEPdownloads



Find the map by scanning the QR code, or visiting go.illinois.edu/FindFoodIL



FIND FOOD IN YOUR COMMUNITY

Enter your city or zip code and choose a filter to get started!

- Food Pantries & Meal Sites
- Farmers Markets
- School & Summer Meal Sites
- SNAP & WIC Offices
- Grocery Stores
- Senior Food Resources

NOW UPDATED WITH NEW FEATURES:



Grocery Stores: Users can now filter between full service grocery stores and convenience/specialty stores to find exactly what they are looking for.



School & Summer Meal Sites: Users can now find exactly which meals and snacks are offered at the school.

Users can also see if the location offers free meals to all children or if free/reduced meals are offered.

**EAT.
MOVE.
SAVE.**



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

UI Health | **UIC**
OFFICE OF COMMUNITY ENGAGEMENT AND
NEIGHBORHOOD HEALTH PARTNERSHIPS

Find Food IL Details



FOR PARTNER WEBSITE HOSTING:

- Host an approved graphic hyperlinked to the map with approved descriptive text placed immediately above or beside the graphic.
- Download your choice of graphic(s) at go.illinois.edu/INEPdownloads
- Hyperlink the graphic(s) to the following destination URL go.illinois.edu/ILFoodMap
- Display the graphic and descriptive text unaltered and in their entirety, including all University of Illinois Extension, Eat.Move.Save., and UIC logos, in addition to the descriptive text, exactly as written. These may not be altered or removed.



FOR PARTNER SOCIAL MEDIA SHARING:

- Download the graphic(s) of your choice at go.illinois.edu/INEPdownloads
- The descriptive text provided for website hosting may also be used for social media. Partners are encouraged to include the following URL in the text of the post: go.illinois.edu/FindFoodIL.



PARTNERS WILL NOT:

- Host the map on their site or social media page using a URL redirect. Hosting in this fashion violates University of Illinois Extension's contract with the vendor.
- Alter Find Food IL graphics or descriptive text in any way.
- Replace descriptive text provided with other information. It is ok to include additional encouraging language prompting clients to use the map.
- Cut/paste graphics or text from the Eat. Move. Save. website for use on the partner's website. Updates to descriptive text for the map are only made on the Eat. Move. Save. website.

Resources

Hunger Advocating

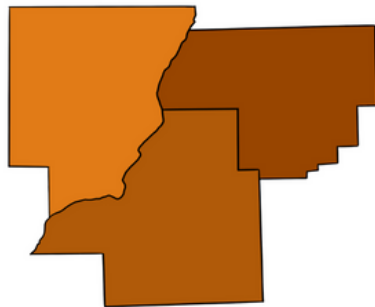
Find a one page flyer that you could use when talking to leaders in our area about the issue of hunger.

Online:

go.illinois.edu/hungeradvocacy



Food Insecurity in the Tri-County



Peoria County

10.8% or 19,700 individuals

Tazewell County

8.1% or 10,750 individuals

Woodford County

6.3% or 2,450 individuals

Source: Feeding America Map the Meal Gap

32,900

people are without reliable access to a sufficient quantity of affordable, nutritious food RIGHT NOW across our communities.

Source: Feeding America Map the Meal Gap



FOOD SHOULDN'T BE AN IMPOSSIBLE CHOICE



Find out about all the Tri-County Hunger Action Month Events:

go.illinois.edu/HAM2023



Resources

Tri-County Hunger Walk - Sept 30

Find marketing materials that you can use for the Hunger Walk including flyers, jpegs for social media use, and post language you can use to share about the Tri-County Hunger Walk.



Online:

go.illinois.edu/walkmarketing

2023 TRI-COUNTY HUNGER WALK
PEORIA | TAZEVELL | WOODFORD

Support your local food pantries by donating the following nutritious foods!

<p>Fruits</p> <p>Canned</p> <ul style="list-style-type: none"> <input type="checkbox"/> Mandarin Oranges <input type="checkbox"/> Peaches <input type="checkbox"/> Pineapple <input type="checkbox"/> Pears <input type="checkbox"/> Mixed Fruit <p>Other</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fruit Cups <input type="checkbox"/> Applesauce <input type="checkbox"/> Raisins/Dried Fruit <input type="checkbox"/> 100% Fruit Juice 	<p>Dairy</p> <ul style="list-style-type: none"> <input type="checkbox"/> Shelf-stable Lowfat Milk <input type="checkbox"/> Evaporated Milk <input type="checkbox"/> Powdered Milk <p>Whole Grains</p> <ul style="list-style-type: none"> <input type="checkbox"/> High Fiber/Low Sugar Cereal <input type="checkbox"/> Whole Grain or Corn Tortillas <input type="checkbox"/> Whole Grain Bread <input type="checkbox"/> Brown or Wild Rice <input type="checkbox"/> Old-Fashioned Oatmeal <input type="checkbox"/> Whole Grain Crackers <input type="checkbox"/> Whole Grain Pasta <input type="checkbox"/> Couscous <input type="checkbox"/> Quinoa <p>Proteins</p> <ul style="list-style-type: none"> <input type="checkbox"/> Canned Tuna (in water) <input type="checkbox"/> Canned Salmon (in water) <input type="checkbox"/> Canned Chicken (in water) <input type="checkbox"/> Unsalted Nuts & Seeds <input type="checkbox"/> Low Sodium Nut Butters <input type="checkbox"/> Trail Mix <input type="checkbox"/> Canned Beans <input type="checkbox"/> Low Sodium Meat Jerky 	<div style="border: 1px dashed black; border-radius: 50%; width: 60px; height: 60px; margin: 10px auto; display: flex; align-items: center; justify-content: center;"> <p>Lowfat</p> </div> <div style="border: 1px dashed black; border-radius: 50%; width: 60px; height: 60px; margin: 10px auto; display: flex; align-items: center; justify-content: center;"> <p>Whole Grains</p> </div> <div style="border: 1px dashed black; border-radius: 50%; width: 60px; height: 60px; margin: 10px auto; display: flex; align-items: center; justify-content: center;"> <p>Low Sodium</p> </div>
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No Added Sugar OR Packed in 100% Juice

Low Sodium OR No Added Salt

Look for pop-top cans or pouches!

Food is Medicine!
Green light foods have nutrients to keep your body healthy.

2023 TRI-COUNTY HUNGER WALK
PEORIA | TAZEVELL | WOODFORD

FOOD SHOULD NOT BE AN IMPOSSIBLE CHOICE

SEPTEMBER 30 @ 9 AM
REGISTER BY SEPTEMBER 25TH

SCAN HERE TO SIGNUP

OSF CENTER FOR HEALTH
8600 ILLINOIS, IL-91
PEORIA, IL 61615

SCAN HERE TO SIGNUP

This institution is an equal opportunity provider.
This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP, University of Illinois | United States Department of Agriculture | Local Extension Councils Cooperating.
University of Illinois Extension provides equal opportunities in programs and employment.
Illinois Extension: <https://go.illinois.edu/EatMoveSave>, Illinois at Chicago: <http://cphp.uic.edu>

Resources

Nourish Your Neighbor - Sept 16

Find marketing materials that you can use for the Nourish Your Neighbor Food Drive happening with participating Kroger Stores in Fulton, Peoria & Tazewell Counties. Marketing includes flyers, pictures & videos for social media use, and post language you can use to share about the Nourish Your Neighbors Event. .

Online:

go.illinois.edu/

[NourishNeighborsSept16](http://go.illinois.edu/NourishNeighborsSept16)



NOURISH YOUR NEIGHBOR

Support neighbors in need by donating nutritious foods!

Save the Date!
Saturday, September 16
10am- 2pm

Participating Kroger locations in
Fulton, Peoria and Tazewell Counties

All food will go to local food pantries

Kroger

Peoria Area Anti-Hunger Coalition

Illinois Extension
UNIVERSITY OF ILLINOIS - URBANA CHAMPAIGN

Food Pantry Network - HOI
A COOPERATION OF LOCAL FOOD PANTRIES

Partnership for a Healthy Community

go.illinois.edu/NourishNeighborsSept16

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NOURISH YOUR NEIGHBOR

DONATION BOX

Peoria Area Anti-Hunger Coalition

Illinois Extension
UNIVERSITY OF ILLINOIS - URBANA CHAMPAIGN

Kroger

Partnership for a Healthy Community

Food Pantry Network - HOI
A COOPERATION OF LOCAL FOOD PANTRIES

Photo: Teen Cuisine participants at class in Peoria, IL



Contacts & References



Contacts & References

Questions?

Please feel free to reach out to one of our HEAL co-leads at the following:

Rebecca Crumrine

University of Illinois Extension
SNAP-Ed Educator
4810 N Sheridan Rd
Peoria, IL 61614
racrumri@illinois.edu or 309-685-3140

Shanita Wallace

Tazewell County Health Department
Health Educator
21306 IL-9
Tremont, IL 61568
swallace@tchd.net or 309-929-0308.

Special thanks to all our HEAL Partners

- Carle Health
- Children's Hospital of Illinois
- Greater Peoria YMCA
- Heartland Health Services
- Hult Center for Healthy Living
- Midwest Food Bank - Peoria
- Oak Street Health
- OSF Healthcare
- PCCEO
- Pekin Park District
- Peoria Area Food Bank
- Peoria City/County Health Department
- Peoria County WIC
- Peoria Park District
- Peoria Public Schools Foundation
- Phoenix Community Development Services
- Riverplex
- Tazewell County Health Department
- Tazewell County WIC
- University of Illinois College of Medicine Peoria
- University of Illinois Extension Fulton-Mason-Peoria-Tazewell
- University of Illinois Extension Woodford-Mclean-Livingston
- Woodford County Health Department
- Woodford County WIC

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