

Where To Go When You're In Need

Peoria Area Food Bank (309)-671-3900: Serves Peoria, Tazewell, Woodford, Fulton, Mason, McLean, DeWitt, and Livingston counties. A full list of facilities in Peoria County is featured below:

AGENCY	City	Distribution Address	Days of Operation	Hours of Operation	Site Type
Anglican Charities	Bartonville	St. Benedict's Abbey 7561 W Lancaster Rd	Thursday, Friday & Saturday	9 a.m.-5 p.m.	Pantry
Bartonville Christian Church	Bartonville	4900 Pfeiffer Rd.	Monday	1pm - 3pm	Pantry
Catholic Charities St. Bernards	Peoria	512 E. Kansas	Monday, Friday	10am - 12pm	Pantry
Catholic Charities St. Peters	Peoria	2719 NE Madison	Wednesday	10 am-12pm	Pantry
Common Place	Peoria	514 S. Shelley	Friday	1pm - 3pm	Pantry
First United Methodist Church	Peoria	116 Perry	Saturday	11:30am - 1pm	Soup Kitchen
Friendship Missionary Baptist Church	Peoria	3828 N New York Ave.	3rd Wednesday	10am - 12pm	Pantry
God's Table	Peoria	2601 W Reservoir Blvd	3rd Friday	11-12:30 pm	Pantry
Heaven's View	Peoria	602 W. Richmond	Saturday	10am - 12pm	Pantry
Hidden Manna Food Pantry	Peoria	644 Park Ave.	Tuesday	2pm - 4pm	Pantry
Jerry Colgan Memorial Food Pantry	Peoria	1316 W. Columbia Terr.	1st Friday	8am - 11am	Pantry
Liberty United Love Ministries	Peoria	1211 S Blaine St	Thursday	10 am-12 pm	Pantry
Love in Action	Chillicothe	422 W. Truitt	Friday	1pm - 3pm	Pantry
Manna From Heaven	Peoria	607 S. Western	Tuesday	11am - 1pm	Pantry
Mt. Calvary Lutheran Church	Peoria	908 W. Hanssler	1st Tuesday	9am - 11am	Pantry
Mt. Zion	Peoria	305 S. Madison Park Terrace	Wednesday	1pm - 3pm	Pantry
Neighborhood Ministries	Peoria	3201 NE Madison	Saturday	8am - 10am	Pantry
Neighborhood Ministries	Peoria	3201 NE Madison	Monday, Wednesday, Saturday	11:30am - 12:30pm	Soup Kitchen
New Life Ministries	Peoria	2818 W. Kellog	Monday	11am - 1pm	Pantry
New MT. Sinai	Peoria	2112 W. Forrest Hill		10am - 12pm	Pantry
Pentacostal COC	Peoria	401 Elm St.	Tuesdays	1st, 3rd, & 4th Tuesday 10-12 2nd Tuesday 12-2	Pantry, Soup Kitchen
Peoria Heights Congregational	Peoria Heights	4906 N. Prospect	4th Friday	1pm - 3pm	Pantry
Pilgrims Progress	Peoria	3033 W. Marquette	Tuesday	4pm - 6pm	Pantry
Princeville Presbyterian	Princeville	339 S Sanata Fe	1st & 3rd Thursday	5-6 p.m.	Pantry
Redeemer Lutheran	Peoria	6801 N. Allen Rd.	Monday, Friday	Monday 1-3pm Friday 9-11am	Pantry
River Terrace Church	Chillicothe	14429 Edgewater Dr.	Wednesday	Pantry 3:30-5:30pm Soup Kitchen 6-8pm	Pantry, Soup Kitchen
Salvation Army Citadel	Peoria	2903 W. Nebraska	Wednsday, Friday	9am - 12pm	Pantry

Salvation Army Family Services	Peoria	Soup Kitchen 414 E. Jefferson Pantry 417 NE Adams	Monday-Friday	Pantry 8:30am-4:30pm Soup Kitchen 11:30am - 1pm	Pantry, Soup Kitchen
South Side Mission	Peoria	2919 Garden St.	Monday-Friday	12:20pm - 12:45pm	Pantry
St. Pauls Episcopal Cathedral	Peoria	3601 N. North St.	3rd Thursday	12pm - 2pm	Pantry
St. Sharbels	Peoria	2914 W. Scenic	Tuesday	10am - 4pm	Pantry
Tabernacle Missionary Baptist	Peoria	1313 Widenham St.	Saturday	10am - 2pm	Pantry
Trinity Lutheran Church	Peoria	135 NE Randolph	3rd Monday	9am-11am and 5pm-7pm	Pantry
West/Mark Food Pantry	Peoria	1420 W. Moss Ave.	Monday	9am - 11am	Pantry

Other area resources available to you:

Salvation Army Family Shelter-Located at 417 N.E. Adams/Sylvia Fites Family Services Center on 414 N.E. Jefferson St. in Peoria. This service provides shelter to women, children, and intact families and also provides self-help programs. At noon on Monday-Friday, there is a "lunch with love" program, which provides a free meal to those in need. You may contact this resource at: (309)-655-7272.

Peoria Rescue Ministries Esther House (For Women and Children) - 6847 N. Allen Road, Peoria IL. This service provides a transitional program and shelter for women and children. You may contact this resource at (309)-689-0915.

Peoria Rescue Ministries (For Men)-601 S.W. Adams St., Peoria, IL, 61602. This service provides shelter for men in need. You may contact this service at: (309)-676-6416.

Healthy Eating on a Budget

Grains

Brown Rice
Whole Grain Pasta
Whole Wheat Bread
Whole Wheat Crackers
Oatmeal or other
Whole-Grain Based Cereals

Vegetables

Low-Sodium Canned Vegetables
Carrot sticks
Celery
Potatoes
Frozen Vegetable Bags

Fruits

No Sugar Added Canned Fruit
Frozen Berries
Raisins (or other dried fruit)
Apples
Bananas
Pears
Oranges

Protein

Canned Fish (Tuna, Salmon, Sardines)
Frozen Chicken Breast
Eggs
Beans
Peanut Butter
Low-Fat Dairy (Milk, Yogurt, Cottage Cheese)

Money-Saving Shopping Tips:

- Always check for daily or weekly specials and compare prices between stores.
- Make a grocery list, and stick to it!
- Utilize coupons whenever possible; they really do add up!
- Buy in bulk to save even more money.