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Find Food Programs

SNAP (Food Stamps) Application:

mRelief is a group that helps people sign up for food stamps. You can find out if you qualify and start your application [here](#).

SNAP Work Requirements Suspended

Right now, you don't need to meet work requirements to get SNAP benefits. This is because there's a high unemployment rate in Illinois. This rule will be in place until October 31, 2024.

If you have questions about your benefits, you can call the Illinois Department of Human Services at 1-800-843-6154. [You can apply for SNAP benefits online or in person.](#)

Food Pantries

Food pantries can help with your food needs. You can find local pantries using these tools:

- [Great Chicago Food Depository](#)
- [Feeding America](#)

FREE Summer Food Service Program - CHA Locations

The Summer Food Program will re-open Summer 2025.

CHA's Summer Food Service Program offers FREE breakfast and lunch during the summer. This program works with the Greater Chicago Food Depository and gets funds from the Illinois State Board of Education (ISBE) and USDA.

There is no cost. All summer meals are FREE for kids 18 and younger and for young adults 18-21 with a mental or physical disability. This program usually runs from mid-June to the end of August. CHA residents work as Nutrition Aides through the Transitional Jobs Program, which is funded by CHA.

If your group wants to start a Summer Feeding site in your community, you can apply on the [Illinois State Board of Education's website](#).

CHA's Golden Diner Program

CHA partners with the Chicago Department of Family & Support Services to provide healthy meals for older adults across Chicago.

The Golden Diners Program helps older adults (over 60) get a hot, nutritious lunch each day and spend time with friends. Meals are served [at over 50 locations](#), including 20 CHA Senior Buildings. Besides eating, seniors can join activities like health talks, exercise classes, and guest speakers.

Healthy Food Options for Seniors

The Greater Chicago Food Depository, CHA, and our Service Provider offer two food programs for older adults at certain locations:

1. **Resident and Produce Markets:** These offer groceries at senior buildings to help residents get healthy food for home cooking.
2. **Commodities Supplemental Food Program:** This gives food boxes with important nutrients like Vitamins A and C, calcium, and iron.

To learn more about these programs, senior residents should talk to their resident service coordinator (RSC) or call the Senior Information Line at (312) 913-7164.