FOOD RESOURCES IN GALESBURG
A citizens’ guide to food
Hunger Statistics

Although there are no hunger statistics for Galesburg, there is information for the state of Illinois: 9.5% of Illinois households face food insecurity and 15.4% of children face these same insecurities. Altogether, in 2007, 1.5 million Illinois residents faced hunger related issues. In 2008, the members of Feeding Illinois, an Illinois Food Bank Association, served over 85 million pounds of food to 900,000 individuals in the state of Illinois. Despite these efforts, thousands of people around the state still go hungry every year.

This guide is for the residents of Galesburg who face problems feeding themselves and their families. Here you will find information about Galesburg organizations, as well as state programs that provide food to those who need it, and other programs and services that are available to help with hunger related issues.

Hunger is a human rights issue, just like unfair labor practices, pollution, racism, classism, and sexism. There are many services available to try and alleviate the hunger problem in the United States. However, it is still estimated that only 79% of eligible individuals use these programs. These programs cannot be strengthened if there is not a need to expand the programs. The responsibility therefore, lies in the citizen’s hands. If you have an issue that you would like to see taken care of, please do not be afraid to speak up. There are people who will listen and help.

The People in Galesburg is a citizen organization started in the Spring of 2009 and will help allow you to have your voice heard. The group strives to create open discussion spaces where community concerns can be talked about, and change can happen. If you would like to speak at a meeting, or if you want to get involved with the Hunger action group, please visit the website, www.thepeopleingalesburg.org, or contact thepeopleingalesburg@gmail.com.
Additional Resources

Galesburg Safe Harbor Pantry
1188 W Main St
Galesburg, 61401
Contact: Kathy
Phone: (309) 343-0065
Hours of operation: As Needed

Hunger Hotline
1-800-359-2163
www.ilhunger.org

Www.feedingillinois.org
Www.feedingamerica.org
www.riverbendfoodbank.org
www.pcceo.org/foodbank.htm

Illinois SNAP

Supplemental Nutrition Assistance Program (SNAP)

The Supplemental Nutrition Assistance Program (SNAP) helps low-income people and families buy the food they need for good health. You apply for benefits by completing an application form. Benefits are provided on the Link Card - an electronic card that is accepted at most grocery stores. The program is managed by the Food and Nutrition Service (FNS) of the United States Department of Agriculture. The Department of Human Services administers the program in Illinois.

The eligibility for the SNAP program depends on income and expenses, the number of persons living and eating together, and the amount of available liquid assets. These are the basic items looked at when applying for the program, but there may be other requirements that need to be met. Each application is looked at and in certain emergency situations, eligibility may be determined sooner than normal. There may be additional information that is requested during the application process. While participating in the program, it is expected that people who can work try to do so.

SNAP benefits can be used to buy any food or food product for human consumption, and seeds or plants for use in home gardens to produce food. Specifically in Galesburg, the LINK card may also be used at the Galesburg Farmer’s Market (Simmons and Kellogg: May-October).

SNAP benefits may not be used to buy hot foods that are ready to eat, food intended to be heated in the store, lunch counter items, vitamins or medication, pet food, alcoholic beverages and tobacco.

For information on how to apply you may call the help line at 1-800-843-6154.
**Women, Infants, Children (WIC)**

WIC is a food assistance program for Women, Infants, and Children. It helps pregnant women, new mothers and young children eat well and stay healthy. Those eligible include, women and their children who are pregnant, breastfeeding, or just had a baby, infants and children under 5 years old, and families with a low to medium income.

WIC can provide special checks to buy healthy foods such as milk, juice, eggs, cheese, cereal, dry beans or peas, and peanut butter. The program also provides information about nutrition and health to help women and their families eat well and be healthy, information about breastfeeding, and can assist in finding health care in the area.

To apply for the WIC program, you can contact the Knox County Health Department at (309) 344-2224.

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**Food Pantries**

There are many organizations in Galesburg that exist to provide food to hungry people. The following organizations are ones that were provided online at www.feedingillinois.org.

**FISH of Galesburg**
688 Hawthorne Ct
Galesburg, IL 61401
Contact: Bob Robinson
Phone: (309) 341-2845
Hours: Mon-Fri 10 am – 3 pm

**Galesburg Rescue Mission**
425 E. 3rd St.
Galesburg, IL 61401
Contact: Dave Scholl
Phone: (309) 343-4151
Hours: Mon-Fri 9 am – 4 pm

**Galesburg Salvation Army**
320 N. Kellogg St.
Galesburg, IL 61401
Contact: Rick Ray
Phone: (309) 342-9168
Hours: Mon-Fri 10am – Noon

**Galesburg Second Baptist**
395 S. Cherry St.
Galesburg, IL 61401
Contact: Johnnie Trammell
Phone: (309) 342-3001
Hours: Wed 1pm – 3 pm

**La Grace Hall of Hope**
595 N. Cedar
Galesburg, IL 61401
Contact: Sandra Miller
Phone: (309) 368-3416
Hours: As needed

**St. Vincent de Paul**
1229 N. Broad
Galesburg, IL 61401
Contact: Willa Jebbemeyer
Phone: (309) 353-5045
Hours: Wed Noon – 2 pm