

TEFAP Overview

Nourishing Neighbors through Illinois'
Food Banks, Food Pantries, Soup
Kitchens, and Homeless Shelters

The Emergency Food Assistance Program (TEFAP)

- The Emergency Food Assistance Program (TEFAP) is a federal program that helps supplement the diets of people with low income by providing them with emergency food assistance at no cost. USDA provides 100% American-grown USDA Foods and administrative funds to states to operate TEFAP.

Strengthening the Nation's Nutrition Safety Net and Supporting American Agriculture.



TEFAP Flow of Food



Illinois TEFAP Eligibility

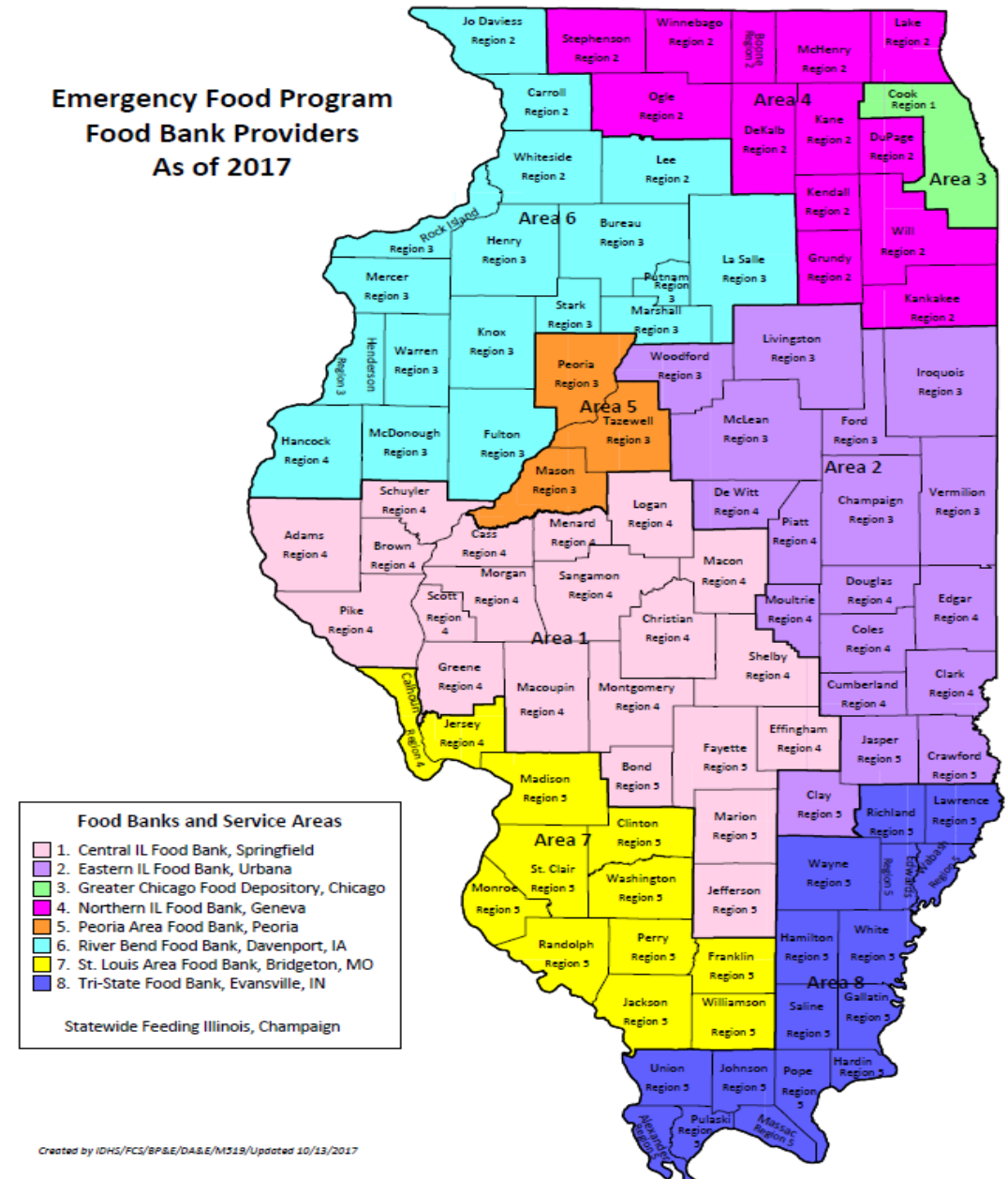
- Self-attestation of income at or below 300% Federal Poverty Line (FPL). No proof of income is required.
- Residency Requirement: State of Illinois (minimum length of stay not required), County residence may apply
- Identification: Driver's License, State ID, Mail (Utility Bill)
→ Self-declaration by homeless recipients is accepted.

DHS MAXIMUM MONTHLY GROSS INCOME FOR RECEIPT OF USDA COMMODITIES FOR FISCAL YEAR 2024 (JULY 1, 2023 THROUGH JUNE 30, 2024)										
Household Size	1	2	3	4	5	6	7	8	9	10
Monthly Income	\$3,645	\$4,930	\$6,215	\$7,500	\$8,785	\$10,070	\$11,355	\$12,640	\$13,925	\$15,210
For households with more than 10 persons, add \$1,285 for each additional person up to 300% FPL.										

Illinois Food Bank Network

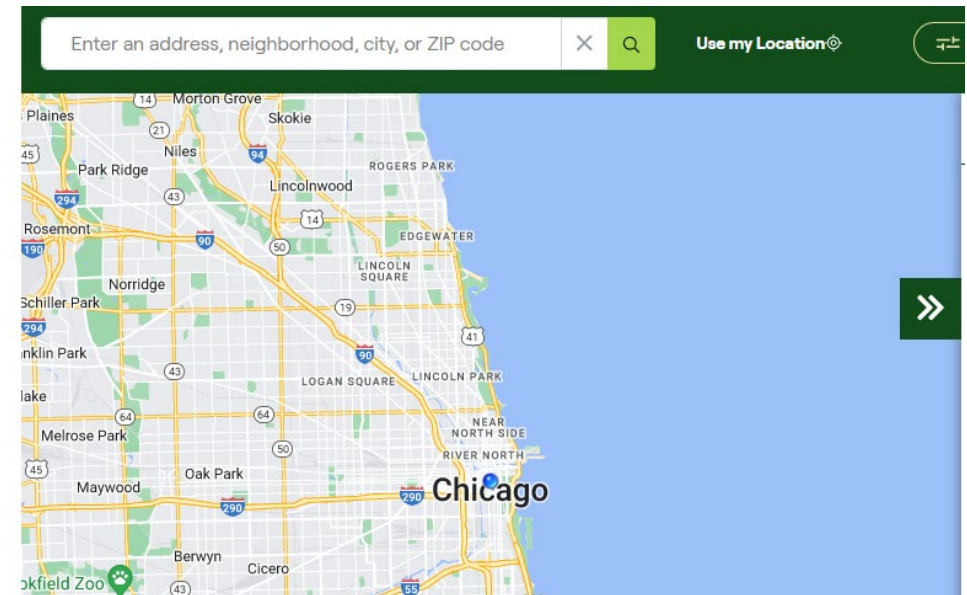
<u>Illinois Food Banks</u>	Number Counties
Central Illinois Food Bank:	21
Eastern Illinois Foodbank	18
Greater Chicago Food Depository	1
Northern Illinois Foodbank	13
Peoria Area Foodbank	3
River Bend Foodbank	18
St. Louis Area Foodbank, Inc.	12
Tri-State Foodbank, Inc.	16
	102

**Emergency Food Program
Food Bank Providers
As of 2017**



How do I access emergency food?

- Go directly to Food Bank Website in your vicinity
 - Find a Food Pantry
 - Type in Address into the search bar
- Search “Find Food IL “
 - Illinois Community Food Map
 - Search by zip code or City

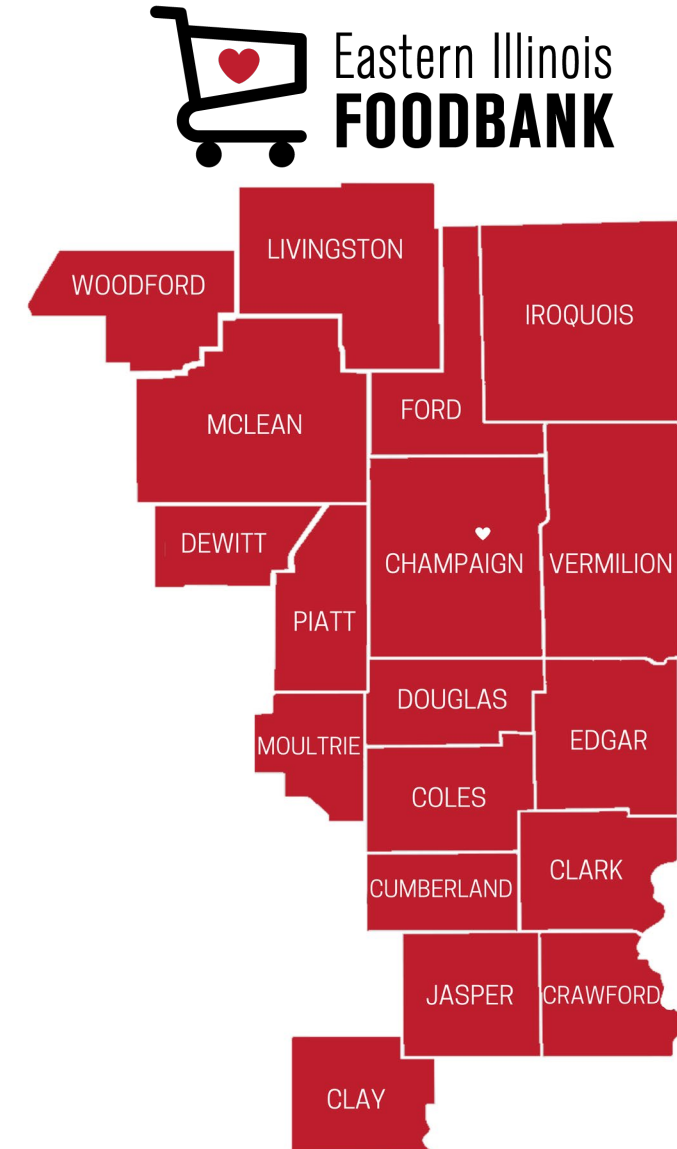


Contact

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Service Markets

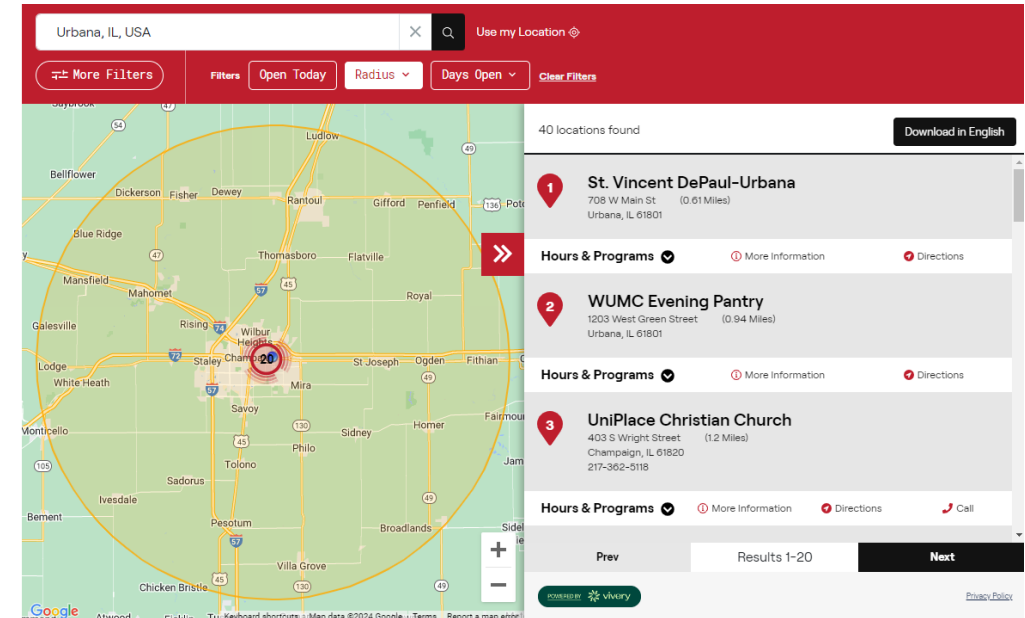
Eastern Illinois Foodbank has been alleviating hunger and nourishing stronger communities in eastern Illinois since 1983. They are headquartered in Urbana, and are the primary food source to approximately 170 partner agencies throughout 18 counties.



Accessing Food Assistance

Along with their sister foodbanks in the Feeding Illinois network, EIF has partnered with Vivery Foundation to create a Food Finder map. This operates as Google Maps for food assistance, showing pantries, feeding programs, and Foodmobile stops convenient to the neighbor's location.

eifoodbank.org/help/map.html



In addition to being the primary food source to our network of pantries, they distribute food directly to the public through their (recently reimagined) Foodmobile program. Each month, the Foodmobile provides meals to neighbors in nearly 100 rural and underserved communities through its daily county routes.

eifoodbank.org/help/mobile.html



Collegiate Markets

EIF currently provides food to students from several regional colleges and universities at the following collegiate markets:

Eastern Illinois University Campus Food Pantry

- serves EIU students

Heartland Community College Food Pantry

- serves Heartland CC students

Laker Food Pantry

- serves Lake Land CC students



Eastern Illinois University, Charleston, IL

Collegiate Markets (continued)

School Street Food Pantry

- serves Illinois State University, Heartland CC, Illinois Wesleyan students

Wesley/ARC Food Assistance & Nutrition Program

- serves University of Illinois students

Wesley Evening Pantry

- serves University of Illinois students

Wesley Pantry at Parkland

- serves Parkland CC students



Wesley Pantry at Parkland, Champaign

It's hard to think when you're hungry.

Food insecurity has the potential to harm college students' ability to achieve their educational and professional goals. Inadequate nutrition interferes with the learning process, making it difficult to concentrate, and increases hunger, stress and depression.

Research shows that those in college have higher factors for food insecurity including:

- Lack of Resources – many enrolled are less likely to utilize SNAP benefits.
- Social Stigma – feelings of shame
- Busy Schedules – students with a high credit load or works in addition to school
- Transportation – geographic location being in a food desert , living more than a mile from nutritious food.
- Cooking Skills – students with little to no cooking skills or lack of facilities to cook.

Tips on Getting Started

- Gather support from the college, Board of Directors, and Foundation
- Meet the requirements of a 501c3
- Develop a hunger committee on campus with faculty, staff, and students
- Learn the needs of the student community
- Offer anonymity and sensitivity



“Wesley Food Pantry has added programming to include ‘grab and go’ spots throughout the University of Illinois and Parkland College campuses that provide an anonymous quick snack, or easy-to-transport meals in locations where students may feel comfortable revealing difficulties with food access. Located in the cultural houses, counseling centers, and tutoring hubs, our grab and go locations provide an opportunity to combat the stigma students feels with accessing resources.” – Dawn Longfellow, Wesley Food Pantry

Staying Healthy in College

- **Eat a good breakfast!** Studies show that skipping breakfast can negatively impact health and detracts from scholastic achievement.
- **Keep healthy snacks on hand.** This way, you won't be tempted by vending machine snacks or fast food. Keep snacks handy such as fresh or dried fruit, unbuttered popcorn, cottage cheese, vegetables, yogurt, or whole wheat crackers.
- **If you need to lose weight, find a healthy approach.** The only safe way to lose weight, feel good while doing it, and keep it off, is to eat a balanced diet and exercise.
- **Watch your caffeine and sugar.** An excessive amount of caffeine every day is unhealthy, so try to limit your number of caffeinated drinks each day, whether it's soda, coffee, or tea. Avoid empty calories and tooth decay by reducing sugar intake.
- **Meal prep.** Meal planning and prepping can be a great way to help maintain a healthy diet. Having easy access to pre-made meals will keep you away from unhealthy fast food and other temptations.
- **Limit your alcohol intake...** If you drink alcohol, keep in mind that it supplies calories but no nutritional value. There may also be health problems associated with drinking alcohol.
- **...and drink lots of water!** Your body needs at least eight glasses a day, and, if you exercise vigorously, you may need more. To remind yourself, carry a water bottle along to class and keep it handy during late night study sessions.
- **Enjoy your food.** Food is a lot more than nourishment for our bodies, so take the time to enjoy and savor it!



Questions? Here how to Contact Me!

Trina Searcy - Partner Relations Coordinator

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Urbana, IL 61802

www.eifoodbank.org

Phone: 217-328-3663 x242

OUR MISSION IS TO END HUNGER.

We believe food is a basic human right.

To achieve our mission, we work in partnership with a network of community-based organizations and individuals.

Together, we connect our neighbors with healthy food, lift our voices and advance solutions that address the root causes of hunger – poverty, systemic inequity, and structural racism.

Together, we are greater. Together, we can end hunger.



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gcsfoodbank.org
773-247-FOOD

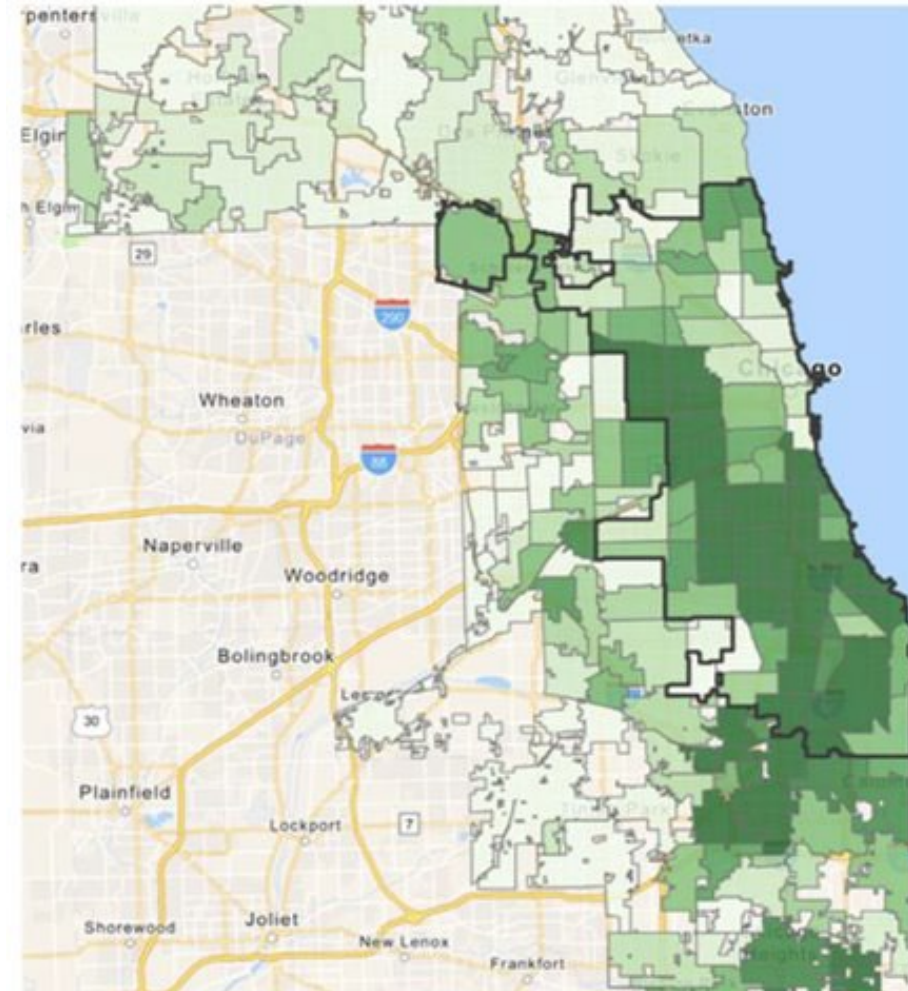
ABOUT THE FOOD DEPOSITORY



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FOOD INSECURITY BY NEIGHBORHOOD

- We are Cook County's food bank. We believe a healthy community starts with food.
- Part of the Feeding America national network of food banks.
- 800+ community-based partners and programs.
- Strive to end hunger by connecting neighbors with healthy food and advancing solutions that address the root causes of hunger.



COLLEGE & UNIVERSITY PARTNERSHIPS



- College students are at increased risk of hunger, especially at schools with high numbers of first-generation students.
- Food insecure college students are often supporting children or older relatives at home.

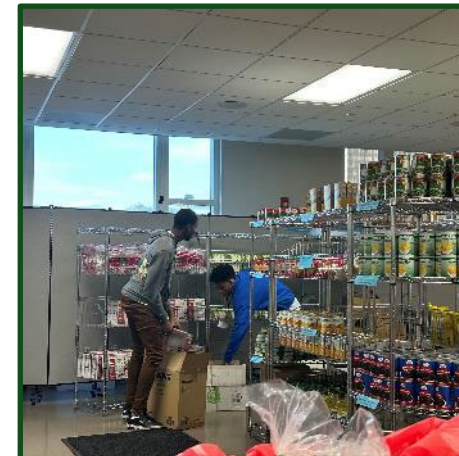
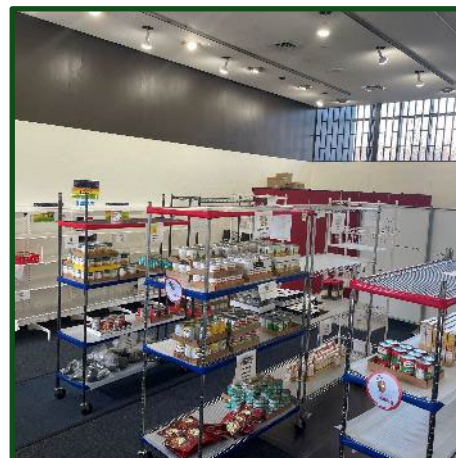


COLLEGE & UNIVERSITY PARTNERSHIPS



The Food Depository partners with 14 local colleges and universities:

- City Colleges of Chicago
 - Harry S. Truman College
 - Harold Washington College
 - Richard J. Daley College
 - Wilbur Wright College
 - Malcolm X College
 - Kennedy King College
 - Olive Harvey College
- Chicago State University
- Morton College
- National Louis University
- Northeastern Illinois University
- Roosevelt University
- South Suburban College
- University of Illinois at Chicago



PARTNERING WITH THE FOOD DEPOSITORY



Our process of collaboration starts with understanding your interest and motivation for doing this vital work.

As a first step, prospective partners are asked to complete our partnership inquiry form:

www.chicagosfoodbank.org/partnership-inquiry/

Thank you for your interest in partnering in our shared mission to end hunger.

We work in partnership with a network of community-based organizations and individuals. Together, we connect our neighbors with healthy food, lift our voices and advance solutions that address the root causes of hunger – poverty, systemic inequity and structural racism.

Together, we are greater. Together, we can end hunger. Our process of collaboration starts with understanding your interest and your motivation for wanting to do this vital work.

Please note: We are generally unable to accommodate one-time requests for food. If your organization is interested in exploring ongoing partnership opportunities, please continue with completing the interest form.

Contact Information

First name *

Last name *

PARTNERING WITH THE FOOD DEPOSITORY



- **Initial Call / Space Assessment**
 - Mission and Vision for Program
 - Distribution/ Storage Space
 - Equipment
 - Staff/Volunteers
 - Days and Hours
 - Online Client Intake System
 - Timeline

Date: _____

GCFD																									
<small>People in Attendance and Title</small> _____ _____ _____ _____ _____	<small>Vision for Food Program</small> _____ _____ _____ _____ _____																								
<small>Days and Hours of Operation</small> _____ <small>Service Boundaries</small> _____ <small>Service Frequency</small> _____	<small>Delivery Frequency</small> _____ <small>Number of Volunteers</small> _____ <small>Number of Staff</small> _____																								
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PARTNERING WITH THE FOOD DEPOSITORY



- **Visits**
 - 2-3 existing programs
- **Contracts**
 - Vendor ACH W9
 - Partnership Agreement
 - Delivery Contract
- **Training**
 - New Partner Onboarding
 - Introduction and Tour
 - Online Order System
 - Online Intake System
 - General Food Safety
 - Successful Annual Site Visit
 - Partnership Agreement Review
 - Deliveries
 - USDA Training (if applicable)
 - Link2feed (1 week prior to start date)
 - Food Service Sanitation Manager
- **Activation Site Visit**



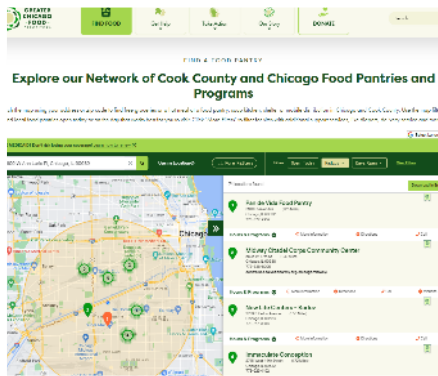
PARTNERING WITH THE FOOD DEPOSITORY



- **Opening week for your Pantry!**
 - First Order Support
 - Delivery Support
 - Online Intake System Support
 - Operational recommendations



ACCESSING PROGRAMS & SERVICES



Find Food Tool

Use our find food map to view hours, locations and information for all of our Cook County and Chicago food pantries, meal programs and more. To access the map, visit chicagosfoodbank.org/find-food/



Neighbor Services

Get help with exploring our network of community-based partners and programs to find support and resources that meet your needs. To receive support, call **773-247-FOOD (3663)**



Nutrition Education

Browse cooking videos, recipes and more to help you prepare ingredients you have at home. To access nutrition resource, visit chicagosfoodbank.org/get-help/nutrition/



Hunger Action Corps

Join the Food Depository's Hunger Action Corps, an AmeriCorps Program. To learn more and to request information, visit chicagosfoodbank.org/about/careers/hunger-action-corps/

FOR MORE INFORMATION, CONTACT:

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