

# QC Food Resource Guide

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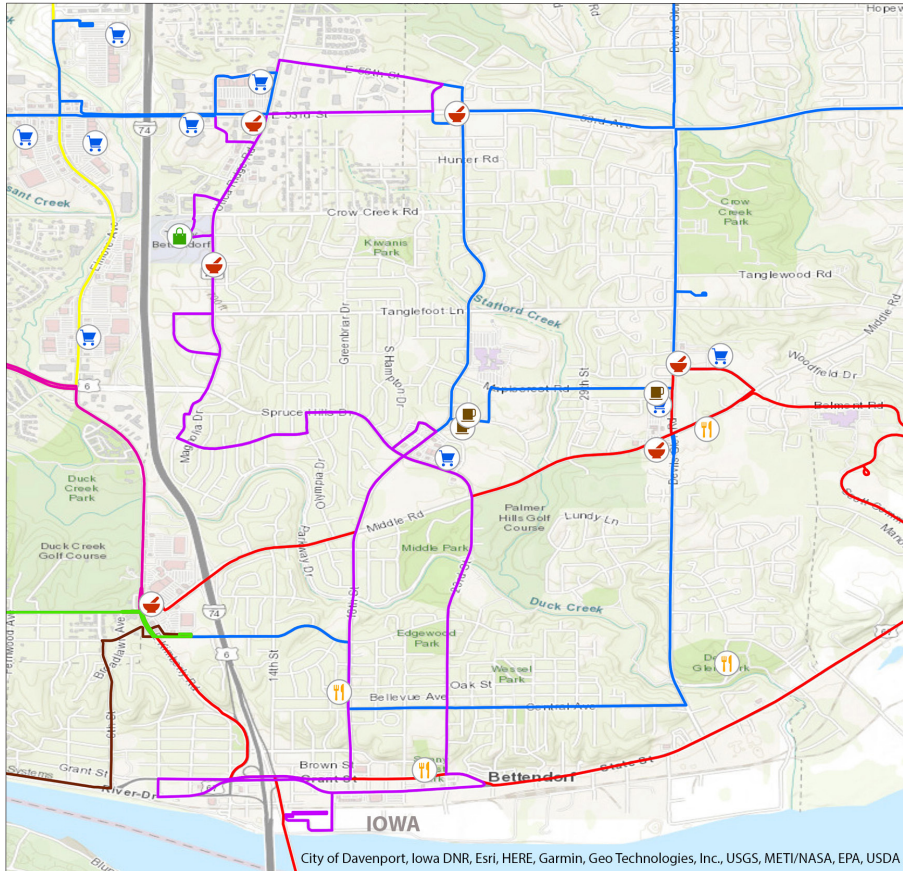
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<https://tinyurl.com/38xjx3t5>



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

*with special thanks to our friends at*  
**Augustana College**

# Bettendorf Area Food Resources



## Food Resource Types



Grocery Store



Farmers' Market



Convenience Stores



Food Pantry



Senior Meal Sites



WIC, TANF and County Health Offices

## GROCERY STORES

Fareway .....3800 Belmont Rd • Bettendorf  
Hy-Vee .....2900 Devil's Glenn Rd • Bettendorf  
QC India Market.....2330 Spruce Hills Dr • Bettendorf

## CONVENIENCE STORES

Kwik Star .....6910 Middle Rd • Bettendorf  
Kwik Star .....3510 Belmont Rd • Bettendorf  
Kwik Star .....2283 53rd Ave • Bettendorf  
Kwik Star .....1001 Utica Ridge Ct • Bettendorf  
Walgreens .....830 Middle Rd • Duckcreek Plaza • Bettendorf  
Walgreens .....3425 Middle Rd • Bettendorf

## SENIOR MEAL SITES

Cumberland House.....2365 Tech Dr • Bettendorf ...563-332-9339  
Luther Manor.....3118 Devils Glen Rd • Bettendorf ...563-332-9407  
Spruce Hills Village.....2380 Tech Dr • Bettendorf ...563-332-7700

## SCHOOL MEAL SITES - Call first to double check on availability. Neil

Armstrong Elementary

3311 Central Ave • Bettendorf .....563-359-8275

Bettendorf Middle School

2030 Middle Rd • Bettendorf .....563-359-3686

## FOOD PANTRIES

Bettendorf Ecumenical Food Pantry

2204 Grant St • Bettendorf .....563-279-2411

Bettendorf First Baptist Church

3593 Middle Rd • Bettendorf .....563-355-6200

Greater Bettendorf Community Foundation - Agape Project

1101 Devils Glen Rd • Bettendorf .....563-210-0465

Hope Church Food Pantry

709 Wisconsin St • LeClaire.....563-289-4650

Princeton Presbyterian Church

630 3rd St • Princeton.....563-289-4585

St. James Lutheran Food Pantry

1705 Oak St • Bettendorf .....563-355-4161

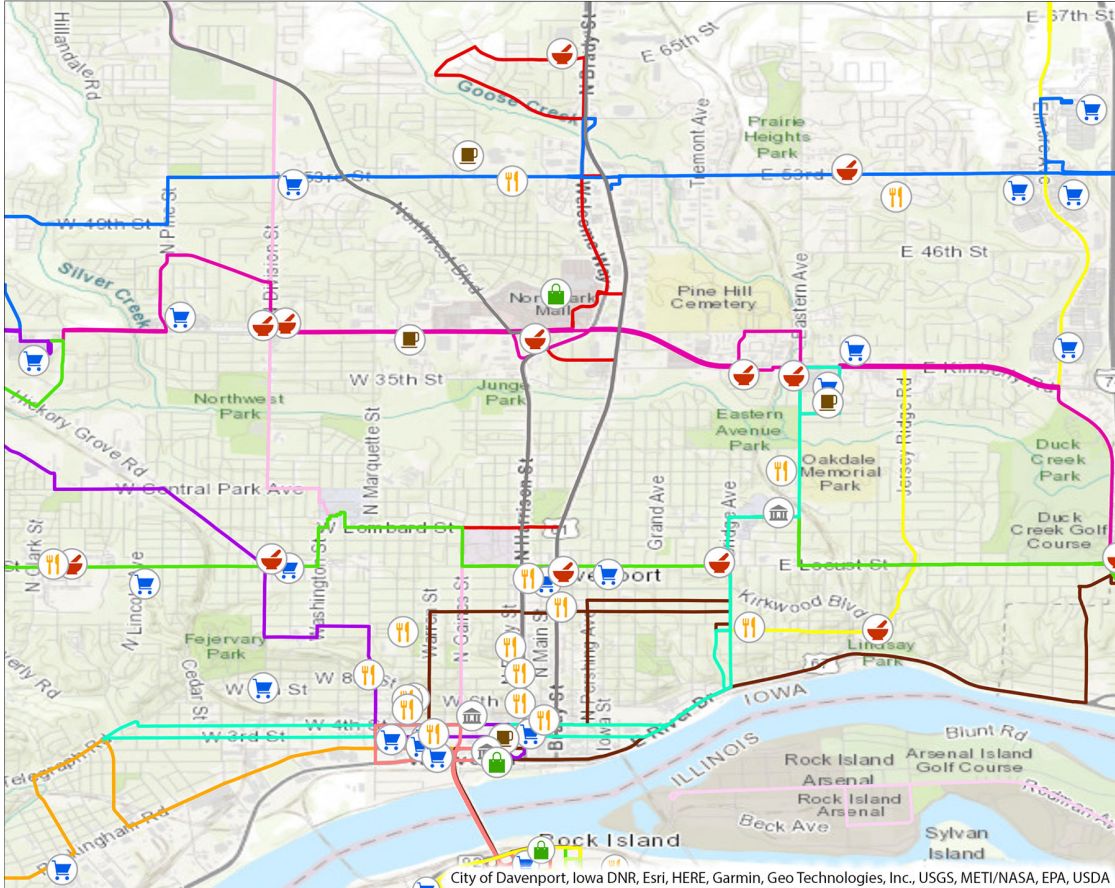
## FARMERS' MARKETS

LeClaire Riverfront Farmers Market .....South End LeClaire Levee






Trinity Farmers Market .....4500 Utica Ridge Road • Bettendorf



# Davenport Area Food Resources



**Food Resource Types**

-  Grocery Store
-  Farmers' Market
-  Convenience Stores
-  Food Pantry
-  Senior Meal Sites
-  WIC, TANF & County Health Offices

## GROCERY STORES

|                                  |                                   |
|----------------------------------|-----------------------------------|
| Abarrotes Carrillo .....         | 903 W 3rd. St • Davenport         |
| Aldi .....                       | 1702 Brady St • Davenport         |
| Aldi .....                       | 5262 Elmore Ave • Davenport       |
| Aldi.....                        | 3643 W. Kimberly Rd • Davenport   |
| Central Grocery .....            | 234 W 3rd St • Davenport          |
| Fareway .....                    | 1635 West 53rd St • Davenport     |
| Fresh Thyme Farmers Market ..... | 2130 E Kimberly Rd • Davenport    |
| Heritage Natural Foods .....     | 3875 Elmore Ave • Davenport       |
| Hoa Thanh Food Inc .....         | 1101 W 3rd St • Davenport         |
| Hy-Vee .....                     | 3019 Rockingham Rd • Davenport    |
| Hy-Vee .....                     | 2351 West Locust St • Davenport   |
| Hy-Vee .....                     | 2200 West Kimberly Rd • Davenport |
| Hy-Vee .....                     | 1823 East Kimberly Rd • Davenport |
| Hy-Vee .....                     | 4064 East 53rd St • Davenport     |
| La Finca .....                   | 916 W 2nd St • Davenport          |
| Mawua Food Market .....          | 1601 Locust St • Davenport        |
| Natural Grocers .....            | 3805 E 53rd St • Davenport        |
| North Scott Foods .....          | 425 East Le Claire Rd • Eldridge  |
| Oriental Food Store .....        | 808 W River Dr • Davenport        |
| Save-More .....                  | 405 East Locust St • Davenport    |
| Target .....                     | 5225 Elmore Ave • Davenport       |
| Walmart .....                    | 3101 West Kimberly Rd • Davenport |
| Westside Grocery Store .....     | 1802 W 7th St • Davenport         |

## CONVENIENCE STORES

|                 |                              |
|-----------------|------------------------------|
| Kwik Shop ..... | 2242 E 12th St • Davenport   |
| Kwik Shop ..... | 1136 E Locust St • Davenport |
| Kwik Star ..... | 2850 Locust St • Davenport   |
| Kwik Star ..... | 100 W 65th St • Davenport    |

|                 |                                |
|-----------------|--------------------------------|
| Kwik Star ..... | 301 W Kimberly Rd • Davenport  |
| Kwik Star ..... | 1650 W Kimberly Rd • Davenport |
| Kwik Star ..... | 1225 E Kimberly Rd • Davenport |
| Kwik Star ..... | 2050 E 53rd St • Davenport     |
| Walgreens ..... | 1805 Brady St • Davenport      |
| Walgreens ..... | 1660 W Locust St • Davenport   |
| Walgreens ..... | 1720 W Kimberly Rd • Davenport |
| Walgreens ..... | 1525 E Kimberly Rd • Davenport |
| Walgreens ..... | 4011 E 53rd St • Davenport     |

## SENIOR MEAL SITES

|                                       |  |
|---------------------------------------|--|
| CASI (Center for Active Seniors Inc)  |  |
| 1035 W. Kimberly Rd • Davenport ..... | 563-386-7477                                   |
| Community Center.....                 | 400 S. 16th Ave • Eldridge ....563-285-4841    |
| Edgewater on Third.....               | 401 W. 3rd St • Davenport....563-324-2011      |
| Luther Crest.....                     | 5454 N. Gaines St • Davenport ....563-388-8543 |
| Spring Village.....                   | 3320 Spring St • Davenport .....563-359-6505   |

## SCHOOL MEAL SITES - Call first to double check on availability.

|  |  |
|--|--|
| Buchanan Elementary...4515 N Fairmount St • Davenport...563-723-6250 |  |
| Children's Village West.....1757 W 12 St • Davenport ...563-336-7800 |  |
| Davenport Learning Center (Keystone Academy)                         |  |
| 1002 W Kimberly Rd • Davenport .....                                 | 563-336-7650                                     |
| Fillmore Academy.....  | 7307 Pacific St • Davenport ...563-723-6400      |
| Garfield Academy.....  | 902 E 29th St • Davenport ...563-723-6450        |
| Hayes Elementary.....  | 622 S Concord St • Davenport .....563-723-6600   |
| Children's Village Hoover.....                                       | 1002 Spring St • Davenport.....563-336-7850      |
| Jackson Elementary....   | 1307 Wisconsin Ave • Davenport .....563-723-6650 |
| Madison Elementary.....  | 116 E Locust St • Davenport .....563-723-6750    |
| Mid City High.....   | 3801 N Marquette St • Davenport ...563-336-7600  |
| Monroe Elementary.....   | 1926 W 4th St • Davenport ...563-723-6850        |

## SCHOOL MEAL SITES *continued*

|                            |                                    |              |
|----------------------------|------------------------------------|--------------|
| Smart Intermediate.....    | 1934 W 5th St • Davenport ...      | 563-445-5100 |
| Truman Elementary.....     | 5506 N Pine St • Davenport ...     | 563-723-6900 |
| Williams Intermediate..... | 3040 N Divison St • Davenport ...  | 563-445-5250 |
| Wilson Elementary.....     | 2002 N Clark St • Davenport ...    | 563-723-6950 |
| Wood Intermediate.....     | 5701 N Division St • Davenport ... | 563-445-5300 |

## FOOD PANTRIES

|   |                                   |              |
|---|-----------------------------------|--------------|
| All Saints Lutheran.....  | 5002 Jersey Ridge • Davenport ... | 563-359-9516 |
| Bethel AME.....   | 323 W. 11th St • Davenport ...    | 563-322-6622 |
| Buffalo Food Pantry.....  | 329 Dodge St • Buffalo ...        | 563-284-6519 |
| Cafe on Vine/Thomas Merton House, Inc.<br>932 W. 6th St • Davenport .....         |                                   | 563-324-4472 |
| Central Community Circle<br>1008 West 6th St • Davenport .....                    |                                   | 563-322-8253 |
| Community of Hope Prince of Peace Food Pantry<br>415 W. 53rd St • Davenport ..... |                                   | 563-391-4519 |
| Davenport Community Food Pantry .....   | 1702 N Main St • Davenport        |              |
| Family Resources Food Pantry<br>2800 Eastern Ave. Building A • Davenport .....    |                                   | 563-326-6431 |
| Friendly House .....  | 1221 N Myrtle St                  |              |
| Humility Homes and Services, Inc. ....  | 1016 W 5th St • Davenport         |              |
| King's Harvest Ministries...824 W. Third St • Davenport .....                     |                                   | 563-570-4536 |
| Metropolitan Community Church .....   | 2930 W Locust St • Davenport      |              |
| New Hope Presbyterian<br>4209 Locust St • Davenport .....                         |                                   | 563-386-5278 |
| North Scott Food Pantry .....   | 500 W Le Claire Rd • Eldridge     |              |

|   |                                 |              |
|---|---------------------------------|--------------|
| Progressive Baptist Church<br>1302 E 12th St • Davenport .....              |                                 | 563-322-0151 |
| River Bend Food Bank .....  | 4010 Kimmel Drive • Davenport   |              |
| Sacred Heart Food Pantry @ the Center<br>1411 Brady St • Davenport .....    |                                 | 563-323-5295 |
| Salvation Army Family Service Center<br>100 Kirkwood Blvd • Davenport ..... |                                 | 563-324-4808 |
| St. Anthony of Davenport.....   | 417 N. Main St • Davenport ...  | 563-322-3303 |
| Vera French Carol Center<br>808 N. Harrison St • Davenport.....             |                                 | 563-322-5276 |
| Zion Lutheran Church.....   | 1216 W 8th St • Davenport ..... | 563-322-3533 |

## WIC AND TANF OFFICES

|   |  |              |
|---|--|--------------|
| Community Health Care Inc.<br>500 W. River Dr • Davenport .....         |  | 563-336-3000 |
| Edgerton Women Health's Center<br>1510 Rusholme St • Davenport.....     |  | 563-336-3000 |
| Scott County Human Service Department<br>600 W 4th St • Davenport ..... |  | 563-326-8680 |

## COUNTY HEALTH DEPARTMENT

|  |  |              |
|--|--|--------------|
| Scott County Health Department<br>600 W 4th St • Davenport ..... |  | 563-326-8680 |
|--|--|--------------|

## FARMERS' MARKET

|   |                               |              |
|---|-------------------------------|--------------|
| Davenport Farmers' Market .....                                   | 320 W Kimberly Rd • Davenport |              |
| Freight House Farmers' Market<br>421 W River Dr • Davenport ..... |                               | 563-770-3436 |

# Healthy Eating Tips

## Fruit:

Fresh, frozen, or canned fruits are great choices. Try fruits beyond apples and bananas such as mango, pineapple or kiwi fruit. When fresh fruit is not in season, try a frozen, canned, or dried variety. Choose canned varieties of fruit packed in water or in its own juice instead of syrup.

## Vegetables:

Dark green, leafy, red and orange, beans, peas, starches; all types are good! Add variety to grilled or steamed vegetables with herbs like rosemary. You can also panfry or sauté vegetables in a non-stick pan with a small amount of cooking spray. Frozen or canned vegetables are great for a quick side dish—just microwave and serve. Look for canned vegetables without added salt, butter, or cream sauces.

## Calcium-rich foods:

In addition to fat-free and low-fat milk and cheese, consider low-fat and fat-free yogurts without added sugars. These come in a variety of flavors and can double as a dessert substitute.

## Proteins:

Aim for lean meats, poultry, eggs, and seafood. Beans, peas, lentils, nuts and seeds are also good sources of protein.

## Grains:

Aim for whole grain options when possible; at least half of the time is ideal.

(<https://www.dietaryguidelines.gov/>)

# Saving Money Tips

## Fruit

- Buy in season
- Consider buying canned and frozen

## Vegetables

- Buy in season
- Consider buying canned and frozen

## Dairy

- Consider buying blocks of cheese rather than shredded

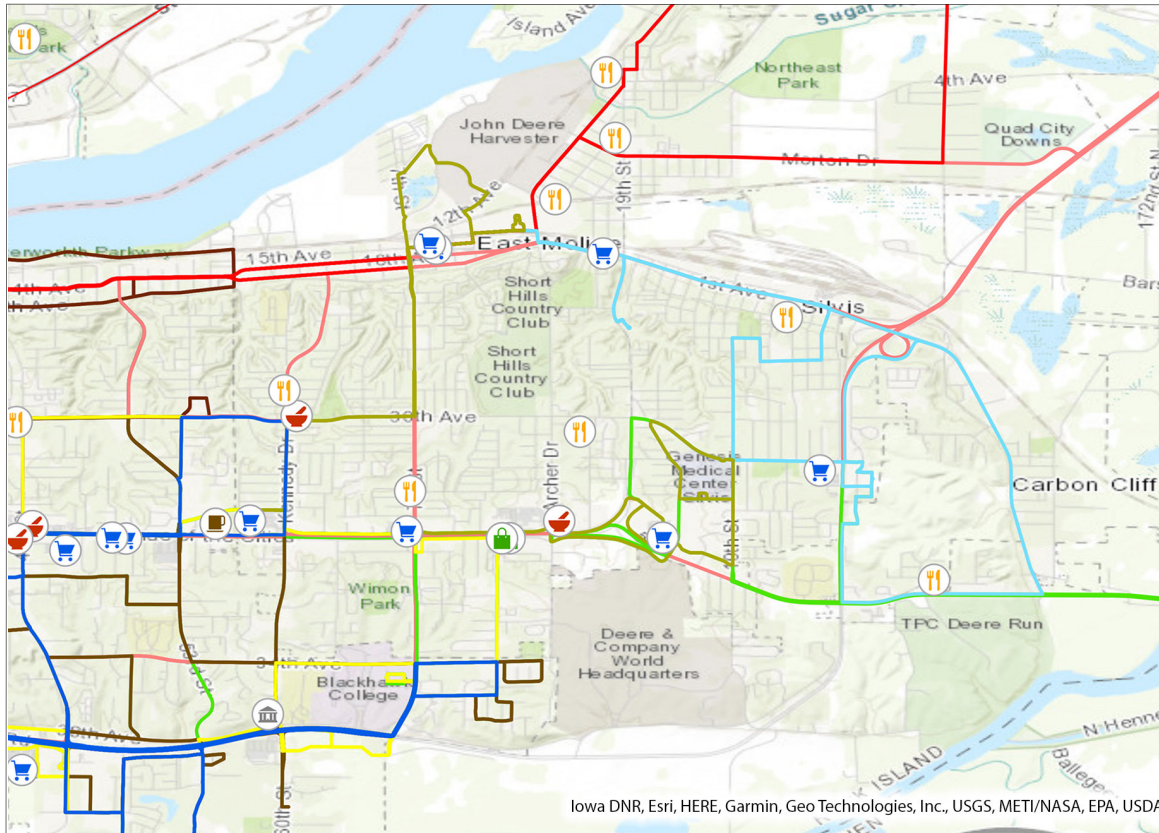
## Protein

- Beans, lentils, and chickpeas are great, inexpensive sources of protein

## Grains

- Breads can be frozen to last longer

# East Moline Area Food Resources



Iowa DNR, Esri, HERE, Garmin, Geo Technologies, Inc., USGS, METI/NASA, EPA, USDA

- Food Resource Types**
-  Grocery Store
  -  Farmers' Market
  -  Convenience Stores
  -  Food Pantry
  -  Senior Meal Sites
  -  WIC, TANF & County Health Offices



## GROCERY STORES

|                            |  |
|----------------------------|--|
| Hoang Anh Foods .....      | 802 15th Ave • East Moline             |
| Hy-Vee .....               | 2001 5th St • Silvis                   |
| Jewel-Osco .....           | 107 Avenue of the Cities • East Moline |
| Jewel-Osco .....           | 1312 John Deere Expressway • Silvis    |
| Supermercado Monarca ..... | 755 15th Ave • East Moline             |
| Walmart .....              | 1601 18th St • Silvis                  |
| World Food Market .....    | 669 Avenue of the Cities • East Moline |

## CONVENIENCE STORES

|                 |   |
|-----------------|---|
| Walgreens ..... | 301 30th Ave • East Moline              |
| Walgreens ..... | 1301 Avenue of the Cities • East Moline |

## SENIOR MEAL SITES

|  |                           |
|--|---------------------------|
| Colona House .....   | 54 41st Ave • East Moline |
| First United Methodist Church<br>9412 228th St. N • Port Byron ..... | 309-848-4050              |

## SCHOOL MEAL SITES - Call first to double check on availability.

|  |                                  |              |
|--|----------------------------------|--------------|
| Bowlesburg Elementary.....                                       | 2221 10th St • Silvis.....       | 309-792-2947 |
| Hillcrest Elementary.....  | 451 22nd Ave • East Moline ..... | 309-755-7621 |
| Ridgewood Elementary.....  | 814 30th Ave • East Moline ..... | 309-755-1585 |
| Wells Elementary<br>490 Avenue of the Cities • East Moline ..... |                                  | 309-796-1251 |
| Glenview Middle School<br>3100 7th St • East Moline .....        |                                  | 309-755-1919 |
| Blackhawk Hills Apartments.....                                  | 5100 Kenedy Dr • East Moline     |              |
| Crowne Forest Apartments.....                                    | 1275 49th Ave Ct • East Moline   |              |
| Deerfield Woods Apartments .....                                 | 1053 51st Ave • East Moline      |              |

|   |                              |
|---|------------------------------|
| Diana Court Apartments .....  | 4000 Archer Dr • East Moline |
| Greater Metropolitan Housing.....   | 2215 Morton Dr • East Moline |
| East Moline Schools Administration Center<br>3451 Morton Dr • East Moline ..... | 309-792-2887                 |
| United Township High School<br>1275 Avenue of the Cities • East Moline .....    | 309-752-1633                 |

## FOOD PANTRIES

|  |  |
|--|--|
| Bible Holiness Church of Silvis<br>2201 Colona Rd • East Moline .....  | 309-792-2361                                 |
| Christ Church QC.....  | 1301 2nd Ave • Silvis ..... 309-755-2508     |
| Christ United Methodist.....   | 3801 7th St • East Moline ..... 309-755-2508 |
| Grace Bible Missionary Church<br>266 29th Ave • East Moline .....      | 309-796-3195                                 |
| Messiah Lutheran.....  | 302 11th St • Port Byron ..... 309-523-2421  |
| Mt. Zion Missionary Baptist Church<br>1501 6th Ave • East Moline ..... | 309-755-1728                                 |
| St. John's Lutheran Church<br>1450 30th Ave • East Moline .....        | 309-792-0755                                 |
| Watertown Ecumenical Food Pantry<br>1365 13th Ave • East Moline .....  | 309-764-1466                                 |

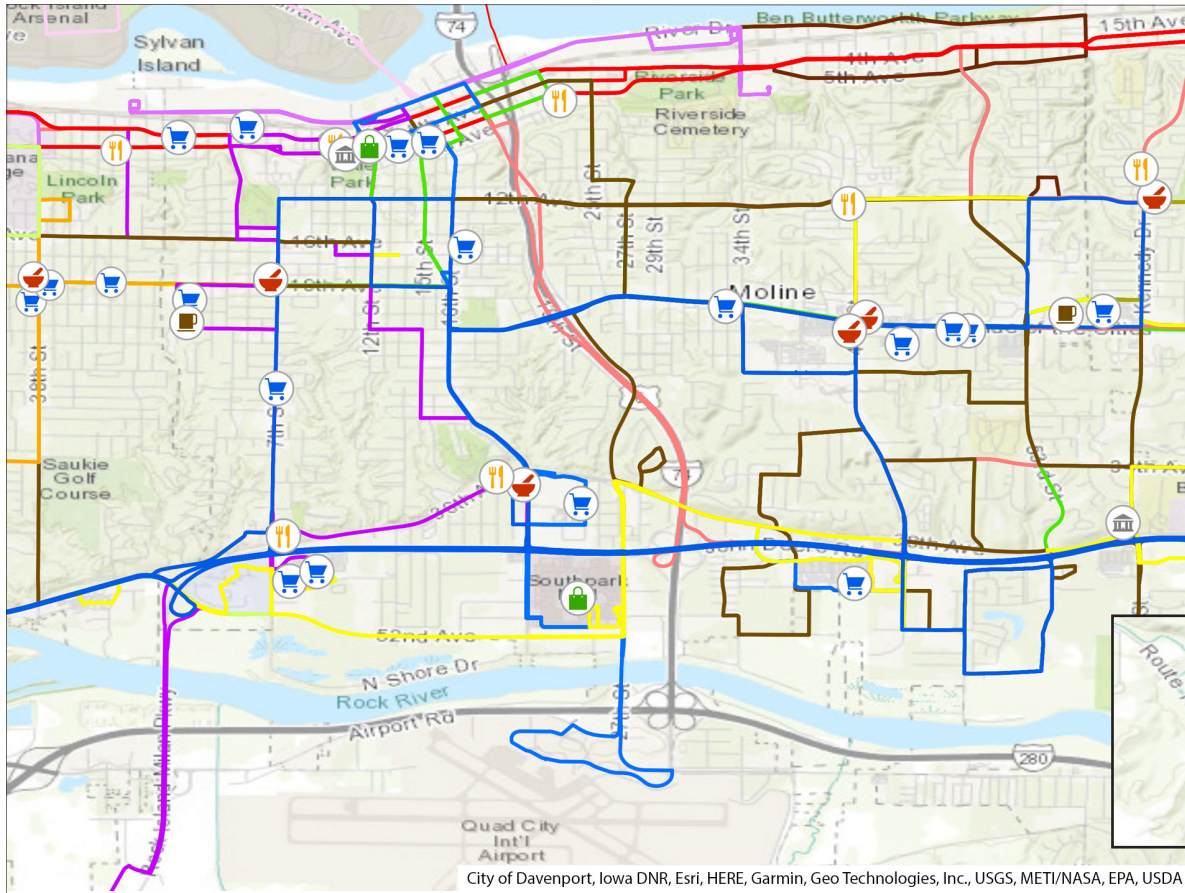
## WIC AND TANF OFFICES

|   |                     |
|---|---------------------|
| Henry County Health Department Colona WIC ..... | 103 1st St • Colona |
|---|---------------------|

## FARMERS' MARKETS

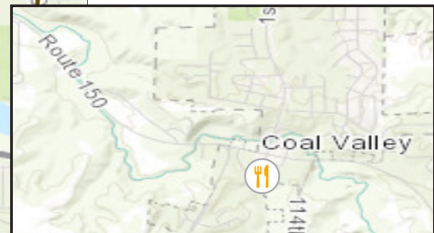
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| Quad Cities Grower Market..... | 1140 Avenue of the Cities • East Moline |
|--------------------------------|---|

# Moline Area Food Resources



**Food Resource Types**

- Grocery Store
- Farmers' Market
- Convenience Stores
- Food Pantry
- Senior Meal Sites
- WIC, TANF & County Health Offices



## GROCERY STORES

|                              |                                    |
|------------------------------|------------------------------------|
| Derby City Grocery .....     | 4608 Avenue of the Cities • Moline |
| El Mexicano .....            | 448 Railroad Ave • Moline          |
| Fareway .....                | 3705 25th St • Moline              |
| Heritage Natural Foods ..... | 1317 6th Ave • Moline              |
| Hy-Vee .....                 | 4218 Avenue of the Cities • Moline |
| Jerry's Market .....         | 1609 17th St • Moline              |
| Jewel-Osco .....             | 2010 1st St A • Moline             |
| Katy's Import Foods .....    | 2700 7th St • Moline               |
| La Primavera .....           | 1510 6th Ave • Moline              |
| Las Imperial .....           | 134 4th Ave • Moline               |
| Namaste Plaza .....          | 3228 Avenue of the Cities • Moline |
| Target .....                 | 900 42nd Ave • Moline              |
| Walmart .....                | 3930 44th Ave Dr • Moline          |

## CONVENIENCE STORES

|                 |                                    |
|-----------------|------------------------------------|
| CVS .....       | 2250 41st St • Moline              |
| Walgreens ..... | 4000 Avenue of the Cities • Moline |
| Walgreens ..... | 555 19th Ave • Moline              |
| Walgreens ..... | 3601 16th Ave • Moline             |

## SENIOR MEAL SITES

|                        |                            |
|------------------------|----------------------------|
| Westwood Terrace ..... | 2200 1st Street A • Moline |
|------------------------|----------------------------|

## FOOD PANTRIES

|  |                           |
|--|---------------------------|
| Bethany Baptist Church Food Pantry ..... | 700 35th Ave Pl • Moline  |
| First Presbyterian - Coal Valley .....   | 2431 1st St • Coal Valley |
| Grace Bible Fellowship .....             | 1535 36th Ave • Moline    |
| River City Church .....                  | 2305 7th Ave • Moline     |
| South Park Mall Food Pantry .....        | 4500 16th St • Moline     |
| St. Mary's Food Pantry .....             | 412 10th St • Moline      |
| Youth Hope .....                         | 3928 12th Ave • Moline    |

## WIC AND TANF OFFICES

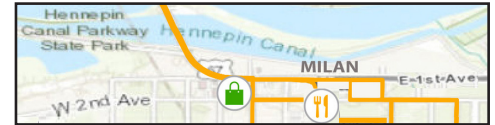
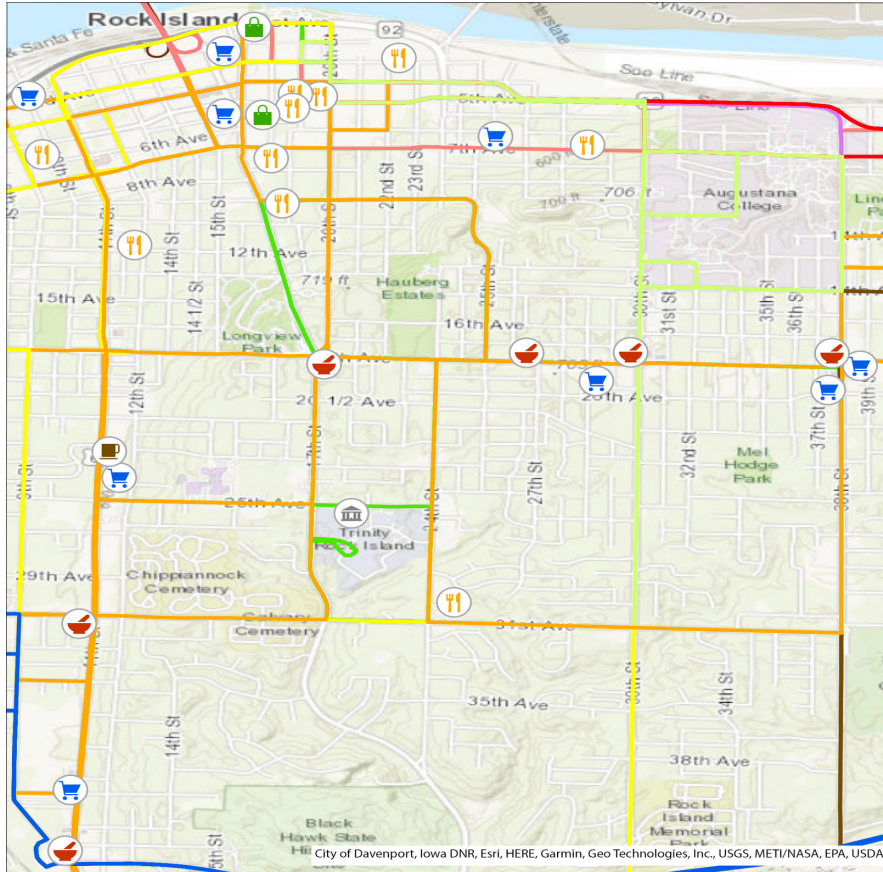
|  |                           |
|--|---------------------------|
| DHS Family Community Resource Center ..... | 3561 60th Street • Moline |
| WIC Moline .....                           | 1102 5th Ave • Moline     |

## FARMERS' MARKETS

|                                 |                               |
|---------------------------------|-------------------------------|
| Mercado on Fifth .....          | 5th Ave. and 12th S. • Moline |
| Quad City Growers Markets ..... | 4500 16th St • Moline         |



# Rock Island Area Food Resources



## Food Resource Types

-  Grocery Store
-  Farmers' Market
-  Convenience Stores
-  Food Pantry
-  Senior Meal Sites
-  WIC, TANF & County Health Offices

## GROCERY STORES

|                                 |                             |
|---------------------------------|-----------------------------|
| Aldi .....                      | 1880 38th St • Rock Island  |
| Healthy Harvest .....           | 1616 2nd Ave • Rock Island  |
| Hy-Vee .....                    | 2930 18th Ave • Rock Island |
| Hy-Vee .....                    | 201 West 10th St • Milan    |
| Kanyaw Oriental Market .....    | 2369 11th St • Rock Island  |
| Metro Community Food Mart ..... | 3850 18th Ave • Rock Island |
| Karen Asian Market.....         | 4305 18th Ave • Rock Island |
| T&T Asian Foods Market.....     | 520 16th St • Rock Island   |
| US and African Food Market..... | 4126 11th St • Rock Island  |



## CONVENIENCE STORES

|                 |                             |
|-----------------|-----------------------------|
| CVS .....       | 910 4th St W • Milan        |
| CVS .....       | 2617 18th Ave • Rock Island |
| Walgreens ..... | 440 10th Ave W • Milan      |
| Walgreens ..... | 2955 18th Ave • Rock Island |
| 7 Eleven .....  | 1636 38th St • Rock Island  |
| 7 Eleven .....  | 1700 18th Ave • Rock Island |
| 7 Eleven .....  | 4520 11th St • Rock Island  |

## SENIOR MEAL SITES

|  |   |
|--|---|
| Rock Island County Senior Center<br>2221 11th St • Rock Island ..... | 309-788-6335                              |
| American Legion Hall.....  | 501 N Main St • Reynolds ....309-372-8990 |

## SCHOOL MEAL SITES - Call first to double check on availability.

|  |  |
|--|--|
| Denkmann Elementary....  | 4101 22nd Ave • Rock Island ...309-793-5922  |
| Earl Hanson Elementary.....  | 4000 9th St • Rock Island ....309-793-5930   |
| Eugene Field Elementary..  | 2900 31th Ave • Rock Island ...309-793-5935  |
| Edison Jr. High.....   | 4141 9th St • Rock Island ....309-793-5920   |
| Rock Island Academy.....   | 930 14th St • Rock Island ....309-793-5944   |
| Frances Willard Elementary...  | 2503 9th St • Rock Island ..309-793-5940     |
| Longfellow Liberal Arts.....   | 4198 7th Ave • Rock Island....309-793-5975   |
| Thomas Jefferson Elementary<br>1307 W 4th St • Rock Island .....           | 309-793-5895                                 |
| Thurgood Marshall Learning Center<br>600 11th Ave • Rock Island .....      | 309-793-5924                                 |
| Rock Island High School<br>1400 25th Ave • Rock Island .....               | 309-793-5950                                 |
| Rock Island Center for Math & Science<br>2101 16th Ave • Rock Island ..... | 309-793-5995                                 |
| Ridgewood Elementary<br>9607 14th St West • Rock Island .....              | 309-793-5980                                 |
| Washington Jr. High.....   | 3300 18th Ave • Rock Island ....309-793-5915 |

## FOOD PANTRIES

Milan Christian Food Pantry.....225 E. 1st St • Milan .....309-278-3400  
Christian Care Domestic Violence Shelter and Rescue Mission  
2209 3rd Ave • Rock Island .....309-786-5734  
Church of Peace.....1114 12th St • Rock Island .....309-788-6357  
Grace City Church.....1925 5th Ave • Rock Island .....309-558-0191  
Heart of Hope Ministries.....1740 9th Ave • Rock Island .....309-428-4752  
Project Now...418 19th St • Rock Island .....309-793-6391  
Sacred Heart Food Pantry....2827 7th Ave • Rock Island .....309-794-0660  
Second Baptist Church.....919 6th Ave • Rock Island .....309-788-0677  
St. Pius X/St. Vincent de Paul Food Pantry  
2502 29th Ave • Rock Island .....309-793-7373  
Templo Elim...4300 7th Ave • Rock Island .....309-788-2852  
Two Rivers UMC.....1820 5th Ave • Rock Island .....309-788-9384  
Word of Life Community Kitchen/Food Pantry  
1804 7th Ave • Rock Island .....309-786-1100



## WIC AND TANF OFFICES

Rock Island County Health Department  
2112 25th Ave • Rock Island .....309-793-1955  
DHS Family Community Resource Center  
3561 60th Street • Moline.....309-794-9530

## COUNTY HEALTH DEPARTMENT

Rock Island County Health Department (WIC and TANF Office)  
2112 25th Ave • Rock Island .....309-793-1955

## FARMERS' MARKETS

Homegrown Market on the Square  
321 West 2nd Avenue • Milan .....309-496-2379  
QC Farmers Market  
(Schwiebert Riverfront Park) ..... 101 17th Street • Rock Island  
Skeleton Key Farmers' Market ..... 520 18th Street • Rock Island

## Save Money Tips at the Grocery Store:

Use coupons

Compare store brands vs. national brands

Sign up for store loyalty points

# Healthy Eating Habits

## Help Children Develop Healthy Eating Habits:

- Provide plenty of vegetables, fruits, and whole-grain products. Include low-fat or non-fat milk or dairy products, including cheese and yogurt. Choose lean meats, poultry, fish, lentils, and beans for protein. Encourage your family to drink lots of water.
- Limit sugary drinks.
- Limit consumption of sugar and saturated fat.
- Remember that small changes every day can lead to success!

*(<https://www.cdc.gov/healthyweight/children/index.html>)*

## Benefits of Healthy Eating for Children:

- Assists with proper growth and development
- Decreases risk of behavior problems like hyperactivity, aggression, and anxiety
- Decreases risk of falling behind at school, missing school, and/or visiting school nurse more frequently
- Decreases risk of anemia, asthma, poor dental health, stunted development and hospitalization

*([https://www.feedingamerica.org/sites/default/files/2019-05/2017-map-the-meal-gap-child-food-insecurity\\_0.pdf](https://www.feedingamerica.org/sites/default/files/2019-05/2017-map-the-meal-gap-child-food-insecurity_0.pdf))*

## Benefits of Healthy Eating for All:

- Achieve/maintain a healthy body weight
- Consume important nutrients
- Reduce the risk of:
  - High blood pressure
  - High cholesterol
  - Type 2 diabetes
  - Heart disease
  - Stroke
  - Gallbladder disease
  - Osteoarthritis
  - Certain types of cancer
  - Mental illness like depression and anxiety
  - Death

*(<https://www.cdc.gov/healthyweight/effects/index.html>)*





To find the most updated information for food pantries please visit:

[www.riverbendfoodbank.org/find-food](http://www.riverbendfoodbank.org/find-food)

*(Always call ahead to verify eligibility requirements and hours)*



For Illinois-specific resources, visit: <https://eat-move-save.extension.illinois.edu/#find-food-il>

