



NEIGHBORS.  
EMPOWERED.



## 2025 GREATER CHICAGOLAND HUNGER REPORT

Access to adequate food is a hallmark of a healthy community. Yet in the Greater Chicagoland area, far too many of our neighbors are struggling to put food on the table. One in four people are facing food insecurity, and more than a third of households (1.4 million households)<sup>1</sup> cannot afford the basic cost of living in their county.

Furthermore, food insecurity is expected to grow in the coming months as devastating cuts to the Supplemental Nutrition Assistance Program (SNAP) included in the latest federal budget reconciliation bill go into effect. At a time when food prices and rents remain stubbornly high, approximately 470,000 people in Illinois alone who rely on SNAP for basic nutrition stand to see their benefits decrease or disappear altogether.<sup>2</sup>

As SNAP cuts loom and costs soar, the Greater Chicago Food Depository, Northern Illinois Food Bank and Food Bank of Northwest Indiana - who together supported 4.5 million household visits across 16 counties last year<sup>3</sup> - are sounding the alarm. Demand for food is set to surge, putting the health and wellbeing of our children, seniors and families at immediate risk. Now, more than ever, action is needed to ensure no neighbor goes hungry.

**25%** 

of people in the Greater Chicagoland area  
are facing food insecurity.<sup>4</sup>

**36%** 

of households in the Greater Chicagoland area  
cannot afford the basic cost of living in their county.<sup>1</sup>

**20%** 

increase in grocery prices between June 2020  
and June 2025.<sup>5</sup>

**27%** 

increase in housing rent prices between  
June 2020 and June 2025.<sup>5</sup>

**48%** 

more household visits to local food pantries and  
free grocery programs in FY25 compared to FY20.<sup>3</sup>

This **Hunger Action Month**, the Greater Chicago Food Depository, Northern Illinois Food Bank and the Food Bank of Northwest Indiana, all members of the Feeding America network of food banks, are working together to make sure that families at risk of food insecurity know that help is available.

If you need help accessing food, or are in a position to help, visit the website of the food bank serving your community to get started.

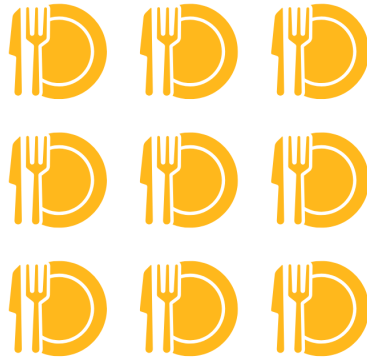
[SOLVEHUNGERTODAY.ORG](https://solvehungertoday.org) | [CHICAGOSFOODBANK.ORG](https://chicagosfoodbank.org) | [FOODBANKNWI.ORG](https://foodbanknwi.org)

# THE IMPACT OF SNAP

## SNAP is effective and efficient

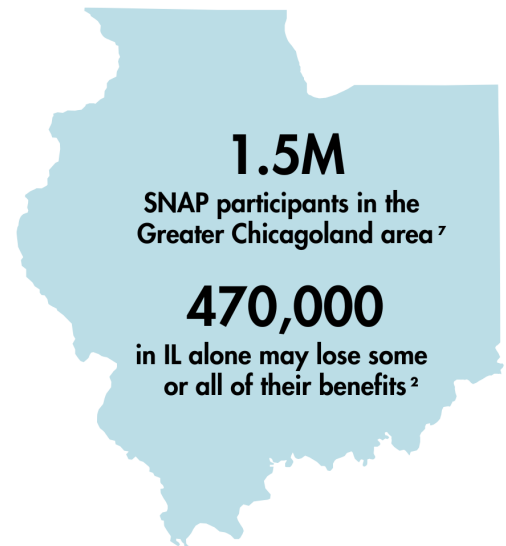


For every meal provided  
by food banks

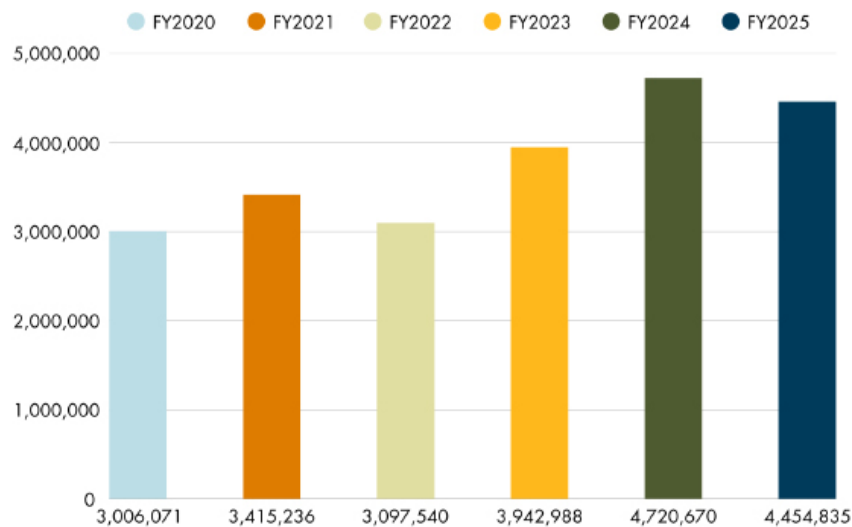


SNAP provides the  
equivalent of 9 meals<sup>6</sup>

## SNAP participants are in jeopardy



## Household visits to food pantries and free grocery programs<sup>3</sup>



<sup>1</sup> 2025 United Way United for ALICE State Reports for Illinois and Indiana. Data reflects 2023 information.

<sup>2</sup> Greater Chicago Food Depository estimate based on new legislation; includes Illinois individuals affected by work requirements, some immigrants and refugees, victims of labor or human trafficking, etc

<sup>3</sup> Aggregated numbers from the Greater Chicago Food Depository, Northern IL Food Bank and Food Bank of Northwest Indiana

<sup>4</sup> Estimate based on the number of individuals living in households with incomes below twice the federal poverty level (\$64,300 for a household of four). Source: 2023 U.S. Census American Community Survey 5-year estimates.

<sup>5</sup> U.S. Bureau of Labor Statistics

<sup>6</sup> Feeding America

<sup>7</sup> Illinois Department of Human Services and Indiana Family and Social Services Administration

# NEIGHBOR IMPACT STORIES



## OVERCOMING BARRIERS TO ACCESS NUTRITIOUS FOOD

For Onesha, a single mom of a 6-year-old daughter, transportation has been a barrier to getting food. Without a car, Onesha relies on public transportation, which often makes trips to local food pantries challenging.

She visits food pantries in the Northern Illinois Food Bank network when she can and is especially grateful for My Pantry Express, a program that allows neighbors to order groceries online and have them delivered through DoorDash. Onesha also relies on SNAP assistance, which helps her stretch her limited budget further.

“Not having enough money for groceries is very stressful,” Onesha admits. “But with these resources, I can breathe a little easier knowing my daughter and I have what we need to thrive.” If her SNAP benefits were cut, she says she would have to rely on her local food pantry even more.



## FUELING A FRESH START IN CHICAGO

Three years ago, Dionne Garcia, 48, got a fresh start when she was released from prison. While she was grateful for the chance to set her life on a better path, it wasn’t easy. “I was starting from the bottom up,” she said.

Dionne stayed with different family members in the Chicago area while working with a staffing agency to find someone willing to hire her. “I don’t want to have to depend on my family,” she said, adding that becoming self-sufficient is a priority. While searching for a job, Dionne relied on SNAP benefits for needed nutrition. “With SNAP, I know I’ll have something to eat.”

Today, Dionne is grateful to be working full-time as a women’s center program assistant at Breakthrough Urban Ministries, a Food Depository partner pantry, as well as volunteering there as her way of giving back. Still, the thought of losing SNAP benefits makes her overwhelmed because the program has been invaluable as she rebuilds her life.



## MOBILE MARKET FEEDS THOUSANDS IN NORTHWEST INDIANA

Putting food on the table has been a challenge for Melissa Keller recently. Things got a little easier after she signed up for the Food Bank of Northwest Indiana’s Mobile Market text notifications. Several times a week, the Food Bank’s grocery truck stops at key community locations reaching thousands of grateful neighbors like Melissa. Staff distribute fruit, vegetables, protein and other nutritious items at no cost.

“I’ve been twice so far. Everybody’s been super friendly, and I appreciate the help so much. It’s wonderful what they can do for the community because people struggle. Any help is needed, and much appreciated,” said Melissa, who leans on the Mobile Market at Portage High School to help supplement her groceries amid elevated food prices.