QC Food Resource Guide

Brought to you by:

EveryChild
A safe, healthy childhood starts here

ALL OUR KIDS
EARLY CHILDHOOD NETWORKS

ROCK·ISLAND
TOWNSHIP
ROCK ISLAND · ILLINOIS

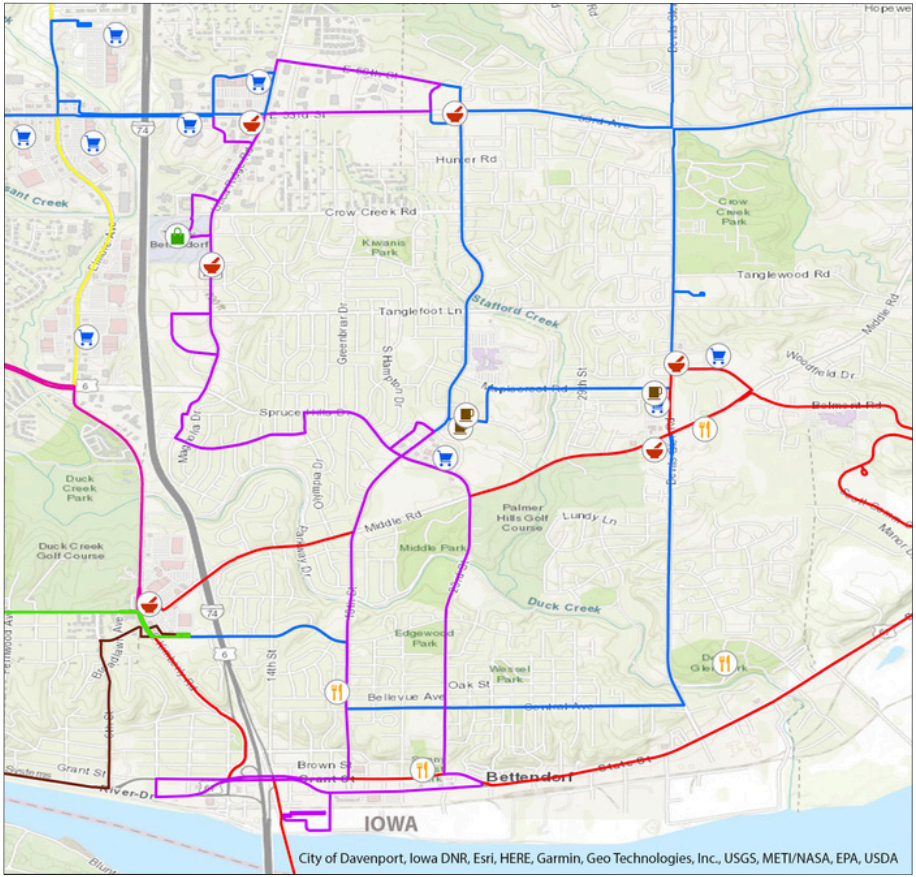
Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

with special thanks to our friends at

Augustana College

Also available online at:
https://www.rockislandaok.org/resource-guides

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
Aldi.....3221 Devils Glen Rd • Bettendorf

CONVENIENCE STORES

Kwik Star .....6910 Middle Rd • Bettendorf
Kwik Star .....3510 Belmont Rd • Bettendorf
Kwik Star .....2283 53rd Ave • Bettendorf
Kwik Star.....5007 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 ...563-639-7286
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

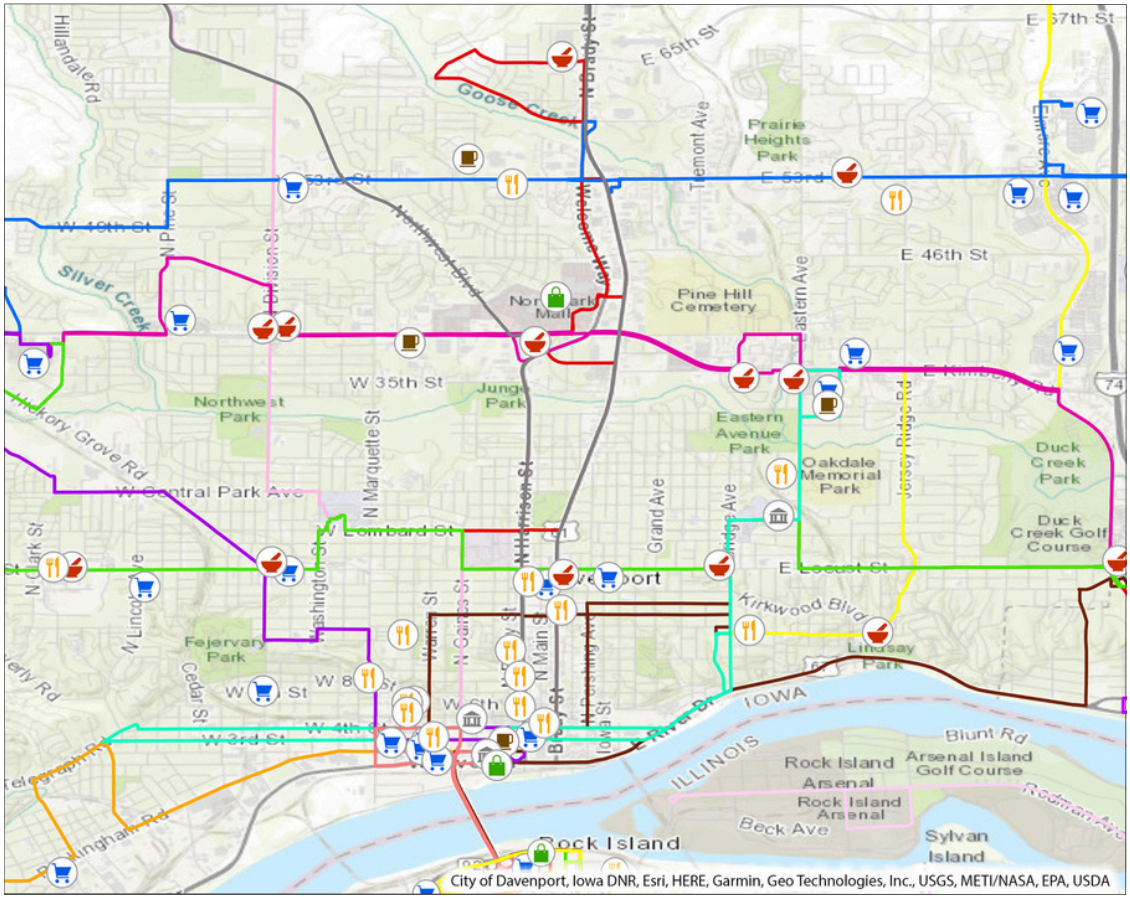
FOOD PANTRIES

Bettendorf Ecumenical Food Pantry
2204 Grant St • Bettendorf 563-279-2411
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
Bettendorf Farmers Market.....2850 18th St • Bettendorf

Davenport Area Food Resources



Food Resource Types

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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
DG Market.....1777 N Division St • Davenport
DG Market.....13932 110th Ave • Davenport
Fareway ..... 1635 West 53rd St • Davenport
Fresh Thyme Farmers Market .....2130 E Kimberly Rd • Davenport
Gordan Restaurant Market.....340 W Kimberly Rd • Davenport
Heritage Natural Foods .....3875 Elmore Ave • Davenport
Hilltop Groceries.....1312 N Harrison • Davenport
Hoa Thanh Food Inc .....1101 W 3rd St • 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
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
Walmart.....5811 Elmore Ave • 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
Kwik Star.....13888 118th Ave • 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
Edgewater on Third.....401 W. 3rd St • Davenport....563-484-3108
Spring Village.....3320 Spring St • Davenport 563-359-6505

SCHOOL MEAL SITES

Adams Elementary.....3029 N Division St • Davenport...563-723-6100
Children's Village West.....1757 W 12 St • Davenport ...563-336-7800
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
Jefferson Elementary....1027 N Marquette St • Davenport...563-723-6700
Madison Elementary.....116 E Locust St • Davenport 563-723-6750
Mid City High.....3801 N Marquette St • Davenport ...563-336-7600
Smart Middle.....1934 W 5th St • Davenport ...563-445-5100
Sudlow Middle.....1414 E Locust St • Davenport...563-445-5150
Truman Elementary.....5506 N Pine St • Davenport ...563-723-6900
Williams Middle.....3040 N Divison St • Davenport ...563-445-5250
Wilson Elementary.....2002 N Clark St • Davenport ...563-723-6950
Wood Middle.....5701 N Division St • Davenport ...563-445-5300

FOOD PANTRIES

Abundant Grace.....6317 W River Dr • Davenport...563-271-1195
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 ...563-343-1288
Cafe on Vine.....932 W. 6th St • Davenport ...563-324-4472
Central Community Circle.....1008 W. 6th St • Davenport...563-322-8253
City Center Ministry.....520 Western Ave • Davenport...563-323-0047
Community Action of Eastern IA..500 E 59th St • Davenport...563-243-5220
Community of Hope .....415 W. 53rd St • Davenport ...563-391-4519
Cordelia's Heart.....4020 Hickory Grove Rd • Davenport...563-723-1825
Davenport Community.....1702 N Main St • Davenport...563-345-6490
Fairmont Community.....2950 N Fairmont St • Davenport...563-505-4324
Friendly House .....1221 N Myrtle St • Davenport...563-323-1821
Hope at the Brick House.....1431 Ripley St • Davenport...563-322-0382
King's Harvest Ministries.....824 W. Third St • Davenport....563-570-4536
Metropolitan Community Church Blessing Box
.....2930 W Locust St • Davenport...563-324-8281
New Hope Presbyterian.....4209 Locust St • Davenport...563-386-5278
North Scott.....500 W Le Claire Rd • Eldridge...563-285-8444
Progressive Baptist Church
1302 E 12th St • Davenport 563-322-0151
River Bend Food Bank- NorthPark Mall Food Pantry
320 W Kimberly Rd Ste 328 • Davenport.....563-345-6490
Sacred Heart Food Pantry @ The Center
1411 Brady St • Davenport 563-323-5295
Salvation Army Family Service Center
100 Kirkwood Blvd • Davenport 563-324-4808
St. Anthony of Davenport- McAnthony Window Food Pantry
417 N. Main St • Davenport 563-322-3303
St. Mark Evangelical Lutheran Church
2363 W 3rd St • Davenport.....563-322-5318
Vera French -Carol Center
808 N. Harrison St • Davenport.....563-322-5276
YWCA Empowerment Center
1115 Mississippi Ave • Davenport.....563-340-0310
Zion Lutheran Church.....1216 W 8th St • Davenport 563-322-3533

WIC AND TANF OFFICES

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

COUNTY HEALTH DEPARTMENT

Scott County Health Department
600 W 4th St • Davenport 563-326-8680

FARMERS' MARKET

Davenport Farmers' Market .....320 W Kimberly Rd • Davenport
Freight House Farmers' Market
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

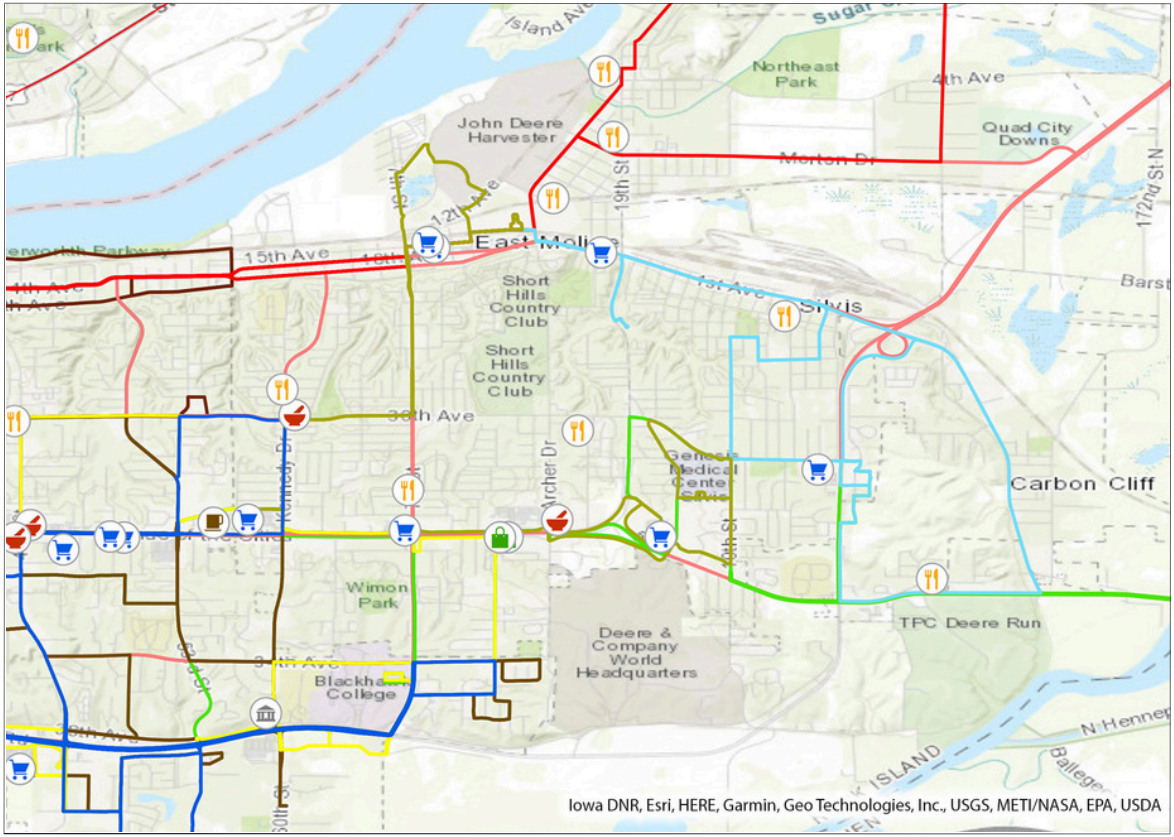
Protein

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

Grains

- Breads can be frozen to last longer

East Moline Area Food Resources



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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
Martinez Grocery Store & Restaurant.....914 15th Ave • East Moline
QC Global Groceries.....710 Ave of the Cities • East Moline
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
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
490 Avenue of the Cities • East Moline 309-796-1251
Glenview Middle School
3100 7th St • East Moline 309-755-1919
Blackhawk Hills Apartments.....5100 Kenedy Dr • East Moline C
Deerfield Woods Apartments .....1053 51st Ave • East Moline
East Moline Schools Administration Center
3451 Morton Dr • East Moline 309-792-2887
United Township High School
1275 Avenue of the Cities • East Moline 309-752-1633

FOOD PANTRIES

Bible Holiness Church of Silvis
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
Colona Township.....617 8th St • Colona.....309-428-1349
Grace Bible Missionary Church
266 29th Ave • East Moline 309-796-3195
Messiah Lutheran.....302 11th St • Port Byron 309-523-2421
Mt. Zion Missionary Baptist Church
1501 6th Ave • East Moline 309-755-1728
QC Mission.....2015 2 W Ave • East Moline.....309-281-1005
St. John's Lutheran Church
1450 30th Ave • East Moline 309-792-0755
Watertown Ecumenical Food Pantry
1365 13th Ave • East Moline 309-764-1466

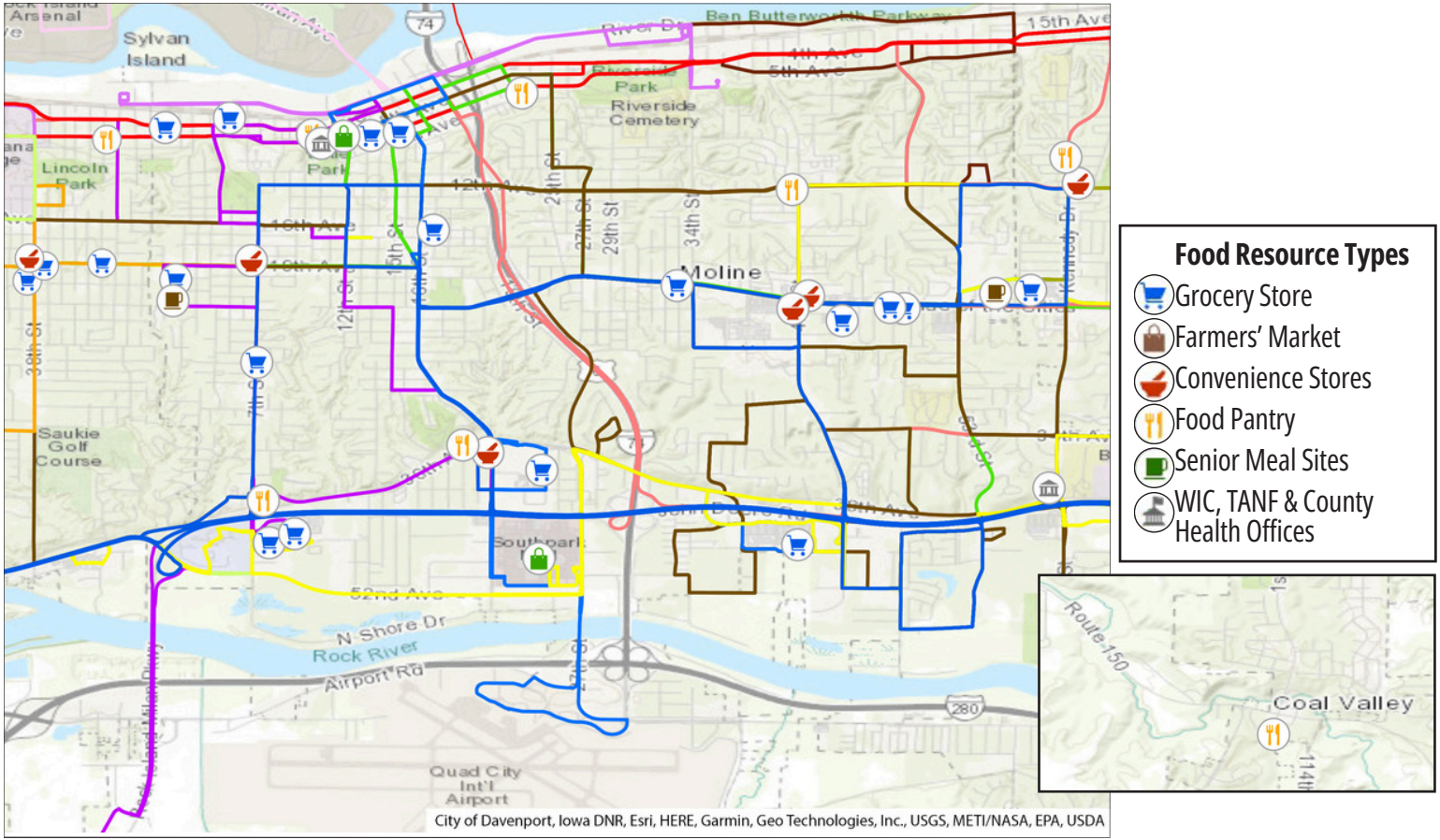
WIC AND TANF OFFICES

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

FARMERS' MARKETS

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

Moline Area Food Resources



GROCERY STORES

Aldi.....710 42nd Ave Dr • Moline
Aldi.....4211 Ave of the Cities • Moline
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

Central Store.....1810 5th Ave Ste D • 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

Angel Food Ministries.....2345 19th St • Moline...309-757-5711
Bethany Baptist Church.....700 35th Ave Pl • Moline...309-764-3041
First Presbyterian.....2431 1st St • Coal Valley...309-799-3511
Grace Bible Fellowship .....1535 36th Ave • Moline...309-797-7001
INCA Relief.....1531 47th Ave • Moline...563-424-8033
River City Church .....2305 7th Ave • Moline...309-764-5685
Salvation Army.....2200 5th Ave • Moline...309-764-2811
River Bend South Park Mall .....4500 16th St • Moline...563-345-6490
St. Mary's.....412 10th St • Moline...309-721-6261
World Relief.....1852 16th St • Moline...309-764-2279
Youth Hope .....3928 12th Ave • Moline...309-762-4577

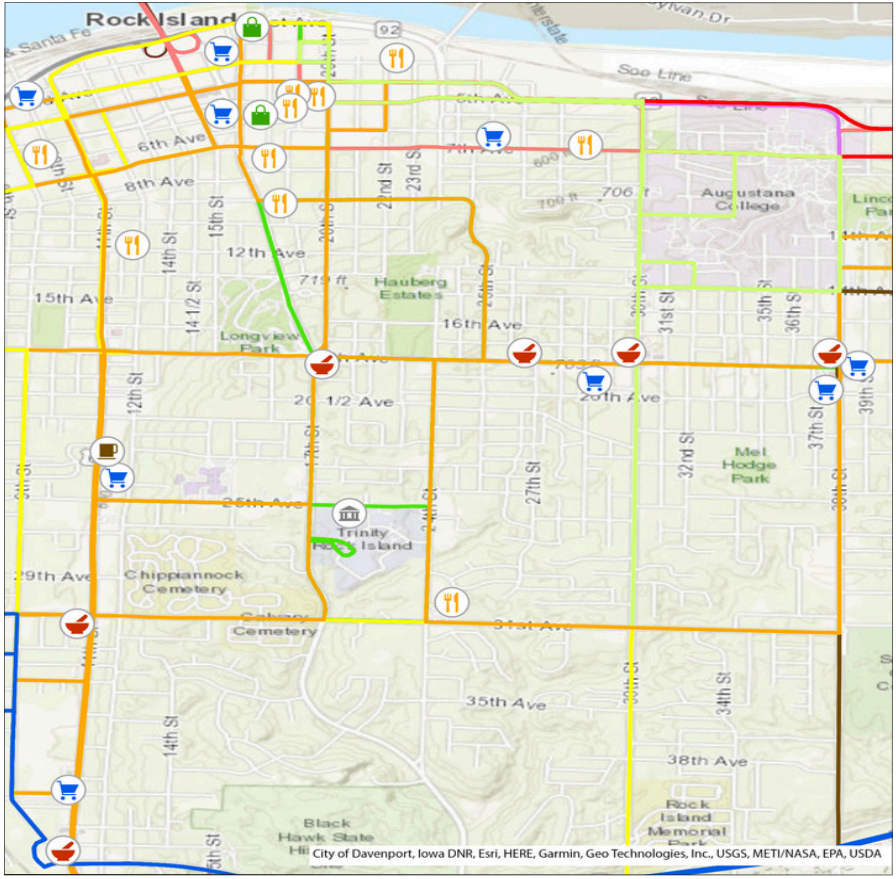
WIC AND TANF OFFICES

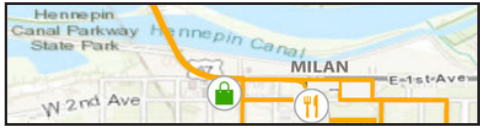
DHS Family Community Resource Center .....3561 60th Street • Moline

FARMERS' MARKETS

Mercado on Fifth .....5th Ave. and 12th S. • Moline

Rock Island Area Food Resources





Food Resource Types

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GROCERY STORES

2nd Ave Market.....1726 2nd Ave • Rock Island
Aldi .....1880 38th St • Rock Island
DG Market.....625 26th 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
M&J International Food Market.....1706 3rd 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
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
Horace Mann Early Learning Center
3530 38th Ave • Rock Island.....309-793-5928
Longfellow Liberal Arts.....4198 7th Ave • Rock Island....309-793-5975
Thomas Jefferson Elementary
1307 4th St W • Milan 309-793-5985
Thurgood Marshall Learning Center
600 11th Ave • Rock Island 309-793-5924
Rock Island High School
1400 25th Ave • Rock Island 309-793-5950
Rock Island Center for Math & Science
2101 16th Ave • Rock Island 309-793-5995
Ridgewood Elementary
9607 14th St West • Rock Island 309-793-5980
Washington Jr. High.....3300 18th Ave • Rock Island 309-793-5915

FOOD PANTRIES

Milan Christian.....225 E. 1st St • Milan 309-278-3400
Christian Care.....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 309-788-8624
St. Pius X.....2502 29th Ave • Rock Island 309-793-7373
St. Ambrose Catholic Annex.....124 W 3rd Ave • Milan.....309-787-4593
Templo Elim.....4300 7th Ave • Rock Island.....309-788-2852
Two Rivers UMC.....1820 5th Ave • Rock Island 309-788-9384
Word of Life.....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

Community Meal Sites

DAVENPORT

Cafe on Vine .....932 W 6th St • Davenport....563-324-4472
Days & Times:
- Monday-Friday: Breakfast 7:00-7:45 am & Lunch 11:00 am-12:30 pm
- Saturdays: 12:00-1:00 pm
- Sundays: 4:30-5:30 pm

Kings Harvest.....824 W 3rd St • Davenport....563-570-4536
Days & Times
- Hot Lunches: Wednesday & Friday 12:00-1:00 pm
- Hot Breakfast: Saturdays 9:00-10:00 am

Hope at the Brick House
Days & Times
- Friday: 5:00-7:00 pm

McAnthony Window.....417 Main St • Davenport....563-322-3303
Days & Times:
- Monday-Friday: 9:00-11:00 am

Vera French Carol Center..808 N Harrison St • Davenport....563-322-5276
Days & Times:
- Monday-Friday: 12:00-1:30 pm

Zion Lutheran Church.....1216 W 8th St • Davenport....563-332-5002
Days & Times:
- Hot Meal: Monday-Friday 5:30 pm

EAST MOLINE

Mt. Zion Baptist Church.....501 6th Ave • East Moline.....309-755-1728
Days & Times:
- Monday-Thursday 6:00 pm

ROCK ISLAND

Christian Care.....2209 3rd Ave • Rock Island....309-786-5734
Days & Times:
- Breakfast: Monday-Sunday 6:30-7:00 am
- Lunch: Monday-Friday 12:00-12:30 pm
- Dinner: Monday-Sunday 6:30-7:00 pm

NEST Cafe.....524 4th Ave • Rock Island.....309-206-4012
Days & Times:
- Tuesday-Saturday: 11:00 am-2:00 pm
- Thursday 5:00-8:00 pm

Pay what you can - recommended donation

Rock Island Township - Lund Hall
.....2827 7th Ave • Rock Island.....309-788-3417
Days & Times:
- Monday-Friday 5:30pm

Closed for some holidays

Two Rivers United Methodist Church
.....1820 5th Ave • Rock Island.....309-788-9384
Days & Times:
- Saturday: 12:00 pm

St. John's Lutheran Church.....4501 7th Ave • Rock Island.....309-786-6333
Days & Times:
- Sundays 4:00-6:00pm

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 prot ein. 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)

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

(Always call ahead to verify eligibility requirements and hours)

Find Food IL
COMMUNITY FOOD RESOURCE MAP

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