

QC Food Resource Guide

Brought to you by:

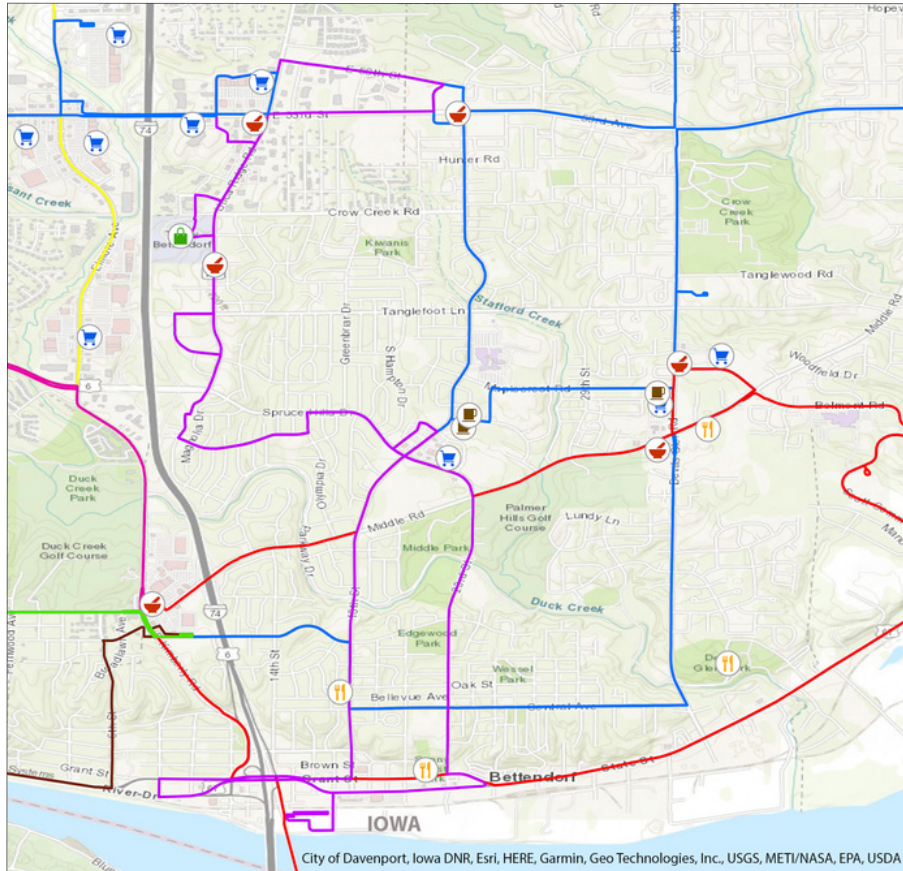


Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

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

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
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

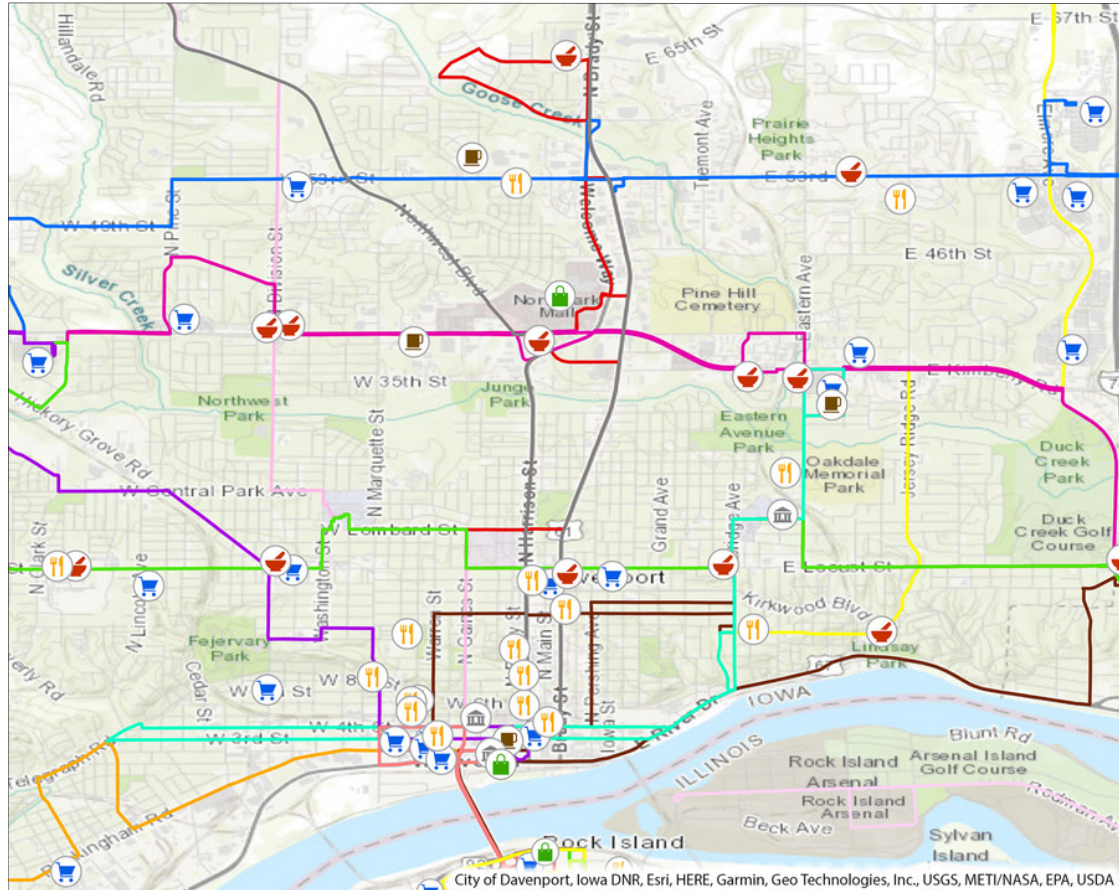
Bettendorf Ecumenical Food Pantry	
2204 Grant St • Bettendorf	563-279-2411
Greater Bettendorf Community Foundation - Agape Project	
1101 Devils Glen Rd • Bettendorf	563-210-0465
Hope Church Food Pantry	
709 Wisconsin St • LeClaire.....	563-289-4650
Princeton Presbyterian Church	
630 3rd St • Princeton.....	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 18 th St • 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
DG Market.....	1777 N Division St • Davenport
DG Market.....	13932 110 th 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 118 th 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 • Davenport563-359-6505

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 • Davenport563-723-6600
Children's Village Hoover.....	1002 Spring St • Davenport.....563-336-7850
Jackson Elementary....	1307 Wisconsin Ave • Davenport563-723-6650
Jefferson Elementary....	1027 N Marquette St • Davenport...563-723-6700
Madison Elementary.....	116 E Locust St • Davenport563-723-6750
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 Division 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 59 th 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 • Davenport563-322-0151
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 • Davenport563-323-5295
Salvation Army Family Service Center	100 Kirkwood Blvd • Davenport563-324-4808

St. Anthony of Davenport- McAnthony Window Food Pantry	417 N. Main St • Davenport563-322-3303
St. Mark Evangelical Lutheran Church	2363 W 3 rd 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 • Davenport563-322-3533

WIC AND TANF OFFICES

Community Health Care Inc.	500 W. River Dr • Davenport563-336-3000
Edgerton Women Health's Center	1510 Rusholme St • Davenport.....563-336-3000
Scott County Human Service Department	600 W 4th St • Davenport563-326-8680

COUNTY HEALTH DEPARTMENT

Scott County Health Department	600 W 4th St • Davenport563-326-8680
--------------------------------	--

FARMERS' MARKET

Davenport Farmers' Market	320 W Kimberly Rd • Davenport
Freight House Farmers' Market	421 W River Dr • Davenport563-770-3436

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

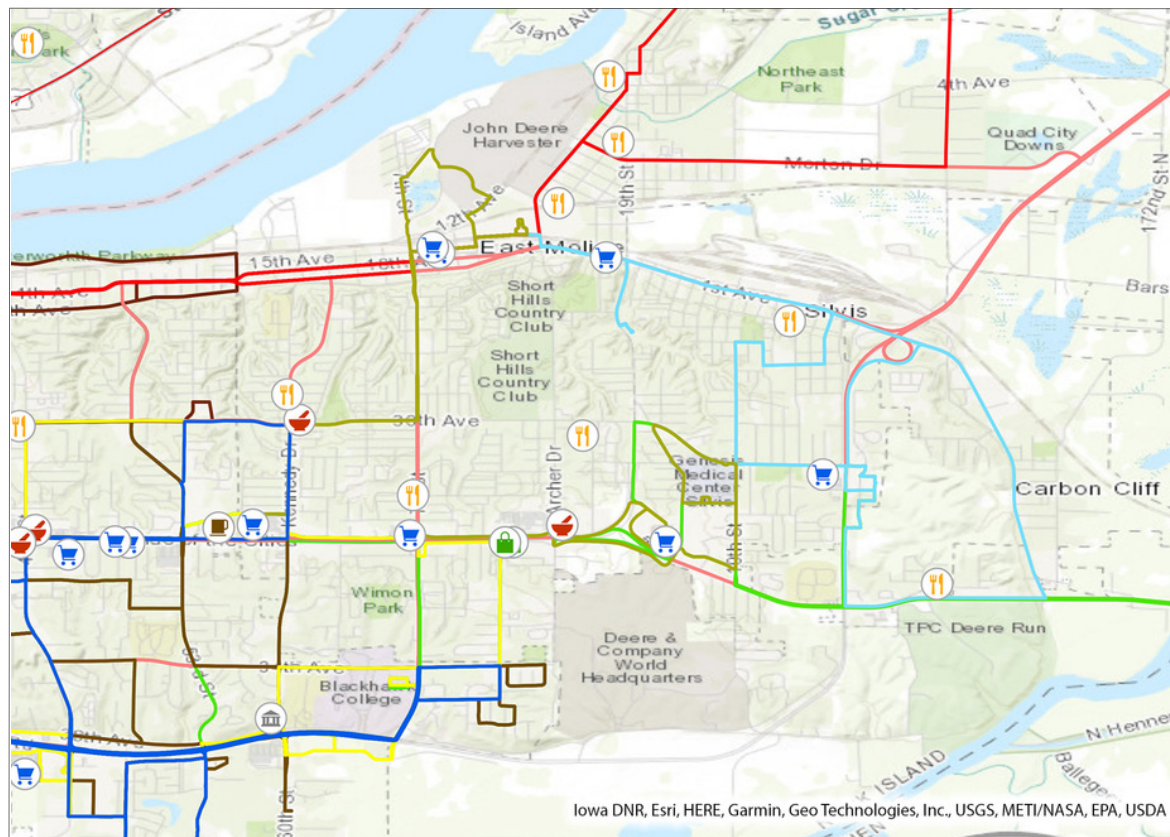
Protein

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

Grains

- Breads can be frozen to last longer

East Moline Area Food Resources



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
Martinez Grocery Store & Restaurant.....	914 15 th 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

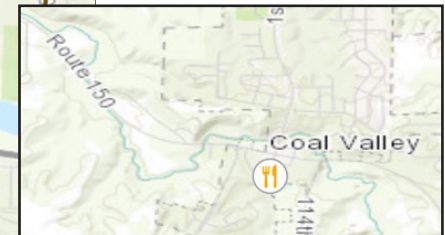
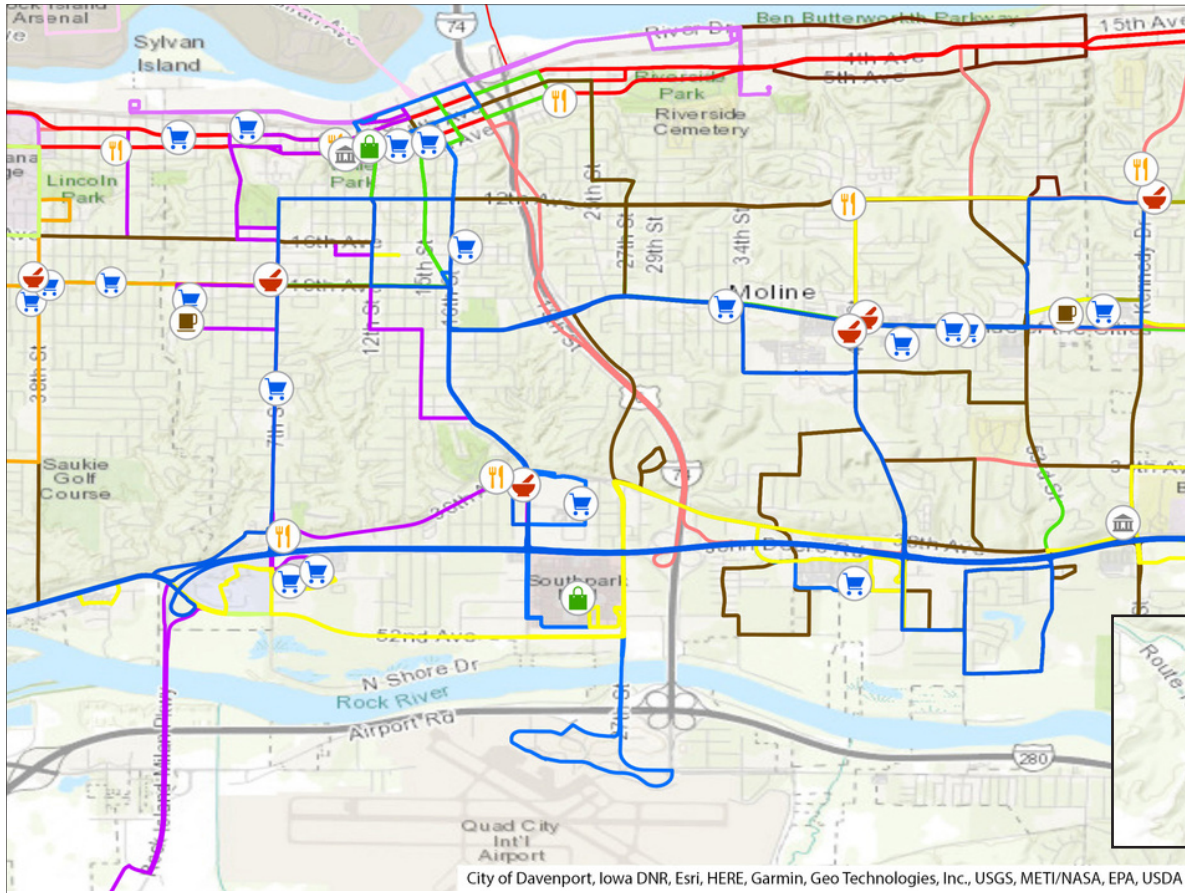
WIC AND TANF OFFICES

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 42 nd 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 5 th 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 19 th 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 47 th Ave • Moline...563-424-8033
River City Church	2305 7th Ave • Moline...309-764-5685
Salvation Army.....	2200 5 th 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 16 th St • Moline...309-764-2279
Youth Hope	3928 12th Ave • Moline...309-762-4577

WIC AND TANF OFFICES

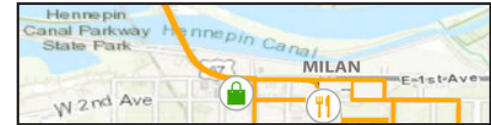
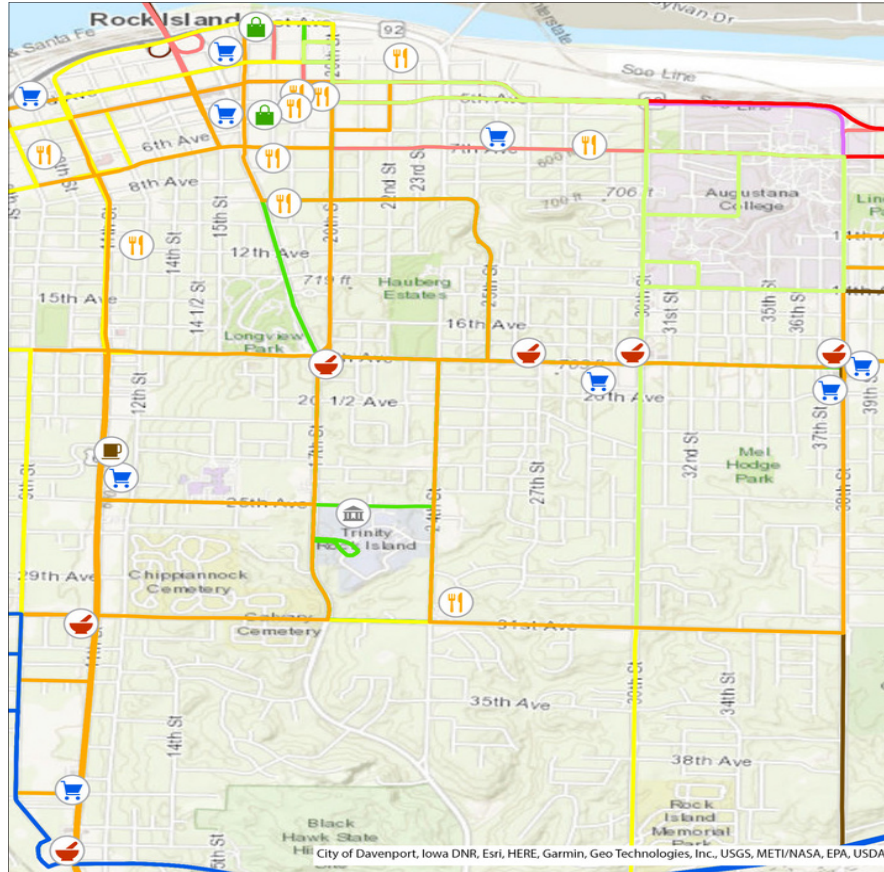
DHS Family Community Resource Center	3561 60th Street • Moline
--	---------------------------

FARMERS' MARKETS

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



Rock Island Area Food Resources



Food Resource Types

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

GROCERY STORES

2 nd Ave Market.....	1726 2 nd Ave • Rock Island
Aldi	1880 38th St • Rock Island
DG Market.....	625 26 th 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 3 rd 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 • Reynolds309-372-8990

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 Island309-793-5930
Eugene Field Elementary..	2900 31th Ave • Rock Island ...309-793-5935
Edison Jr. High.....	4141 9th St • Rock Island309-793-5920
Rock Island Academy.....	930 14th St • Rock Island309-793-5944
Frances Willard Elementary...	2503 9th St • Rock Island ..309-793-5940
Horace Mann Early Learning Center	
3530 38 th 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 Island309-793-5915

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 Vine932 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 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)

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)



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

