

Other Sources

Amish Farmers

2122 S. Plum Grove Rd.
Rolling Meadows, IL 60008
847-221-8468
AND

9711 W. Grand Ave.
Franklin Park, IL 60131
847-916-2483

Grocery store, traditional butcher shop, buffet-style restaurant and farmers market featuring GMO-free, natural food free of pesticides and other chemicals. We currently support fifty small Amish farms located in Wisconsin, Michigan, Illinois, and Indiana. We also support local artisans including butchers and bread makers. Has raw milk available for asking.

Chicago International Produce Market

2404 S. Wolcott Ave.
Chicago, IL
<https://cipm.org/>

A terminal market that offers wholesale local, domestic and international produce fresh daily in its 10,000 square foot indoor facility. Offers organic and non-organic fresh fruit, vegetables, nuts, dried fruit, herbs, spices, specialty dry goods. Free parking, no admission fee. (An option for bulk group purchases of produce for preserving...)

Fox Valley Food for Health

P.O. Box 532
Geneva, Illinois 60134
<https://fvffh.org/>
info@foxvalleyfoodforhealth.org
630-377-0789

Weekly program provides three or four complete dinners (two vegetarian), two hearty soups, a salad and a healthy dessert (made without refined sugar or refined flour) to qualified individuals and families experiencing a serious health challenge (cancer diagnosis and/or treatment; major surgery and post-operative support; or other acute health crisis where support is needed). We look for those individuals that may feel nutrient dense meals will support them in their personal plan of wellness and recovery. Meals are primarily based on organic and nutrient-rich foods such as leafy greens, vegetables and fruits, supplemented by organic poultry and sustainable seafood. Cost is a \$75 donation per week for a program lasting 8-12 weeks. The program was started in order to teach teens to cook healthy, nutritious meals.