

No phone? Ask a library or outreach worker to help call.
Say: "I need shelter, food or treatment near me."

NEED HELP? CALL 211

TAPE TAB

TAPE TAB

FOLD & FEED

This food is yours. Help is your choice.

Keep food in sealed or food-safe inner packaging.

Contents: _____

Packed on: _____

Keep ingredient and allergen labels with the food.

Chicago / Local contacts on the lid / Build a test box first

NEED HELP? CALL 211

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TAPE TAB

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Call or text 988
Emotional support / 24 hours a day
988lifeline.org

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02 / LID - fold the walls, tape the tabs, then slide over the tray

TAPE TAB	You deserve care. / Keep these contacts.	TAPE TAB
	FOLD & FEED / CHICAGO Need help? Start here. Call a number below. Keep this lid. foldandfeed.com/?city=chicago#help  Scan for help SHELTER PLACEMENT / Franciscan Outreach - SPARC 773-526-3707 2241 S. Halsted St. Chicago, IL 60608 Shelter placement and resources. Call for intake hours and available options. FOOD & GROCERIES / Nourishing Hope - Sheridan Market 773-525-1777 3945 N. Sheridan Rd. Chicago, IL 60613 Chicago residents meeting income guidelines. Mon/Wed/Fri/Sat 11 am-3 pm; Thu 4-7 pm. DRUG & ALCOHOL HELP / Haymarket Center - Central Intake 312-226-4357 120 N. Sangamon St. Chicago, IL 60607 Walk-in assessment 24/7. Ask about care options; inability to pay is not a barrier. More options: 211 / Crisis: call or text 988 / Emergency: 911 / Web check: 2026-09-30	
TAPE TAB	Food and a next step. Shared with respect.	TAPE TAB

|—————| This line must measure 50 mm (1.97 in). Print at 100%.

Chicago / Print. Fold. Share.

The tray and lid make the box; keep the lid for all three local contacts.

———— CUT: solid - - - - - FOLD: dashed

1 PRINT AT ACTUAL SIZE

Print this city's tray and lid on clean, printer-compatible cardstock. Use single-sided landscape, 100% / Actual size. Do not use Fit to page. Check that the ruler on the lid measures 50 mm.

2 CUT THE NETS

Cut the solid outside outline and four short solid corner slits on each sheet. Keep the tabs. Do not cut the dashed fold lines.

3 CREASE & FOLD

Set the unprinted side face up. Crease each dashed line. Fold walls toward the unprinted side so the contacts stay outside.

4 TAPE & CLOSE

Fold tabs inside the long walls and tape them to the unprinted face. Make the lid the same way, then slide it over the tray.

5 PACK & OFFER

Test an empty box, then its carrying strength with a small load. Use sealed, ready-to-eat food or a food-safe inner container. Keep ingredient and allergen labels. Ask what is welcome and respect a no.

LOCAL ACCESS DETAILS

Franciscan Outreach - SPARC

Placement depends on eligibility and available beds. This listing does not promise an overnight bed at the center.

Provider details: franoutreach.org

Nourishing Hope - Sheridan Market

For Chicago residents meeting USDA income guidelines; verbal attestation is accepted. Capacity limits can close the line early.

Provider details: nourishinghopechi.org

Haymarket Center - Central Intake

Services use a sliding fee scale; inability to pay does not prevent access. Call about the appropriate level of care.

Provider details: haymarketcenter.org

Before sharing a batch, call providers to confirm these details. Printed cardstock is an outer carrier; prepared meals need proper food-safe packaging and handling.

Tray: 180 x 125 x 35 mm / Two sheets per box.

Prototype: physical fold, lid fit and carrying strength need testing.

Sources checked online 2026-09-30; providers have not been called.

Food ideas: foldandfeed.com/#packing / Crisis: call or text 988