

# WINTER BREAK

## RESOURCES AND OPPORTUNITIES

### for Housing, Food Options, and Transportation

#### WINTER BREAK PREPARED MEAL OPTIONS PER DAY INCLUDE:

##### Saturdays:

- Good Samaritan Soup Kitchen: 8:00am, 11:30am, and 5:30pm
- Rotary Serves Food Pantry: 1:00-3:00pm
- Victory Dream Center: 12:00-1:00pm

##### Sundays:

- Good Samaritan Soup Kitchen: 8:00am, 11:30am, and 5:30pm

##### Mondays:

- Good Samaritan Soup Kitchen: 8:00am, 11:30am, and 5:30pm
- Feed My Sheep Community Soup Kitchen: 12:00-1:00pm

##### Tuesdays:

- Good Samaritan Soup Kitchen: 8:00am, 11:30am, and 5:30pm
- Feed My Sheep Community Soup Kitchen: 12:00-1:00pm

##### Wednesdays:

- Good Samaritan Soup Kitchen: 8:00am, 11:30am, and 5:30pm
- Feed My Sheep Community Soup Kitchen: 12:00-1:00pm

##### Thursdays:

- Good Samaritan Soup Kitchen: 8:00am, 11:30am, and 5:30pm
- Rotary Serves Food Pantry: 1:00-3:00pm
- Feed My Sheep Community Soup Kitchen: 12:00-1:00pm

##### Fridays:

- Good Samaritan Soup Kitchen: 8:00am, 11:30am, and 5:30pm
- Rotary Serves Food Pantry: 1:00-3:00pm
- Victory Dream Center: 12:00-1:00pm

#### RESOURCE CONTACT INFORMATION:

##### Feed My Sheep

Bethel AME - 316 E. Jackson  
St. Carbondale, IL  
(618) 457-5574

##### Good Samaritan House

701 South Marion St.,  
Carbondale IL  
(618) 457-5794

##### Rotary Serves Food Pantry

216 N. Washington Ave.  
Carbondale, IL  
(618) 893-1717

##### Victory Dream Center

607 E College St.  
Carbondale, IL  
(618) 351-8018

Students experiencing homelessness or situations in which they are unable to return home, for whatever reason, during academic breaks may stay in SIU Residence Halls. Amenities include a bed, bathroom with a shower, a communal refrigerator, a stove with oven, a microwave, and cookware. To request housing accommodations, or support for additional needs, visit <https://salukicare.siu.edu/form/index.php>.

The Saluki Food Pantry provides students with enough food to sustain each individual in their household for 3-4 days. The Saluki Food Pantry also supplies recipes developed by SIU Human Nutrition and Dietetics students to prepare dishes with the food items provided. For hours of operation and a resource list of additional food pantries, food kitchens, and additional resources in the area, many within walking

distance of campus, may be found at <https://studentcenter.siu.edu/services/saluki-food-pantry.php>.

Food and basic needs bags are also located in the Dean of Student's Office, located in the Student Services Building, and in the Wellness and Health Promotion Services Office, located in the Student Health Center, Mondays through Fridays from 8:00am-4:30pm. Prior to SIU holiday closures, students may acquire enough food to sustain their household during the break.

Transportation may be arranged in advance at Jackson County Mass Transit at (618) 549-0304 or Rides Mass Transit at 1-844-220-1243. For the Saluki Express Break Route schedule, visit <https://studentcenter.siu.edu/services/transportation-parking/saluki-express/index.php>

For information about the The Higher Education Resources and Opportunities for Salukis in Need (HEROES) is a program, please visit [heroes.siu.edu](http://heroes.siu.edu) or contact the HEROES Liaison at [heroes@siu.edu](mailto:heroes@siu.edu).



SOUTHERN ILLINOIS UNIVERSITY  
**STUDENT HEALTH SERVICES**