November 2025

Future HCC Meetings and Events

Future Membership Gatherings

Wednesday, December 10th, 12:00 - 1:00pm. Martens Center, 1515 N. Market St., Champaign
Wednesday, January 7th, 12:00 - 1:00pm. Martens Center, 1515 N. Market St., Champaign

Next Board Meeting

Wednesday, November 19th, 8:30 - 9:30am. Community Foundation of East Central Illinois, 307 W. University Ave., Champaign

Editor's Note: Given the number of events and announcements, and to experiment with the newsletter format, flyers promoting events have been collected and stored on Google Drive. If an event has such a flyer, you will find an icon 💼 next to the announcement. The icon has a link that will take you to the specific flyer or announcement. Let me know what you think of this innovation. Ric

Coming Events and Opportunities with Participating Organizations

- **Morrissey Park parkrun**: Saturdays at 9:00 a.m. at Morrissey Park, 1209 Harrington Dr., Champaign. Parkrun is a fun and friendly 5K event. Walk, jog, run, roll, volunteer, or come to cheer on participants. Parkrun is free, but please register before you first come along. Volunteers are encouraged, send an email to morrisseypark@parkrun.com to learn more.

- **Feeding Champaign County Food Summit**: The 2026 Food Summit will be held on Thursday, March 26, 2026, at the I Hotel and Conference Center in Champaign, IL. This gathering will bring together community members, growers, nonprofit leaders, students, researchers, and professors to share knowledge and spark new ideas around addressing food insecurity in Champaign County. You are invited to participate in the conversation by presenting a Poster. Share your research, project, or community initiative in a visual format. You can also submit a proposal to lead a breakout session during the Food Summit. Poster and breakout session proposal forms are on the HCC Website.

  This is a valuable opportunity to showcase your work, exchange ideas, and connect with others committed to building a more equitable food system. Proposals are due by December 5, 2025. All applicants will be notified of their acceptance status by December 12, 2025. If you have any questions, reach out to the workgroup members Rachel Mannen or Tracy Bowden.

- **HCC Volunteer Event at Eastern Illinois Foodbank**: Join us Thursday, November 20th from 1:30 - 3:30 p.m. for a fun afternoon of community service at the Foodbank. Preregistration is required for EIF volunteers. Participants will have an opportunity to learn more about how the Foodbank works and perhaps work alongside a new HCC companion. 💼

- **Christie Clinic Illinois Race Weekend**: HCC is excited to be a Charity Running Partner for the Christie Clinic Illinois Race Weekend, April 23-25, 2026. Whether you're a member of HCC or just want to support the work HCC is doing in the community, join Team HCC when you register to run any of the Race Weekend events. You can also donate to team HCC and volunteer with us during Race Weekend. Send us an email if you have any questions. #CCIRW2026 #teamHCC @illinoismarathon 💼

- **Food Access Specialist:** The Champaign-Urbana Public Health District is seeking a full-time (40-hour week) Food Access Specialist. The selected candidate will play a vital role in coordinating and

strengthening food access initiatives throughout Champaign County. The Specialist serves as a central connector, helping align strategies, identify service gaps, and mobilize resources to improve equitable access to nutritious, affordable food. This position will also support community engagement and sustainability planning to advance a shared vision of food equity across Champaign County. More information and instructions on how to apply is HERE.. Applicants may also come in to apply online at CUPHD, 201 W. Kenyon Road, IL 61820. For full consideration, you must complete the application process.

- **Cunningham Township**: The Cunningham Township Supervisors Office is hosting a community discussion about mutual aid sponsored meal events on Thursday, November 20th from 5:00 – 6:30 p.m at the Independent Media Center, 202 S. Broadway, Suite 100, Urbana. We will be discussing how best to support regular community feeding meal events in Urbana through partnerships in the community. All are invited to explore setup, support, locations, and resources. 💼

- **Eastern Illinois Foodbank Foodmobile**: Coming to a site near you and your neighbors,the Foodmobile will be distributing food in the following counties this week:
  - Moultrie County on Monday, November 17
  - Edgar County on Tuesday, November 18
  - Iroquois County on Thursday, November 20
  - Champaign County on Friday, November 21
  - Champaign County on Saturday, November 22 (made possible with support from Christie Clinic)

  A list of stops and more information is HERE.

- **Food Pantries in Champaign County: Several agencies maintain and routinely update lists of food pantries. Here are a few with links to additional resources.**
  - Cunningham Township Supervisors Office (English, Spanish, French) 💼
  - Champaign Urbana Public Health District (English, Spanish, French, Chinese, Dari, Korean, Pashto) 💼
  - Eastern Illinois Foodbank (Locations beyond Champaign County) 💼
  - University of Illinois Extension Find Food IL (Locations beyond Champaign County) 💼

- **YMCA Leadership Awards**: The Y is now accepting nominations for their annual Leadership Awards, presented at their Annual Dinner & Auction on April 18, 2026. The Leadership Awards honor undergraduate student leaders, inspiring faculty and staff, distinguished University YMCA alumni, and community volunteers whose work promotes social justice, interfaith collaboration, environmental protection, and/or build global partnerships. To learn more about the seven awards offered, visit universityymca.org/awards. Nominations close on Monday, December 8, 2025. More information is HERE.

- **City of Champaign Housing Needs Analysis**: Champaign is conducting a Housing Needs Analysis to better understand housing needs across the community—and you can help shape this project!
  Input is invited from community residents, landlords, and other housing providers: Share your experiences seeking and living in Champaign, managing properties, and navigating housing challenges.
  Your feedback will help guide future decisions to improve housing supply, affordability, and access for everyone in Champaign. Learn more about this Housing Needs Analysis and Strategy HERE.

- **HCC and UI AdaptLab Community Groups Resource**: This partnership will launch a new community resource to identify groups that welcome and encourage active participation from folks in the Champaign County area. The new website will be launched on Friday, November 19th at 5:00pm at the McKechnie Family Life Home, 75 Bailey Dr. Champaign. 💼

- **Sponsor a Co-op Family at Common Ground:** Sponsor a Co-op Family Initiative is in support of the Food For All Owners program during this challenging time. While unable to fund the program on our own, Common Ground is eager to bring our community together to help our most vulnerable neighbors. Owner contributions will go directly to Food For All members in need. All donations, small or large, are welcome. Recipients will be selected on a first-come, first-served basis and will receive support in the form of Radish Rewards. The goal is to raise funds throughout November—or as long as funding allows—to help ease the financial burden that so many are facing. The Co-op is the center of a vibrant, inclusive community, and it's in moments like these that our cooperation truly shines. If you're able to support our Sponsor a Co-op Family Initiative, please consider making a donation.

- **Heart Strong Meals**: Volunteers needed for Nov. 20-22 project. Heartstrong Meals, as part of its 2025

Thanksgiving Big Give, will distribute 2,000 free meals this week for families of Champaign County. The organization also has an urgent need for volunteers to aid in the project. The meals will be distributed Nov. 22 at Quest United Methodist Church at 2004 Philo Road in Urbana. In the lead up, volunteers are sought to help with evening meal packing (Nov. 20-21); food labeling and organization; pick-up day distribution (Nov. 22); delivery driving; and clean-up and tear down. Volunteers can sign up HERE. Families can register for a free Thanksgiving meal and select a pick-up window here. Families will receive a turkey or turkey breast; holiday sides; fresh produce; and pantry staples. Limited delivery is available for those facing transportation or mobility issues. Make a donation HERE. 💼

- **Sola Gratia Farm Thanksgiving CSA**: Each Thanksgiving CSA share includes eight seasonal items and $20 of your $50 cost goes to the Food for Seniors Program. Buy a share or donate it entirely. Pick up will be Tuesday, November 25 from 3:30-5:30 p.m. 💼

- **58th Annual Turkey Trot**: Join the Urbana Park District for a Thanksgiving morning tradition. The Turkey Trot is a fun run, walk,or roll - perfect for getting some exercise before your Thanksgiving meal. Learn more HERE.

HCC Partners in the News

- Here's how we can help feed our neighbors. Smile Politely, November 5, 2025
- Where to find food assistance in Central Illinois as SNAP funding remains in jeopardy. Illinois Public Media, November 7, 2025.
- Champaign Head Start is fine for now under government shutdown, but moms worry about food. Illinois Public Media, November 7, 2025
- To Help SNAP Recipients, Bookstores Set Up as Food Banks. The New York Times, November 11, 2025 (Thinking about The Literary SNAP initiative.)
- The local organizations helping to expand food access. Smile Politely November 13, 2025
- UI Extension food program hopes to make most of final months. The News Gazette, November 14, 2025
- Salvation Army food pantry sees massive uptick in need. The News Gazette, November 14, 2025

News from Around the World

- **How Food Nourishes Mental Well-Being:** Many of us have taken solace in "comfort food" before and know how much what we eat can impact our moods. In this podcast, NAMI CEO Daniel H. Gillison, Jr. speaks with Carla Hall, a chef, host, and author as they explore the complex interactions between what we eat as nourishment and our mental well-being.

- **What to Eat Now: A Nutritionist Talks SNAP, Food Policy and the 'Triple Duty' Diet**: Nutrition policy expert Marion Nestle says that when she wrote her first book, Food Politics, in 2002, people often asked her what food had to do with politics. Nestle says the Trump administration's efforts to withhold SNAP benefits from millions of Americans has made clear how fragile our economy is: "We have 42 million people in this country — 16 million of them children — who can't rely on a consistent source of food from day to day and have to depend on a government program that provides them with benefits that really don't cover their food needs, only cover part of their food needs." Decades of studying the food industry have given Nestle a clear-eyed view of why food has become difficult to afford — including the ways supermarkets contribute to the problem. "The purpose of a supermarket is to sell as much food as possible to as many people as possible, as often as possible at as higher prices they can get away with," she says. Listen to this fascinating NPR interview HERE.

Newsletter Publication Schedule: We aspire to publish this newsletter on the 3rd Wednesday of every month. Submissions for inclusion must be received by the 2nd Wednesday. Send submissions to HealthyChampaignCounty2016@gmail.com.

This information has been provided by **Healthy Champaign County** (HCC), a coalition of organizations and community members working to ensure opportunities for active living and accessible, nutritional food for all our

neighbors in Champaign County.

Learn more about Health Champaign County

If you wish to be added or removed from this mailing list, send a message to HealthyChampaignCounty2016@gmail.com.