

Winter Break

RESOURCES AND OPPORTUNITIES

for Housing, Food, and Transportation

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 or contact the HEROES Liaison at heros@siu.edu.

Winter prepared meal options per day include:

Sundays

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

Mondays

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

Tuesdays

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

Wednesdays

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

Thursdays

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

Fridays

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

Saturdays

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

Resources 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

Newman Center
715 S Washington St.
Carbondale IL
(618) 529-3311

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



SOUTHERN ILLINOIS UNIVERSITY
STUDENT HEALTH SERVICES

HEROES - Higher Education Resources and Opportunities
Campus Liason, Dr. Jaime Clark, Director of Student Health
Services Email: jaimec@siu.edu | Phone: 618/453-6341