

University of Illinois Extension is proud to offer a free monthly bus service for the residents of Rock Island. The start date for **Supermarket Shuttle is February 16th** and will continue once a month through September 2014.

The Supermarket Shuttle will be stopping at eight different pick up locations, connecting residents to Hy-Vee and Aldi.

The Supermarket Shuttle will create a direct free transportation option to grocery stores, saving riders both time and money. University of Illinois Extension's Nutrition and Wellness staff will also offer helpful shopping tips as well as some easy, healthy and tasty recipes for riders to try. Shopping at major grocery stores will help to stretch families' SNAP benefits and will provide a larger variety of fresh, frozen and canned fruits and vegetables. The Supermarket Shuttle will empower participants to make healthier food choices for themselves and their families.



For route times and information please call University of Illinois Extension at:

(309) 756-9978

Or online at

web.extension.illinois.edu/hmrs

Supermarket Shuttle Schedule:

1–4 p.m. Sundays:

February 16

March 16

April 20

May 18

****Dates are tentative and will be subject to change depending upon the usage of the residents.**

Support for this program is provided by:

This program is being funded by grants from the USDA's Supplemental Nutrition Assistance Program and Activate Rock Island.



Putting Healthy Food
Within Reach



USDA
Supplemental
Nutrition
Assistance
Program



UNIVERSITY OF ILLINOIS
EXTENSION
NUTRITION EDUCATION PROGRAMS



Supermarket Shuttle—FREE



FREE rides to ALDI and Hy-Vee in Rock Island, 3rd Sunday of each month from 1:00–4:00 p.m.

**Starts Sunday,
February 16**



Free Bus Rides to Grocery Stores
Free nutrition and wellness information.
Tel: 309-756-9978
web.extension.illinois.edu/hmrs

Bus Route #1

Pick Up	Location	Arrive Hy-Vee/ALDI	Depart Hy-Vee/ALDI	Return
1:00 PM:	Sunset Heights 8th Street	1:36/1:39	2:24/2:27	2:38 PM
1:04 PM	Francis Willard/Manor Homes	1:36/1:39	2:24/2:27	2:42 PM
1:07 PM	Westside Church of Christ	1:36/1:39	2:24/2:27	2:45 PM
1:10 PM	Douglas Park	1:36/1:39	2:24/2:27	2:48 PM
1:14 PM	Century Woods	1:36/1:39	2:24/2:27	2:52 PM
1:18 PM	MLK Center	1:36/1:39	2:24/2:27	2:56 PM
1:24 PM	Spencer Towers	1:36/1:39	2:24/2:27	3:02 PM
1:30 PM	Word of Life Christian Center	1:36/1:39	2:24/2:27	3:08 PM

Bus Route #2

Pick Up	Location	Arrive Hy-Vee/ALDI	Depart Hy-Vee/ALDI	Return
1:48 PM:	Sunset Heights 8th Street	2:24/2:27	3:18/3:22	3:30 PM
1:52 PM	Francis Willard/Manor Homes	2:24/2:27	3:18/3:22	3:34 PM
1:55 PM	Westside Church of Christ	2:24/2:27	3:18/3:22	3:37 PM
1:58 PM	Douglas Park	2:24/2:27	3:18/3:22	3:40 PM
2:02 PM	Century Woods	2:24/2:27	3:18/3:22	3:44 PM
2:06 PM	MLK Center	2:24/2:27	3:18/3:22	3:48 PM
2:12 PM	Spencer Towers	2:24/2:27	3:18/3:22	3:55 PM
2:18 PM	Word of Life Christian Center	2:24/2:27	3:18/3:22	4:00 PM

Directions:

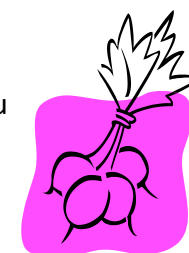
Catch the **FREE Supermarket Shuttle** at one of the **Pick Up** Locations near you. There are two bus routes with different starting times. Choose the one that works for you. **You are responsible** for being at the bus stop at the departure time from the grocery store in order to get a ride back. Seating is limited to the number of riders that bus can accommodate. All times are approximate and based on traffic.



The Shuttle bus will drop off riders at Hy-Vee and ALDI in Rock Island and continue on the route to pick up more

riders. Each route provides approximately 40 minutes at the grocery store.

The bus will return to pick you up and return you to your original bus stop.



En route—University of Illinois Extension will provide nutrition and wellness education, recipes, incentives and other materials.

University of Illinois Extension provides equal opportunities in programs and employment. If you need a reasonable accommodation to participate, contact (309) 756-9978.

