

PROGRAMS THAT HELP STRETCH YOUR FOOD BUDGET:

SNAP

(Supplemental Nutrition Assistance Program)

(608) 785-6001

-Provides:

- help for people with little or no income buy food

-Cost:

- none

-Other Information:

- registration required
- income & assets are used to determine eligibility

SHARE

(608) 788-1924 - La Crosse

Internet address: www.sharewi.org

-Provides:

- groceries at a reduced cost

-Cost:

- Big Value package: \$25
- Mini Value package: \$15

-Other Information:

- monthly registration required
- New select program —
- Call to submit order or order on-line

-Pickup site

- Southside Christian Church
1800 Jackson St, Suite H
La Crosse, WI 54601
- 3rd & 4th Saturday (schedule on-line)



PROGRAMS FOR SPECIAL GROUPS:

Head Start Child and Family Development Centers

333 Buchner Place, La Crosse

(608) 785-2070

-Provides:

- meals to enrolled children B, L, Snack
- individual nutrition assessments/education

-Cost:

- none
- eligibility based on 100% of Federal poverty guidelines or receipt of W2, food stamps, medical assistance, jobs program, subsidized childcare.

La Crosse WIC Program

(608) 785-9865

-Provides:

- food vouchers worth \$45-\$90/month, individual nutrition counseling
- referral to other community services

-Cost:

- none

-Other Information:

- must be pregnant, breastfeeding, a new mother less than 6 months postpartum or have a child younger than 5 years of age
- while income is used to determine eligibility, many working families qualify.

School Nutrition Programs

(608) 789-7625 (La Crosse) B, L, Snack

(608) 783-6251 (Onalaska) L

(608) 786-3078 (West Salem) B,L

(608) 526-3578 (Holmen) B,L

(608) 486-2336 x214 (Bangor) L

(608) 488-2201 x230 (Mindoro) L

-Provides:

- breakfast/lunch at area schools
- summer food programs (La Crosse Only)
- classroom and lunchroom nutrition education

-Cost:

- based on income

-Other Information:

- annual application for services required
- temporary assistance available to families who do not qualify for Federal Assistance
- Many schools have food pantries. Check with your local school to see if they have one.

Senior Dining - Congregate Sites

(608) 785-9710

-Provides:

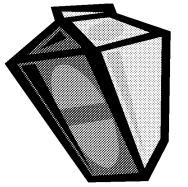
- Hot noon meal in 15 dining rooms throughout the county
- home delivered meals to home bound persons
- socialization/entertainment before and after meals
- benefit specialist services
- health related and daily living services

-Cost:

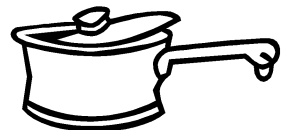
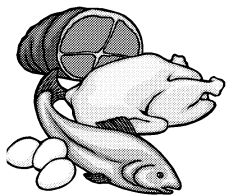
- suggested donation of \$3.00 (may do at least two hours of volunteer work/meal instead of donation)

-Other Information:

- persons who are 60 years of age or older or are a spouse of person 60 or older are eligible
- meal reservation must be made by noon of previous business day
- NO income restrictions



La Crosse Area Food and Nutrition Resources



EMERGENCY FOOD RESOURCES:

Community Care and Share Pantry
359 North Leonard Street., West Salem
(608) 786-1142

- Provides:
 - emergency food
 - information about other community resources
- Cost:
 - none
- Other Information:
 - register on site
 - open 10:00 AM -12:00 NOON on Saturdays
 - serves residents of West Salem, Bangor, Barre Mills, Melrose, Mindoro & Rockland

Community Garden
801 Kane Street - La Crosse

- Provides:
 - Fresh Produce
 - Hours: 3:30-5:30 PM-Mondays & Thursdays; 10:00AM-12:30PM-Saturdays
 - Available June-September
- Cost:
 - none
- Other Information:
 - Volunteers Welcome any day. (receive produce at end of shift)
 - Call 793-1002 (Office) or (608) 386-3319 (Garden Coord Cell) for information

First Evangelical Free Church Food Pantry
1950 State Road 35, Onalaska

- Provides:
 - Non-perishable emergency food
- Hours:
 - Call to set an appointment - (608) 782-6022

Salvation Army
223 North 8th Street, La Crosse
(608) 782-6126

- Provides:
 - serves 3 meals everyday of the week
 - emergency food for adults & infants
 - commodity foods
 - information about available community services
- Cost:
 - none
- Other Information:
 - call for appointment

La Crescent Area Food Pantry
(serves Houston County residents)
21 North Hill Street, La Crescent
(in Prince of Peace Church)
(507) 895-4440
-Hours: Monday - Friday
9:00 AM - 12:00 NOON
1:00 PM - 3:00 PM

New Horizons
(608) 791-2600
-Provides:

- services to victims of domestic violence
- three meals per day served on site for families staying at the shelter
- referrals to other community resources
- Non-Perishable food donations

-Cost:

- none

Onalaska Emergency Food Basket
731 Sand Lake Road, Onalaska
(608) 783-7722
-Provides:

- emergency food (1 bag of groceries and voucher for milk, eggs, bread, fresh produce)

-Hours: 9:00 - 11:00 AM Monday - Friday
9:00 - 11:00 AM 2nd Sat of month
-Cost:

- none

-Other Information:

- service can only be utilized once a month
- serves residents of Onalaska, French Island, Holmen and Brice Prairie/Farmington

Holmen Area Food Pantry
515 N Main St, Holmen
(608) 526-4424
-Provides:

- carry mostly nonperishable goods - Best to call to be sure someone is available to hand out food.

-Hours: 1:30-3:30PM-Tues; 9:00-11:00PM-Fri

Stoddard Community Food Pantry
300 N West St, Stoddard
at St Matthew's Lutheran Church
-Pantry Hours: 2:00 - 6:30 PM -Tuesdays
-Office Hours: 8:00 AM - 5:00 PM -Fridays

WAFER
(West Avenue Food Emergency Resource)
403 Causeway Blvd, La Crosse
(608) 782-6003

- Provides:
 - emergency food
 - Hours: 10:00 AM-12:30 PM Monday-Friday
4:00-7:45 PM Mon, Tues, Thurs
- Cost:
 - none
 - service can only be utilized once a month

FREE MEALS IN THE COMMUNITY:

A Place of Grace
919 Hood Street, La Crosse
(608)-782-6224

- Provides:
 - Tuesday & Wednesday: 10:00 AM-2:00 PM - Hospitality & Lunch
 - Thursday: 2:00-7:00 PM for Hospitality; - Dinner served: 5:00-6:15 PM
 - Open last Sunday of the month from 1:00-5:00 PM for Hospitality; - Meal served from 2:00-4:00 PM
- Cost:
 - none
- Other Information:
 - no pre-registration required

Come for Supper
6th & Division Streets, La Crosse
(608) 782-3468

- Provides:
 - supper every Tuesday night from 5-6 PM
- Cost:
 - none

Monday's Meals
1022 Caledonia Street, La Crosse
(608) 782-6421
-Provides:

- supper every Monday night-5:00- 6:00 PM

- Cost:
 - none
- Other Information:
 - no pre-registration required

“Open Door Fellowship”
Presbyterian Church of West Salem
625 West Franklin Street, West Salem
(608) 786-0910
• Community-wide Free Dinner
4th Wednesday of month - 5:00 - 6:00 PM

HOME DELIVERED MEALS:

Mobile Meals
La Crosse: (608) 784-4623
West Salem: (608) 786-1600 (Evening Meals)

- Provides:
 - hot, nutritious meals
- Other Information:
 - days & times vary - Call for details

Home Delivered Meals - Bethany Lutheran Homes
(608) 796-1092

- Provides:
 - hot, nutritious meals up to 7 days/week
Open: 8:00 AM - 3:30 PM
 - evening sack lunch available
- Cost:
 - \$5.91 for 1 meal; \$6.00 for 2 meals

Senior Dining - Home Delivered Meals
(608) 785-9710

- Provides:
 - hot, nutritious meals delivered to home-bound persons
- Cost:
 - suggested contribution of \$3.00
- Other Information:
 - meal reservations must be made by noon of previous business day
 - NO income restrictions

