

### **La Crosse County Senior Nutrition Program**

- This program is available to seniors 60 years of age or older and their spouses, regardless of age.
- Home delivered meals Monday through Friday; frozen weekend meals are also available upon request
- Menus are published monthly in the [La Crosse Senior Life](#); diabetic meals are available upon request.
- Meals are delivered throughout La Crosse County for a suggested donation of \$4.00 per meal. To learn more, or to determine eligibility, individuals should contact the ADRC at 608-785-5700.

### **Mobile Meals of La Crosse - City of La Crosse**

- Hot meals are delivered seven days a week for a charge of \$4.25/meal.
- Cold meals are also available for a charge of \$1.25/meal. Menus are available on the [Mobile Meals of La Crosse website](#); diabetic, low sodium and pureed meals are available upon request. To learn more, individuals should contact the Mobile Meal office at 608-784-4623 or visit their website.

### **Mom's Meals**

- This is an online/telephone order/delivery service that provides fully-prepared, refrigerated meals. Many different menus are available to meet a number of health considerations/diets (i.e., heart-friendly, gluten-free, vegetarian, etc.).
- Breakfast and lunch/dinner meals are available for a charge of \$6.99/meal plus shipping/handling.
- To learn more, visit the Mom's Meals website or call 1-877-508-6667, Monday through Friday, 8:00 am to 6:00 pm.