PROGRAMS THAT HELP STRETCH

SNAP
(Supplemental Nutrition Assistance Program)
AKA FoodShare, Food Stamps, EBT, Quest Card
Toll Free: 1-888-627-0430
For local, individual assistance: 608-785-5841
Online Application: access.wisconsin.gov
- Provides: help for people with little or no income to buy food
- Cost: None
- Other Information: income and household size are used to determine eligibility.

FoodWise - UW-Extension
(Formerly WNEP) 608-781-5045
- Empowers families with limited financial resources to choose healthful diets and become more food secure by spending dollars wisely at no cost.
- Exposes children to new fruits and vegetables
- Teaches parents how to plan and prepare healthy meals
- Supports communities in making the healthy choice, the easy choice where people live, learn, work and play

PROGRAMS FOR

La Crosse WIC Program
608-785-9865
- WIC food benefits are for children under 5 years old, pregnant women, postpartum moms
- eWIC card is loaded with food benefits ($45-90/month)
- Nutrition and breastfeeding education
- Referrals to other community services
- 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 x 214 | Bangor | L
608-488-2201 x 230 | Mindoro | L
- Provides breakfast/lunch at areas schools
- Summer food programs (La Crosse only)
- Classroom and lunchroom nutrition education
- Cost based on income
- Annual application for services required
- Temporary assistance available to families who do not qualify for Federal Assistance
- Check local schools to see if they have pantries

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 before and after meals
- Benefit specialist services
- Health related and daily living services
- Suggested donation of $3; may do at least 2 hours of volunteer work/instead of donation
- Persons 60 or older or spouses are eligible
- Meal reservation must be made by noon of previous business day
- NO income restrictions

Head Start Child and Family Development Centers
333 Buchner Pl, La Crosse | 608-785-2070
- Provides meals to enrolled children: B, L, snack
- Individual nutrition assessments/education
- No cost, eligibility based on 100% of Federal poverty guidelines or receipt of W2, food stamps, medical assistance

LA CROSSE AREA FOOD & NUTRITION RESOURCES
### EMERGENCY FOOD RESOURCES

<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Details</th>
<th>Services</th>
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</thead>
<tbody>
<tr>
<td><strong>Community Care and Share Pantry</strong>&lt;br&gt;359 N Leonard St, West Salem</td>
<td>608-786-1142</td>
<td>Provides: emergency food and information about other community resources&lt;br&gt;Cost: None; Register on site. Please bring 2 forms of ID - picture and recent mail&lt;br&gt;Open 10 a.m. - Noon on Saturdays</td>
<td>Serves residents of West Salem, Bangor, Barre Mills, Melrose, Mindoro, Rockland</td>
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<tr>
<td><strong>Community Garden</strong>&lt;br&gt;801 Kane St, La Crosse</td>
<td>608-793-1002 office&lt;br&gt;608-386-3319 Garden Coordinator Cell</td>
<td>Provides: Fresh Produce; Cost: None&lt;br&gt;Available June-September (3-5pm Mon-Thurs; 10am-12pm Sat)</td>
<td>Volunteers welcome any day (receive produce first at the end of shift)</td>
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<tr>
<td><strong>First Free Church Food Pantry</strong>&lt;br&gt;123 Mason St, La Crosse</td>
<td>608-782-6022</td>
<td>Provides: Non-perishable emergency food&lt;br&gt;Cost: None&lt;br&gt;Hours: 10am-2pm Every Tuesday (call to set up an appointment)</td>
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<tr>
<td><strong>Salvation Army</strong>&lt;br&gt;223 8th St N, La Crosse</td>
<td>608-782-6126</td>
<td>Provides: 3 meals every day of the week, emergency food for adults and infants, commodity foods, and information about available community services. Cost: None, Call for an appointment</td>
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<tr>
<td><strong>La Crescent Area Food Pantry</strong>&lt;br&gt;21 N Hill St, La Crescent</td>
<td>507-895-4440</td>
<td>Hours: Monday - Friday: 9am-Noon, 1-3:00pm&lt;br&gt;Serves Houston County residents (proof of residency/photo ID)&lt;br&gt;Located in Prince of Peace Church</td>
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<tr>
<td><strong>Stoddard Community Food Pantry</strong>&lt;br&gt;303 N Main St, Stoddard</td>
<td>608-689-2122</td>
<td>Pantry Hours: 1st and 3rd Tuesdays 2:30 - 5pm</td>
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<tr>
<td><strong>New Horizons</strong>&lt;br&gt;608-791-2600</td>
<td>Provides services to victims of domestic violence&lt;br&gt;Three meals per day served on site for families staying at the shelter&lt;br&gt;Referrals to other community resources&lt;br&gt;Non-perishable food donations&lt;br&gt;Cost: None</td>
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<tr>
<td><strong>Onalaska-Holmen Food Basket</strong>&lt;br&gt;731 Sand Lake Rd, Onalaska</td>
<td>608-783-7722</td>
<td>Provides approx. 3-5 days worth of food, may include meat, dairy, produce and canned items.&lt;br&gt;Hours: 9-11am (Tues-Fri); 4-6pm (Monday Only)&lt;br&gt;Cost: None&lt;br&gt;Service can only be used once per month&lt;br&gt;Serves residents of Onalaska, French Island, Holmen, Brice Prairie/Farmington;&lt;br&gt;Proof of residency/photo ID</td>
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<tr>
<td><strong>Holmen Area Food Pantry</strong>&lt;br&gt;515 N Main St, Holmen</td>
<td>608-526-4424</td>
<td>Has mostly non-perishable goods&lt;br&gt;Please call to ensure someone is available to hand out food.&lt;br&gt;Hours: Tue and Fri 9-11am&lt;br&gt;Located at St. Elizabeth’s Catholic Church</td>
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<tr>
<td><strong>WAFFER</strong>&lt;br&gt;403 Causeway Blvd, La Crosse</td>
<td>608-782-6003</td>
<td>Provides emergency food&lt;br&gt;Hours: 10am-12:45pm (Mon-Fri); 4-7:45 pm (Mon, Tues, Thurs)&lt;br&gt;Cost: None, Service can only be used once a month</td>
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<tr>
<td><strong>From the Heart Pantry</strong>&lt;br&gt;1010 Sill St, La Crosse</td>
<td>608-780-1283</td>
<td>Provides emergency food, no cost&lt;br&gt;Hours: 5:30-7:30pm (Mondays); 10am-1pm (last Saturday of the month)&lt;br&gt;Located at Trinity Lutheran Church</td>
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### FREE MEALS IN THE COMMUNITY

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<tr>
<td><strong>A Place of Grace</strong>&lt;br&gt;919 Hood St, La Crosse</td>
<td>608-782-6225</td>
<td>Provides supper every Tuesday night, 5-6pm</td>
<td>No cost&lt;br&gt;Meals served to residents of West Salem, Bangor, Barre Mills, Melrose, Mindoro, Rockland</td>
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<tr>
<td><strong>Come for Supper</strong>&lt;br&gt;6th &amp; Division Sts, La Crosse</td>
<td>608-782-3468</td>
<td>Provides supper every Monday night, 5-6pm</td>
<td>No cost&lt;br&gt;Meals served to residents of West Salem, Bangor, Barre Mills, Melrose, Mindoro, Rockland</td>
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<tr>
<td><strong>Monday’s Meals</strong>&lt;br&gt;1010 Sill St, La Crosse</td>
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<td>Provides supper every Tuesday night, 5-6pm</td>
<td>No cost&lt;br&gt;Meals served to residents of West Salem, Bangor, Barre Mills, Melrose, Mindoro, Rockland</td>
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<tr>
<td><strong>Community Dinner</strong>&lt;br&gt;212 4th Ave N, Onalaska</td>
<td>608-783-3380</td>
<td>Provides supper every Tuesday night, 5-6pm</td>
<td>No cost&lt;br&gt;Meals served to residents of West Salem, Bangor, Barre Mills, Melrose, Mindoro, Rockland</td>
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<tr>
<td><strong>Homemade Meals</strong>&lt;br&gt;Mobile Meals&lt;br&gt;La Crosse: 784-4623</td>
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<td>Provides hot nutritious meals&lt;br&gt;Days and times vary, call for details</td>
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<tr>
<td><strong>Senior Dining</strong>&lt;br&gt;608-785-9710</td>
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<td>Home delivered meals&lt;br&gt;Hot nutritious meals delivered to home-bound&lt;br&gt;Suggested contribution of $3.00&lt;br&gt;Meals reservations must be made by noon of previous business day, no income restrictions</td>
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