

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

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

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

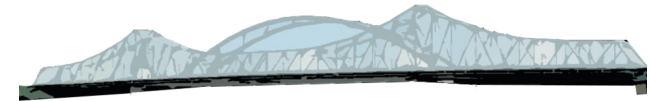
608-488-2201 x 230 | Mindoro | L

- 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



LA CROSSE AREA FOOD & NUTRITION RESOURCES



EMERGENCY FOOD RESOURCES

Community Care and Share Pantry

359 N Leonard St, West Salem | 608-786-1142

- Provides: emergency food and information about other community resources
- Cost: None; Register on site. Please bring 2 forms of ID - picture and recent mail
- Open 10 a.m. - Noon on Saturdays
- Serves residents of West Salem, Bangor, Barre Mills, Melrose, Mindoro, Rockland

Community Garden

801 Kane St, La Crosse | 608-793-1002 office

608-386-3319 Garden Coordinator Cell

- Provides: Fresh Produce; Cost: None
- Available June-September (3-5pm Mon-Thurs; 10am-12pm Sat)
- Volunteers welcome any day (receive produce first at the end of shift)

First Free Church Food Pantry

123 Mason St, La Crosse | 608-782-6022

- Provides: Non-perishable emergency food
- Cost: None
- Hours: 10am-2pm Every Tuesday (call to set up an appointment)

Salvation Army

223 8th St N, La Crosse | 608-782-6126

- 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
- Food Pantry Mon-Thur 1-3pm; Pet Pantry Fri 3-4pm

La Crescent Area Food Pantry

21 N Hill St, La Crescent | 507-895-4440

- Hours: Monday - Friday: 9am-Noon, 1-3:00pm
- Serves Houston County residents (proof of residency/photo ID)
- Located in Prince of Peace Church

Stoddard Community Food Pantry

303 N Main St, Stoddard | 608-689-2122

- Pantry Hours: 1st and 3rd Tuesdays 2:30 - 5pm

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-Holmen Food Basket

731 Sand Lake Rd, Onalaska | 608-783-7722

- Provides approx. 3-5 days worth of food, may include meat, dairy, produce and canned items.
- Hours: 9-11am (Tues-Fri); 4-6pm (Monday Only)
- Cost: None
- Service can only be used once per month
- Serves residents of Onalaska, French Island, Holmen, Brice Prairie/Farmington;
- Proof of residency/photo ID

Holmen Area Food Pantry

515 N Main St, Holmen | 608-526-4424

- Has mostly non-perishable goods
- Please call to ensure someone is available to hand out food.
- Hours: Tue and Fri 9-11am
- Located at St. Elizabeth's Catholic Church

WAFER

403 Causeway Blvd, La Crosse | 608-782-6003

- Provides emergency food
- Hours: 10am-12:45pm (Mon-Fri); 4-7:45 pm (Mon, Tues, Thurs)
- Cost: None, Service can only be used once a month

From the Heart Pantry

1010 Sill St, La Crosse | 608-780-1283

- Provides emergency food, no cost
- Hours: 5:30-7:30pm (Mondays); 10am-1pm (last Saturday of the month)
- Located at Trinity Lutheran Church

FREE MEALS IN THE COMMUNITY

A Place of Grace

919 Hood St, La Crosse | 608-782-6225

- Tues and Wed - 9am-2pm - Hospitality & Meal
- Thurs - 2-7pm Hospitality & Meal
- Open last Sunday of the month from 1-5pm for Hospitality; meal served from 2-4pm
- No cost, no pre-registration required

Come for Supper

6th & Division Sts, La Crosse | 608-782-3468

- Provides supper every Tuesday night , 5-6pm
- No cost

Monday's Meals

1010 Sill St, La Crosse

- Provides supper every Monday night, 5-6pm
- No Cost or pre-registration required

Open Door Fellowship

625 W Franklin St, West Salem | 608-786-0910

- Community-wide free dinner
- 4th Wednesday of the month, 5-6pm

Community Dinner

212 4th Ave N. Onalaska | 608-783-3380

- 2nd Tuesday of the month 5:30-6:30pm
- No cost

Holmen's Hope

419 1st Ave Holmen | 608-781-4722

- Last Tuesday of the month 5-7pm
- No cost

HOME DELIVERED MEALS

Mobile Meals

La Crosse: 784-4623

- Provides hot nutritious meals
- Days and times vary, call for details

Senior Dining

608-785-9710

- Hot nutritious meals delivered to home-bound
- Suggested contribution of \$3.00
- Meal reservations must be made by noon of previous business day, no income restrictions