

Free Meals in Community

Come for Supper

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

- Provides supper every Tuesday night 4:15-5:15pm

Monday's Meal | 608-782-6200

1010 Sill St, La Crosse

- Provides carryout supper

The Salvation Army

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

- Provides lunch Monday-Friday 11am-12:30pm

RAVE Recovery Avenue

1806 State St, La Crosse | 608-785-9615

- Serves breakfast Mondays 9-11a or until gone

Open Door Fellowship (Presbyterian Church)

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

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

United Methodist Community Dinner

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

- 2nd Tuesday of the month 5:30-6:30pm

Holmen's Hope

419 1st Ave Holmen | 608-781-4722

- Call to see if meal has resumed

Feed our Children Summer Lunch Program

359 Leonard St, West Salem

- Free summer lunch program for West Salem children June-August
- Tuesdays & Thursdays 11am-12:30pm
- Enter through East Ave door



Scan the QR code for the most up-to-date information or visit us at <https://lacrossecounty.org/health/health-services/wic>

Updated 5/2024

Seniors

La Crosse County Senior Dining Sites

- Holmen Comm. Ctr 600 N Holmen Dr Holmen
- Onalaska Comm. Ctr 515 Quincy St, Onalaska
- La Crosse Southside Neighborhood Ctr 1300 6th St S, La Crosse
- Suggested donation of \$4, no income restrictions
- Persons 60 or older or spouses are eligible
- Meal reservation must be made by noon of previous business day by calling 608-785-5775

La Crosse County Home Delivered Meals

608-785-5775

- Hot nutritious meals delivered to home-bound individuals
- Suggested donation \$4.50
- Meal reservations must be made by noon of previous business day, no income restrictions.
- Must call 608-785-5775 to determine eligibility for delivered meals

Mobile Meals of La Crosse, Inc

608-784-4623 | www.mobilemealsoflacrosse.org

- Provides nutritionally balanced, low salt, low carb home delivered meals prepared at Mayo Health Systems of La Crosse. Each client can receive up to 2 meals per day.
- Meal Option 1: includes hot meal, salad, vegetable, milk, bread & dessert \$4.75/day
- Meal Option 2: includes hot meal, salad, vegetable, milk, bread, dessert, with an additional sandwich & side. \$6.25/day

Senior Stock Box Program

The Hunger Task Force of La Crosse 608-793-1002

- Provides free healthy food each month delivered to seniors age 60 and older
- Must meet income guidelines

Senior Share

WAFER 608-782-6003

- Provides food packages for seniors age 60 and older
- Must meet income guidelines



La Crosse County Food Resources



Food Pantry Resources

Community Care and Share Pantry

359 N Leonard St, West Salem | 608-786-0030

- Open 10 am- 12pm on Saturdays
- Bring photo ID and current piece of mail
- Serves residents of West Salem, Bangor, Barre Mills, Melrose, Mindoro, Rockland

The Food Basket

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

- Hours: Monday 3:30-5:30pm, Tues-Thur 9-11am, Wednesday 2-4pm
- Service can only be used once per month
- Serves residents of Onalaska, French Island, Holmen, West Salem, Galesville, Trempealeau, Melrose & Mindoro.
- Bring mail with current address & photo ID

Holmen Area Food Pantry (St. Elizabeth Ann Seaton Catholic Church)

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

- Hours: Tue and Fri 9-11am
- Bring photo ID

First Free Church

123 Mason St, Onalaska | 608-782-6022

- 1st & 3rd Tuesday 10am-12:30pm by appointment

From the Heart Pantry (Trinity Lutheran Church)

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

- Mondays 5-6pm

River of Life Church

1214 Cty Rd PH, Onalaska | 608-782-2780

- By appointment Thursdays 10am-2pm Call to schedule an appointment by Wednesday PM

Ruby's Pantry- Journey Lutheran Church

2703 Sand Lake Rd, Onalaska | 651-674-0009

- 2024 dates: April 17, May 15, June 19, July 17, August 21, Sept 18, Oct 16, Nov 20, Dec 18
- Cost: \$25 Cash Donation for an abundance of grocery items
- Everyone Welcome: no income or residency requirements

Food Pantry Resources

La Crosse Public Library

800 Main St, La Crosse | 608-789-7100

- Mon-Thurs 9am-7pm, Fri 9am-5pm, Sat 9am-1pm, Sunday 1-5pm
- Take what you need, leave what you can

WAFER

1603 George St. La Crosse | 608-782-6003

- Hours: 10am-12:45pm (Mon-Fri); 4-7:45 pm (Mon, Tues, Thurs) must register 15 minutes before closing
- Service can only be used once a month
- Serves residents of La Crosse County

Wafer Mobile Pantry

- Check the calendar on Wafer's website
- Either choose the main location OR mobile pantry, not both

Place of Grace (pantry & meal)

919 Hood St. La Crosse | 608-782-6022

- Hours vary based on staffing call for more information

Hope Restores (limited pantry & meal events)

231 Copeland Ave. La Crosse | 608-881-6481

- Call for more information & to learn about events

Cia Siab Inc.

1825 Sunset Ln La Crosse | 608-615-7117

- Coordinates community Rice Pantry, call for distribution dates/time/location
- Can provide language support for Hmoob families to access other resources

Community Gardens

See all community gardens and more food resources at:

<https://arcg.is/18ee0v1>

Or scan the QR code



Food Pantry for Special Populations

Coulee Recovery Center

933 Ferry St, La Crosse | 608-784-4177

- Tues-Wed-Thurs 1:15-2pm
- Serves CRC participants

UWL Food Pantry

UWL Student Union Rm 2220 | 608-785-8866

- Serves UWL students, staff, & faculty

Western Technical College (WTC)

Cavalier Cupboard Student Success Center 2nd floor Rm 201 (inside Learning Commons) | 608-785-9594

- Serves currently enrolled WTC students

Vivent Health

811 Rose St, La Crosse | 608-785-9866

- Serves HIV+ community members

Stretch Your Food Budget

FoodShare

AKA Supplemental Nutrition Assistance Program (SNAP), Food Stamps, EBT, Quest Card

Toll Free: 1-888-627-0430

For local, individual assistance: 608-473-3538

Online Application: access.wisconsin.gov

FoodWise - UW-Extension

(Formerly WNEP) 608-785-9593

- Free support to families to become more food secure
- Helps children try new fruits and vegetables
- Teaches parents how to plan and prepare healthy meals
- Works with communities to make healthy choices where people live, learn, work and play