

**PROGRAMS THAT HELP STRETCH  
YOUR FOOD BUDGET:**

**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

On-line Application: [access.wisconsin.gov](http://access.wisconsin.gov)

*-Provides:*

- help for people with little or no income buy food

*-Cost:*

- none

*-Other Information:*

- income & household size are used to determine eligibility

**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

**Wisconsin Nutrition Education Program  
WNEP - UW Extension**

(608) 386-4693

*-Provides:*

- Research-based, group nutrition education and food resource management
- Techniques for planning, preparing, and preparation of low-cost, nutritious meals
- Training to ensure food is prepared in a manner that is safe to eat
- Education on balancing the amounts and types of food eaten with physical activity

*-Cost:*

- none

**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:*

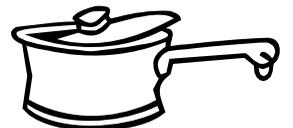
- suggested donation of \$3.00 (may do at least two hours of volunteer work/meal instead of donation)

*-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<sup>AM</sup> -12:00<sup>NOON</sup> on Saturdays
  - serves residents of West Salem, Bangor, Barre Mills, Melrose, Mindoro & Rockland

**Community Garden**  
801 Kane Street - La Crosse  
*Provides:*

- Fresh Produce
- Hours: 3:00-5:30<sup>PM</sup>-Mondays & Thursdays; 10:00<sup>AM</sup>-12:30<sup>PM</sup>-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**  
123 Mason St, Onalaska

- Provides:*
- Non-perishable emergency food
- Hours:*
- 10:00<sup>AM</sup> - 2:00<sup>PM</sup> Every Tuesday
  - 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<sup>AM</sup> - 12:00<sup>NOON</sup>  
1:00<sup>PM</sup> - 3:00<sup>PM</sup>

**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<sup>AM</sup> Monday - Friday  
9:00 - 11:00<sup>AM</sup> 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**  
at St. Elizabeth's Catholic Church  
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:* 1:30-3:30<sup>PM</sup>-Tues; 9:00-11:00<sup>PM</sup>-Fri

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

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

- Provides:*
- emergency food
  - Hours: 10:00<sup>AM</sup>-12:30<sup>PM</sup> Monday-Friday  
4:00-7:45<sup>PM</sup> 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<sup>AM</sup>-2:00<sup>PM</sup> - Hospitality & Lunch
  - Thursday: 2:00-7:00<sup>PM</sup> for Hospitality; - Dinner served: 5:00-6:15<sup>PM</sup>
  - Open last Sunday of the month from 1:00-5:00<sup>PM</sup> for Hospitality; - Meal served from 2:00-4:00<sup>PM</sup>
- 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<sup>PM</sup>
- Cost:*
- none

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

- Provides:*
- supper every Monday night-5:00- 6:00<sup>PM</sup>
- 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  
4<sup>th</sup> Wednesday of month - 5:00 - 6:00<sup>PM</sup>

**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, nutritios meals up to 7 days/week  
Open: 8:00<sup>AM</sup> - 3:30<sup>PM</sup>
  - 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

