

## For Seniors

**Café Connections** - Home Delivered Hot meals delivered directly to homes of persons 60 years of age and over for a suggested donation of \$3.75 a meal. Please call (608) 269-8690.

### Café Connections/Senior Dining Sites

*Provides hot, nutritious noon meals to persons 60 years of age and over for a suggested donation of \$3.50 a meal. Please call your local Dining Site to reserve your meal the day before you want to eat.*

- **Cashton Meal Site** - (608) 487-6129  
812 Main St  
Serving Time: 11:30 am
- **Kendall Meal Site** - (608) 463-7622  
Kenview Manor, 412 Spring Street  
Serving Time: 11:30 am
- **Norwalk Meal Site** - (608) 343-3158  
Norcrest Senior Housing  
206 West Center St  
Serving Time: 11:30 am
- **Sparta Meal Site** - (608) 269-6778  
Sparta Community Center, 1000 E. Montgomery St  
Serving Time: 11:30 am
- **Tomah Meal Site** - (608) 372-7291  
Kupper-Ratsch Senior Center  
1002 Superior Avenue  
Serving Time: 11:30 am
- **Wilton Meal Site** - (608) 487-6130  
Wilton Fire Station, 806 Railroad Street  
Serving Time: 11:30 am

**Senior Farmers Market Nutrition Program (FMNP)** -Available seasonally to those 60+ and under 180% of the federal poverty level. Contact the ADRC at 608-269-8690 or 888-339-7854 for more information.

## Mobile Pantry

### SERVICE DESCRIPTION:

Non-perishable and perishable food such as milk, juice, bread and fresh produce is provided.

**ELIGIBILITY:** General public; no geographic eligibility restrictions (i.e., restricted to residents of specific county, or school district, etc) for receiving food at any/all of the Second Harvest mobile pantries.

Website: [www.secondharvestmadison.org](http://www.secondharvestmadison.org)

(608) 216-7550 (Monroe County Rep)

(608) 223-9121 (Main telephone number)

- **Sparta:** Sparta Youth Hockey Rink (1121 E Montgomery St), 3<sup>rd</sup> Monday starting at 4 pm.
- **Tomah:** Fairgrounds (1625 Butts Avenue), 1<sup>st</sup> Tuesday starting at 4 pm.
- **Norwalk:** Community Center (200 North St), Last Tuesday of month starting at 11 am.

## Emergency Help

### Families First

Please call for an appointment - (608) 374-4141  
1118 W Veterans St, Tomah

Website: [www.familiesfirstofmonroecounty.org](http://www.familiesfirstofmonroecounty.org)

Services: Provides preventive family support services (as funding allows) and assists in temporary crisis situations. Diapers and clothing vouchers for families in need.

### Salvation Army

1-800-264-6412

Services: Provides emergency services in area of basic needs (food, shelter, fuel); some assistance may be available in disaster, health care needs, and "Christmas Cheer".

### Great Rivers 2-1-1

1-800-362-8255

Website: [www.greatrivers211.org](http://www.greatrivers211.org).

Services: A central access point for people in need. During times of personal crisis or community disaster, the free, confidential helpline and online resource directory make it easy for residents to get connected to information and assistance.

# Monroe County Food & Nutrition Resources



Monroe County Health Department  
315 West Oak Street, Suite B  
Sparta, WI 54656  
(608) 269-8666

Download Brochure at:  
[www.co.monroe.wi.us/departments/health-department/](http://www.co.monroe.wi.us/departments/health-department/)  
Updated August 2019

## Sparta

### **Couleecap, Inc.**

(608) 269-5021

217 N Black River St (Jones Plaza)

Office Hours: Mon, Wed & Thurs 10am - 2pm

Food Pantry Hours: Mon & Thurs 10am - 2pm

Website: [www.couleecap.org](http://www.couleecap.org)

Services: Supportive Housing, Homeless Prevention Program, Food Pantry.

\*Food Pantry serves western Monroe County (Sparta, Angelo, Melvina, Leon, Norwalk, and surrounding areas)

### **Ecumenical Food Pantry**

For more information, call Trinity Lutheran Church

(608) 269-5081

116 N Water St

Mon-Thurs 10am–12 pm, Tues 5–7 pm

### **Ladles of Love**

(608) 269-5081

Trinity Lutheran Church

612 North Water St

Thurs serve at 6 pm

Free meal site where people of all ages can come for a home cooked meal and socialize.

### **United Methodist Church**

(608) 269-6949

210 N Court St

Offers full meals on Tues from 5-6pm

Meals are FREE! Donations accepted.

## Tomah

### **Neighbor for Neighbor Food Pantry**

(608) 372-6737

1118 W Veterans St

Mon 1-3:30 pm; 2nd and 4th Wed of each month from 3:30-6 pm; Thurs 10 am-12 pm

Website: [www.nfnfoodpantry.org](http://www.nfnfoodpantry.org)

\*Serves eastern Monroe County (Tomah, Tunnel City, Wyeville, Camp Douglas, Clifton, Warrens, Oakdale, Kendall, Norwalk, Wilton)

### **Tomah Community Table**

(608) 343-7039

Tomah Masonic Lodge, East Entrance

520 E Saratoga St

Services: Offers full meals on Mondays from 4:30-5:30 pm. Closed certain Holidays.

## Other Areas

### **Cashton Cupboard and Closet**

(608) 654-5770

199 Front St

Mon-Fri 10 am to 4 pm

### **Ontario Food Pantry**

Please call for an appointment

(608) 337-4656

Grace Community Church

Ontario, Norwalk area

### **Wilton Food Pantry**

(608) 435-6922

Wilton Community Center

400 East St

Tuesdays 1-2 pm or please call for an appointment

## Other Food Resources

### **WIC—Women, Infants and Children Special Supplemental Nutrition Program**

Please call for an appointment

(608) 269-8671

315 West Oak St, Suite B, Sparta

E-mail:

[www.MonroeCounty.WIC@co.monroe.wi.us](mailto:www.MonroeCounty.WIC@co.monroe.wi.us)

Services: Provides nutritional counseling and health referrals with supplemental food packages for pregnant and post-partum women, infants, and children <age 5 who meet income qualifications and are determined to be at nutritional risk. Eligible families may also receive Farmers Market Nutrition Program (FMNP) checks from June 1-Sept 30. Like and follow us on Facebook.

### **FoodShare**

Services: Formerly known as food stamps; help for people with little or no income to buy food. Western Region for Economic Assistance Consortium. 1-888-627-0430. Website: [access.wisconsin.gov](http://access.wisconsin.gov)

### **Summer Meals Sites**

Sites in Monroe County that offer free healthy meals for children during the summer.

See map for information on the dates and times for each site - Website: <https://dpi.wi.gov/community-nutrition/sfsp/find-summer-meals-site>.

Great Rivers 2-1-1 also provides information for the Summer Food Service Programs in our area - call 2-1-1, text the zip code to 898211, or on their Website at [www.greatrivers211.org](http://www.greatrivers211.org).