

For Seniors

ADRC of Monroe County Meal Program –

Home delivered hot meals delivered directly to homes of persons 60 years of age and over for a suggested donation of \$4.00 a meal. Please call (608) 269-8690 and provide a 48 hour notice to sign up for meals.

Morrow Meals In Motion – Home Delivered hot meals delivered to the homes of persons 60 years of age and over within Sparta City limits for \$5.00 a meal. Please call (608) 269-3168.

Senior Dining Sites

Provides hot, nutritious noon meals to persons 60 years of age and over for a suggested donation of \$4.00 a meal. Please call the ADRC or your local Dining Site to reserve your meal two days before you want to eat.

- **Cashton Meal Site –** (608) 377-3831
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 608-269-8609 or 888-339-7854 for more information.

Second Harvest Foodbank of Southern WI 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

(608) 216-7550 (Monroe County Rep)

(608) 223-9121 (Main telephone number)

- **Sparta:** Sparta Youth Hockey Rink (1121 E Montgomery St), 3rd Monday starting at 3:30 pm.
- **Tomah:** Fairgrounds (1625 Butts Avenue), 1st Tuesday starting at 3:30 pm.
- **Norwalk:** Community Center (200 North St), Last Tuesday of month starting at 10:30 am.

Emergency Help

Families First

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

Website: 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

(608) 475-9040 (Regional Representative)

(608) 374-4141 (Families First)

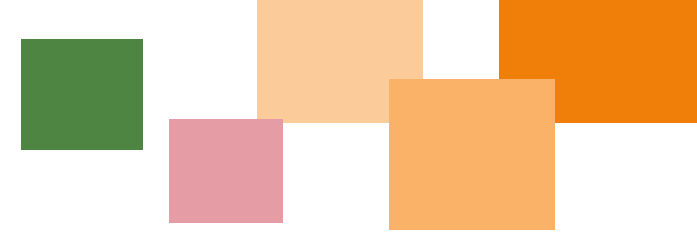
Services: Provides emergency services in area of basic needs (food, shelter, fuel); some assistance may be available in disaster, health care needs, and “Christmas Cheer”.

Great Rivers 2-1-1

1-800-362-8255

Website: www.greatrivers211.org

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:
<http://www.co.monroe.wi.us/departments/health-department/>

Updated November 2020

Sparta

Coulecap, Inc.

(608) 269-5021
217 N Black River St (Jones Plaza)
Office Hours: Mon - Thurs 8am-4:30pm
Food Pantry Hours: Mon & Thurs 10am –3 pm
Website: www.coulecap.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
Tues-Fri 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.

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

Ruby's Pantry

22547 State Hwy 27 (Oasis Church)
5th Mon of month
Registration begins at 4:30 pm
5-7:30 pm
Website: <http://www.rubyspantry.org/>
Services: There is no income or residency requirement and for a \$20 bundle donation you will receive an abundance of groceries.

Tomah Community Table

(608) 343-7039
Gloria Dei Lutheran Church
310 W Elizabeth St
Services: Offers drive-up 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
The 2nd and 3rd Tuesdays each month 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: 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: <https://www.dhs.wisconsin.gov/forwardhealth/apply.htm>

School Meal Programs

School District of Cashton Website: <https://www.cashton.k12.wi.us/district/foodservice.cfm>
Norwalk Ontario Wilton (NOW) School District Website: http://nowsd.ss14.sharpschool.com/district/food_service

Sparta Area School District Website: <https://www.spartan.org/district/departments/nutrition>

Tomah Area School District Website: <https://www.tomah.education/food-services/index>

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>