

## **FREE OR REDUCED SCHOOL LUNCH AND BREAKFAST PROGRAMS**



The National School Lunch Program makes it possible for all school children in the U.S. to receive a nutritious low-cost or free lunch each and every school day.

The free or reduced price Breakfast Program is also available at all of the Vilas county public schools. Eligibility is based on household income. Contact your school office for an application. You can apply anytime during the year. Applications are confidential. You must complete a new application each year.



## **FoodShare WISCONSIN**

**FoodShare** helps people with little or no income buy food. The FoodShare benefit based on the number of people in your household and your total monthly net income. Most types of income are counted. Certain reported deductions such as shelter, childcare costs, child support paid, medical expenses over \$35 a month for elderly or disabled members, etc., are subtracted from your gross income to find out your net income.

**Go to: [www.access.wi.gov](http://www.access.wi.gov), to find out if you might be able to get:**

- Help with buying food (FoodShare, Free & Reduced School Breakfast/Lunch Program)
  - Low or no-cost health care for families (Badger Care, Healthy Start, Medicaid)
- Help with buying prescription drugs (Senior Care)

For more information call 1-888-794-5722

## **SENIOR DINING SITES & HOME-DELIVERED MEALS**

Anyone age 60 or older and their spouse are welcome to enjoy a nutritious meal at any of the Senior Dining Sites in Vilas County. No economic qualifications, confidential donations are accepted. Reservations are required by calling one day in advance. Home Delivered meals are also available for home bound residents unable to attend their local Dining Site.

### **SENIOR DINING SITES**

**Eagle River, The Rock** (by Trig's Foods)  
1019 E. Wall Street  
Serving: Monday through Friday  
Reservations: 715-891-1221

**Phelps, Northern Exposure** \*  
Serving: Mondays, Wednesdays & Fridays  
Breakfast every other Tuesday at 9:00 a.m.  
Reservations: 715-545-3697

**Land O' Lakes, Gateway Lodge** \*  
Serving: Tuesday and Wednesday  
Reservations: 715-547-6076

**Boulder Junction, Boulder Beer Bar** \*  
Serving: Mondays, Wednesdays & Thursdays  
Reservations: 715-385-2617

**St. Germain, Community Center**  
545 Hwy 155  
Serving: Wednesday, Thursday & Friday  
Reservations: (715) 617-2795

**Lac du Flambeau Wellness Center**  
Serving: Tuesday, Wednesday & Thursday  
Reservations: 715-588-4388



\* Call the ADRC of Vilas County for more information at 715-479-3625 or 800-374-1123

# Food For Vilas County



## **A GUIDE TO FOOD RESOURCES IN VILAS COUNTY**



Provided By:

### **UW-EXTENSION FoodWise**

Nutrition, food safety and food resource management education is available free of charge to limited resource individuals, families and groups.

Contact the Vilas County FoodWise Office:  
**330 Court St.**  
**Eagle River, WI 54521**  
**715-479-3648**

[www.uwex.edu/ces/cty/vilas/](http://www.uwex.edu/ces/cty/vilas/)

This program operates in Florence, Forest, Oneida & Vilas Counties

An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements.

## **FREE COMMUNITY MEALS**

### **Northwoods Share Community Dinner**

The Rock - 1019 E. Wall St., Eagle River  
Every 1st and 3rd Tuesday from September through  
May. Doors open at 4:00 , dinner is served at 5:30  
For more information call: (715) 352-0432  
www.northwoodsshare.com

### **Ely Memorial UCC Community Meal**

Land O Lakes - Hwy B, across from Dairy Maid  
Every 1st and 3rd Wednesday 10-12:30  
Contact Ely Church 715-547-3890



## **EMERGENCY FOOD**

### **SALVATION ARMY**

Phone: (715) 365-1539  
Serving individuals or families in  
urgent need with emergency  
vouchers for rent, utilities, lodg-  
ing (one night only), food and  
gasoline; connection with other  
crisis agencies; referral to food pantry.



## **WIC**

**(715) 479-3656**

### **Supplemental Nutrition Program for Women, Infants and Children**

WIC serves moderate to low income families. It  
is a public health program providing free health  
screening, nutrition education and healthy food to  
pregnant and breastfeeding women, infants and chil-  
dren under the age of 5 years. Specific foods such  
as cereal, milk, cheese, peanut butter, dried beans,  
tuna fish, fruit juice, carrots, and infant formula are  
available. Families also receive fresh produce at the  
Eagle River Farmer's Market.

For information and an application call the  
WIC office at: (715) 479-3656

## **FARMER'S MARKET**



*Fresh fruits, vegetables & more!*

*Mid-May through early October  
Wednesdays 8:30 a.m. -1 p.m.*

Highway 45, north of the bridge, Eagle River

Mid October—Mid April  
VFW Post at 418 W Pine St.  
10:00 a.m.—3 p.m.

Fruits, vegetables, certified organic vegetables,  
herbs, seedlings, perennials, houseplants, flowers,  
eggs, poultry, bison meat, goat cheese, honey,  
maple syrup, garden and nature crafts, and  
homemade soap and candles.

**WIC vouchers & Quest cards  
accepted .**

Call 715-477-0645.



## **FOOD PANTRIES**

### **Boulder Junction:**

#### **Community Food Pantry**

Community Church of Boulder Junction  
Contact Person: Ken Perry (715-385-9350)  
Hours: Thursdays-- times alternate weekly 10 a.m. to  
11:30 a.m., OR 3:00 p.m. to 5:30 p.m.

### **Land O' Lakes:**

#### **Headwaters Food Pantry**

6516 Olympic 76 Dr., Land O'Lakes  
Contact person: Jill Rohloff (630-306-9189)  
Hours: 1st & 3rd Wednesdays--8:30 a.m. to 11:30 a.m.

### **Eagle River:**

#### **Vilas Food Pantry**

Kalmar Senior Center, Eagle River  
Contact person: Sandy Weber (715-479-9581)  
Hours: 1st & 3rd Tuesdays--3:00 p.m. to 5:00p.m.

### **Arbor Vitae:**

#### **Lakeland Food Pantry**

1707 US Highway 51 N, Arbor Vitae  
Contact Person: Pam & John Winkelman  
(715-385-9380), Pantry (715-358-2222)  
Hours: Tuesdays - 8:30 to 11:30 am &  
Alt. Thursdays 3:30 to 6:00pm

### **Lac du Flambeau:**

#### **Food Distribution Program**

220 Industrial Park Road, Lac du Flambeau  
Contact Person: Betty Jo Graveen (715-588-4204)  
Hours: Monday - Friday - 7:00 am - 3:30 pm

### **Ruby's Pantry:**

#### Rhineland

#### Armory

1136 Adams Way/Google address: 1136 Military Rd  
Rhineland WI 54501

