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 lowcost 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.

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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: <u>www.access.wi.gov</u>, 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 & Thu 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/

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

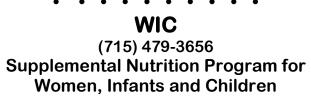
Land O Lakes - Hwy B, across from Dairy Maid Every 1st and 3rd Wednesday 10-12:30 Contact Ely Church 715-547-3890

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EMERGENCY FOOD

SALVATION ARMY

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



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 children 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:**

Arbor Vitae: Lokolond Ecod (

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:

<u>Rhinelander</u> Armory

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



