

## For Seniors

### ADRC OF MONROE COUNTY MEAL PROGRAM (608) 269-8692

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.

- Provide a 24 hour notice to sign up for meals.

### MORROW MEALS IN MOTION | (608) 269-3168

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.

### 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 to reserve your meal one day prior.

#### 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: 12:00 pm

#### 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 | 1003 Superior Ave
- 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)

Contact the ADRC at **608-269-8690** or 888-339-7854 for more information.

Available seasonally to those 60+ and under 180% of the federal poverty level.



### SECOND HARVEST FOODBANK OF SOUTHERN WI MOBILE PANTRY (608) 216-7550 - Monroe County Rep (608) 223-9121 - Main telephone number Website: [www.secondharvestmadison.org](http://www.secondharvestmadison.org)



#### Sparta | 3rd Monday starting at 3:30 pm

- Sparta Youth Hockey Rink | 1121 E Montgomery St

#### Tomah | 1st Tuesday starting at 3:30 pm

- Fairgrounds | 1625 Butts Avenue

#### Norwalk | Last Tuesday of month at 10:30 am

- Village Hall | 208 S Church St.

## Emergency Assistance

### FAMILIES FIRST | (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

(608) 475-9040 - 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

### GREAT RIVERS 2-1-1 | 1-800-362-8255

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

Dial 2-1-1 from your cell phone or landline for help with food, housing, employment, health care, counseling and more. 2-1-1 provides free and confidential information and referrals.

## Monroe County Food & Nutrition Resources

Updated June 29, 2023



**Monroe County Health Department**  
(608) 269-8666

315 West Oak Street, Suite B  
Sparta, WI 54656



#### Download Brochure:

[www.co.monroe.wi.us/departments/health-department](http://www.co.monroe.wi.us/departments/health-department)

If you have any suggested edits or additions, please call us at (608) 269-8671

# FOOD PANTRIES IN YOUR AREA



## Tomah

### NEIGHBOR FOR NEIGHBOR FOOD PANTRY

**(608) 372-6737**

1118 W Veterans St

**Website:** [www.nfnpantry.org](http://www.nfnpantry.org)

**Hours:** Food is distributed,  
Mondays from 1:00-3:30 pm;  
Thursdays from 10:00 am-12:00 pm;  
every 1st and 3rd Wednesday from 8:00-10:00 am;  
and every 2nd and 4th Wednesday from 3:00-  
5:00pm  
\*Donation hours are during distribution hours or  
by appointment.

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

### RUBY'S PANTRY | **(608) 567-9230**

22547 State Hwy 27 - Oasis Church

**Website:** [www.rubyspantry.org](http://www.rubyspantry.org)

**Hours:** 1st Monday of month

Registration begins at 4:30 pm; open 5:00-6:30 pm

**Services:** No income or residency requirement. For  
a \$25 bundle donation, you will receive an  
abundance of groceries.

### TOMAH COMMUNITY TABLE

Contact Susan | **608-633-0803**

Updates are announced on Facebook:

[www.facebook.com/TomahCommunity](http://www.facebook.com/TomahCommunity)

**Services:** In-person dining on Mondays from 4:30-  
5:10 pm.

## Sparta

COULEECAP, INC | **(608) 269-5021**  
**866-904-4508**

217 N Black River St - Jones Plaza

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

**Office Hours:** Mon-Thurs 10:00 am-3:00 pm  
**Food Pantry Hours:** Mon & Thurs 10:00 am-3:00 pm

### Services

- Supportive Housing
- Homeless Prevention Program
- Food Pantry (serves western Monroe County  
(Sparta, Angelo, Melvina, Leon, Norwalk, and  
surrounding areas)

### ECUMENICAL FOOD PANTRY | **(608) 269-5081**

114 N Water St

**Hours:** Tues-Fri 10 am-12 pm | Tues 5-7 pm

### LADLES OF LOVE

Free Community Meal

Trinity Lutheran Church - 612 N Water St.

**Website:** @Ladels of Love Sparta on Facebook

**Hours:** Thurs 5:00 pm-7:00 pm



## More Areas

### CASHTON CUPBOARD AND CLOSET

**(608) 654-5770** | 199 Front St

**Hours:** Mon-Fri from 10:00 am to 4:00 pm

### ONTARIO FOOD PANTRY | **(608) 337-4656**

Please call for an appointment

Grace Community Church | Ontario, Norwalk area

### WILTON FOOD PANTRY | **(608) 435-6922**

400 East St - Wilton Community Center

**Hours:** The 2nd and 3rd Tuesdays each month 1-2 pm  
or please call for an appointment

### THE COMMUNITY HARVEST FOOD PANTRY

**(608) 424-4187** | 200 W North St; Norwalk

**Hours:** Wednesday from 12:00 pm to 2:00 pm

## Food and Nutrition Resources

WOMEN, INFANTS, AND CHILDREN SPECIAL  
SUPPLEMENTAL NUTRITION PROGRAM  
**(608) 269-8671** | Please call for an appointment

315 West Oak St, Suite B; Sparta, WI

**E-mail:** [MonroeCounty.WIC@co.monroe.wi.us](mailto:MonroeCounty.WIC@co.monroe.wi.us)

**Website:** [www.healthymonroecowi.org/wic](http://www.healthymonroecowi.org/wic)



### 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.
- Like and follow us on Facebook and Instagram.

### FOODSHARE | **1-888-627-0430**

**Website:**

[www.dhs.wisconsin.gov/forwardhealth/apply.htm](http://www.dhs.wisconsin.gov/forwardhealth/apply.htm)

## School Meal Programs

### SCHOOL DISTRICT OF CASHTON

[www.cashton.k12.wi.us/district/foodservice.cfm](http://www.cashton.k12.wi.us/district/foodservice.cfm)

### NORWALK ONTARIO WILTON (NOW) SCHOOL DISTRICT

[http://nowsd.ss14.sharpschool.com/district/food\\_service](http://nowsd.ss14.sharpschool.com/district/food_service)

### SPARTA AREA SCHOOL DISTRICT

[www.spartan.org/district/departments/nutrition](http://www.spartan.org/district/departments/nutrition)

### TOMAH AREA SCHOOL DISTRICT

[www.tomah.education/food-services/index](http://www.tomah.education/food-services/index)

### SUMMER MEALS SITES

[www.dpi.wi.gov/community-nutrition/sfsp/find-summer-meals-site](http://www.dpi.wi.gov/community-nutrition/sfsp/find-summer-meals-site)

