

## 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) 463-7524

- 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



### 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.

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

**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.familiesfirstmc.org](http://www.familiesfirstmc.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 January 2025



## 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)

# FOOD PANTRIES IN YOUR AREA



## Tomah

### NEIGHBOR FOR NEIGHBOR FOOD PANTRY (608) 372-6737

1118 W Veterans St

**Website:** [www.n4npantry.org](http://www.n4npantry.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.

\*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 21 - Oasis Church

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

**Hours:** 1st Monday of month

Open 5:00-7:30 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](tel:608-633-0803) or  
[susanrdcde@yahoo.com](mailto:susanrdcde@yahoo.com)

Updates are announced on Facebook:  
[www.facebook.com/TomahCommunity](http://www.facebook.com/TomahCommunity)

**Hours:** In-person dining Mondays 4:30-5:10 pm

## Sparta

### CATARACT ESSENTIAL SERVICES

6070 State Hwy 27

**Hours:** Every 2nd and 4th Wed from 9:00 am to 11:00 am  
and 5:00 pm to 7:00 pm

**Website:** @Cataract Essential Services, Inc on Facebook

### 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

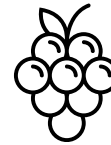
### LADLES OF LOVE

Free Community Meal

Trinity Lutheran Church - 612 N Water St

**Website:** @LadlesofLoveSparta on Facebook

**Hours:** 2nd and 3rd Thursdays 5:00 pm-6:30 pm



## More Areas

### CASHTON CUPBOARD AND CLOSET

(608) 654-5770 | 199 Front St, Cashton

**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:** Tuesdays 1-2 pm or please call for an appointment

### 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:** Google Monroe County WI 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/foodshare](http://www.dhs.wisconsin.gov/foodshare)

## 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)

