

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, 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, American Legion *

Serving: Tuesday through Friday
Reservations: 715-891-1221

Eagle River, Kalmar Senior Center

Serving: Tuesdays, Wednesdays & Fridays
Reservations: 715-479-2633

Phelps, Northern Exposure *

Serving: Mondays, Wednesdays & Fridays
Reservations: 715-545-3697

Land O' Lakes, Gateway Lodge *

Serving: Tuesdays, Wednesdays & Thursdays
Reservations: 715-547-6076

Boulder Junction, Boulder Beer Bar *

Serving: Mondays, Wednesdays & Thursdays
Reservations: 715-479-8771

St. Germain, Fibber's Restaurant *

Serving: Mondays, Tuesdays @ 4:00 & Fridays
Reservations: 715-542-2951

Lac du Flambeau Wellness Center

Serving: Monday through Friday
Reservations: 715-588-4360



* Call the Vilas County Commission on Aging 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 WISCONSIN NUTRITION EDUCATION PROGRAM

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

Contact the Vilas County WNEP Office:
**330 Court St.
Eagle River, WI 54521
715-479-3653**

www.uwex.edu/ces/cty/vilas/nutrition/wnep

This program operates in
Florence, Forest & 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.*

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.

Call 715-477-0645.

Highway 45, north of the bridge, Eagle River

**WIC vouchers now accepted
by select Vendors!**



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: Wednesdays--8:30 a.m. to 10 a.m. &
1st & 3rd Tuesdays--3:30 p.m. to 5:15 p.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:

St. Germain Community Center

545 Hwy 155, St. Germain WI
Contact: Sunshine for Humanity 715-477-2220
Hours: 4th Saturday 9:00 am to noon

Lac du Flambeau

Lac du Flambeau Bingo Hall
Hours: 2nd Monday 2:00 pm to 4:00 pm

Rhineland

Grace Foursquare Church 4360 Hwy 17 N
3rd Tuesday 4:00 pm to 6:30 pm

