

# 2025 FOOD ACCESS & RESOURCE GUIDE FOR SENIORS

Aging and Disability Resource Center (ADRC) of Northwest Wisconsin

Nutrition Program

Burnett County Office 7410 County Road K, Ste 180 Siren, WI 54872 Polk County Office 100 Polk County Plaza, Ste 60 Balsam Lake, WI 54810

Phone: 877-485-2372

Information in this guide is subject to change without notice.

Please contact the organization directly to confirm hours, services and item availability.

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Worrying about dietary restrictions or having enough food is stressful. Regular nutritious meals are necessary for you to stay healthy. The following resources are here to help.

Polk and Burnett County organizations offer daily, weekly or monthly meals to members of the community who are in need. Many meals are free of charge or may accept donations. Please call the organization about availability before attending.

| Location  | Hours  | Information                 |
|---|--|-----------------------------|
| Ruth House-Burnett County                         | Daily 12-1pm                                 | Meal is free. Open to       |
|   |  | anyone, Serves Burnett      |
| 6925 Lakeview Rd, Siren, WI                       |  | County residents.           |
|   |  |                             |
|   |  | 715-349-5860                |
| New Richmond United Methodist Church              | 2 <sup>nd</sup> Tuesday                      | Open to general public.     |
| - Community Outreach Meal for                     | 5pm - 6:30pm                                 | Walk in for service.        |
| Everyone (C.O.M.E.)                               |  |                             |
| 209 East 2 <sup>nd</sup> Street, New Richmond, WI |  | 715-246-2464                |
| Gethsemane Lutheran Church                        | 1 <sup>st</sup> Tuesday                      | Open to the general public. |
| 1350 Florence Street, Baldwin WI                  | 5pm - 6:30pm                                 |                             |
|   |  | 715-684-2984                |
| Bethel Lutheran Church                            | 1 <sup>st</sup> and 3 <sup>rd</sup> Thursday | Open to the general public. |
| 920 3 <sup>rd</sup> Street, Hudson, WI            | of the month                                 |                             |
|   | 5pm – 6pm                                    | 715-386-8821                |

# **COUNTY AGENCY RESOURCES**

COMMUNITY MEALS

# <u> Aging and Disability Resource Center of Northwest Wisconsin (ADRC of NWWI)</u>

Balsam Lake Office Local Phone: 715-485-8449 Siren Office Local Phone: 715-349-2100 Toll Free Phone: 877-485-2372 Website: www.adrcnwwi.org Email: adrc@polkcountywi.gov

Facebook: Aging & Disability Resource Center of Northwest WI

The Aging & Disability Resource Center's vision is to provide older adults and people with physical or developmental/intellectual disabilities the resources needed to live with dignity and security and achieve maximum independence and quality of life.

The goal of the Aging and Disability Resource Center is to empower individuals to make informed choices and to streamline access to the right and appropriate services and supports.

# **Adult Protective Services**

Burnett County: 715-349-7600 Polk County: 715-485-8401

Mental Health Crisis: Polk and Burnett County, 888-552-6642

#### Who We Serve

We proudly serve Polk and Burnett Counties.

We provide assistance to older adults and individuals living with a physical or intellectual/developmental disability, or with mental health/substance abuse issues (starting at 17.5 years old).

We offer guidance and assistance to caregivers and family members of loved ones, spouses, medical providers, and discharge planners, professionals in the community...anyone who cares about or is assisting an elderly or disabled individual.

We assist all people – regardless of income.

#### Who We Are

The Aging and Disability Resource Center, known as the ADRC, provides the general public with a warm and welcoming office to contact for information and assistance on issues affecting older people and people with disabilities, regardless of income.

The ADRC is the first place to go with your aging and disability questions. We are an "one stop shop" where you can receive accurate, unbiased information.

#### What We Do

By empowering people to find resources in their communities and make informed decisions about long-term care, ADRCs help people conserve their personal resources, maintain self-sufficiency, and delay or prevent the need for potentially expensive long-term care. ADRCs also serve as the single access point for publicly funded long-term care, including Family Care and IRIS.

It is never too early to start asking questions. We encourage you to call us and begin planning for your future needs. Of course, we can also assist you with questions or challenges you may be facing now.

Most services offered by the ADRC are provided free of charge. People who use the transportation services provided by the ADRC are charged a co-payment for rides. Meal services, such as congregate dining, do not charge a fee but a contribution to the program is appreciated if you are 60+ years of age. Others are asked to pay \$12 per meal. Home delivered meals have a waitlist for contribution based. If a new person wanted to skip the waitlist, they could pay \$12 per meal.

**Amery** 

FOOD PANTRIES (By City)

| Location                                     | Hours   | Other Information                |
|--|---|----------------------------------|
| Amery Area Food Pantry<br>230 Deronda Street | Monday – 9am – 12pm<br>Thurs – 9pm – 6pm              | facebook.com/ameryareafoodpantry |
| 725-268-5999                                 |   |                                  |
| Ruby's Pantry SMC Amery Parking Lot          | 2 <sup>nd</sup> Saturday of the month<br>7:30am – 9am | https://www.rubyspantry.org/home |
| 9000 Griffin Street E<br>651-674-0009        |   |                                  |

**Balsam Lake** 

| Location                  | Hours                       | Other Information            |
|---------------------------|-----------------------------|------------------------------|
| Balsam Lake Community     | 24/7 in the basement of the | Contact for more information |
| Food Shelf                | church                      |                              |
| 305 1 <sup>St</sup> Ave E |                             |                              |
| 715-485-3800              |                             |                              |

**Centuria** 

| Location              | Hours                  | Other Information                |
|-----------------------|------------------------|----------------------------------|
| Feed My Neighbor Food | Mon 2-5pm, Tues 5-7pm, | Polk County Residents            |
| Pantry                | Thurs 10am-2pm,        | Shopping allowed twice per month |
| 101 US Hwy 35         | Sat 9-11am             |                                  |
| 715-405-2253 (Sally)  |                        |                                  |

<u>Clear Lake</u>

| Location   | Hours  | Other Information            |
|--|--|------------------------------|
| Lifeline Food Pantry<br>560 5 <sup>th</sup> Street<br>715-263-3846 | Wednesday – 1pm – 5pm<br>Thursday – 10am – 2pm | Contact for more information |

**Cumberland** 

| Location   | Hours  | Other Information                 |
|--|--|-----------------------------------|
| Ruby's Pantry –<br>Cumberland Fire Dept<br>1060 Water Street | 1st Saturday of the Month<br>8:00am – 9:30am | https://www.rubyspantry.org/home  |
| 651-674-0009<br>Cumberland Food Pantry                       | Friday 1:00pm – 3:00pm                       | facebook.com/CumberlandFoodPantry |
| 1270 1st Avenue<br>715-822-3767                              |  |                                   |

# <u>Deer Park</u>

| Location                | Hours                           | Other Information                      |
|-------------------------|---------------------------------|--|
| St Croix Valley Food    | 4 <sup>th</sup> Thursday of the | https://www.stcroixvalleyfoodbank.org/ |
| Bank – Deer Park Public | month 11:00am –                 |  |
| Library                 | 12:00pm                         |  |
| 112 Front Street West   |                                 |  |

# **Dresser**

| Location             | Hours               | Other Information               |
|----------------------|---------------------|---------------------------------|
| People Loving People | Wednesday 2pm – 5pm | peoplelovingpeopleinc.org/food- |
| 103 E Main Steet     | Saturday 11am – 1pm | ministry/                       |
| 715-755-2300         |                     |                                 |

# **Frederic**

| Location                   | Hours              | Other Information      |
|----------------------------|--------------------|------------------------|
| Family Pathways Food Shelf | Tues/Thurs 9am-5pm | www.familypathways.org |
| 1100 Wisconsin Ave S       | Wed 12pm-5pm       |                        |
| 715-327-4425               | Sat 9am-12pm       |                        |

**Grantsburg** 

| Location  | Hours                | Other Information                                  |
|---|----------------------|--|
| Grantsburg Area Food Shelf<br>320 South Brad Street<br>715-222-4370 | Thurs 9:30am-11:30am | For Grantsburg Residents Only call between 8am-6pm |

# **Luck**

| Location   | Hours                 | Other Information                 |
|--|-----------------------|-----------------------------------|
| Loaves & Fishes Food Shelf<br>DBS Lions Hall<br>300 North 1 <sup>st</sup> Street | Tues/Thurs 11am - 1pm | Reach out for further information |

# <u>Osceola</u>

| Location   | Hours                                  | Other Information             |
|--|--|-------------------------------|
| The Open Cupboard<br>406 2 <sup>nd</sup> Ave<br>715-294-4357 | Mon/Wed 9am – 12pm<br>Thurs 11am – 4pm | www.facebook.com/OpenCupboard |

# **Pine City**

| Location   | Hours                                 | Other Information      |
|--|---------------------------------------|------------------------|
| Family Pathways<br>220 7 <sup>th</sup> Street SW<br>320-629-0128 | Mon/Thurs 9am – 5pm<br>Wed 11am – 5pm | www.familypathways.org |

# **Shell Lake**

| Location             | Hours                 | Other Information                   |
|----------------------|-----------------------|-------------------------------------|
| ICAA Washburn County | Fri/Sat 9am - 11:45am | https://www.indianheadcaa.org/food- |
| Food Pantry          |                       | pantries/                           |
| 110 N Industrial Dr  |                       |                                     |
| 715-415-0384         |                       |                                     |

# <u>Siren</u>

| Location         | Hours           | Other Information            |
|------------------|-----------------|------------------------------|
| Kid Central      | Mon-Fri Walk In | Food available in lobby area |
| 24467 Highway 35 |                 | No eligibility requirements  |
| 715-349-8262     |                 |                              |

**Spooner** 

| Location                 | Hours                            | Other Information                |
|--------------------------|----------------------------------|----------------------------------|
| Lakeland Family Resource | Open daily 5am – 8pm at          | https://lakelandfrc.com/         |
| Center                   | Spooner Business Center          |                                  |
| 819 Ash Street           |                                  |                                  |
| 715-939-1151             |                                  |                                  |
| Spooner Memorial Library | Mon – Thurs 8am-8pm              | https://spoonerlibrary.org/food- |
| Compassion Kitchen Bench | Fri & Sat 8am-4pm                | insecurity/                      |
| Service                  |                                  |                                  |
| 421 High Street          |                                  |                                  |
| 715-635-2792             |                                  |                                  |
| Washburn County Food     | Tues 9am-11am                    | Call for more information        |
| Pantry                   | Thurs 1pm-3pm                    |                                  |
| 1649 Cottonwoood Ave     |                                  |                                  |
| 715-205-3273             |                                  |                                  |
| Ruby's Pantry            | 2 <sup>nd</sup> Sat of the Month | https://www.rubyspantry.org/home |
| 801 County Highway A     | 9am-10:30am                      |                                  |
| 715-635-9309             |                                  |                                  |
| Books & Bread            | 4 <sup>th</sup> Wed of the month | Call for more information        |
| N4584 County Hwy 253     | 10:30-11:30am                    |                                  |
| 715-635-3496             |                                  |                                  |

St. Croix Falls

| Location                    | Hours                 | Other Information         |
|-----------------------------|-----------------------|---------------------------|
| Family Pathways             | Mon/Wed/Thurs 9am-5pm | www.familypathways.org    |
| 2000 US Hwy 8               | Tue 10:30am-4:30pm    |                           |
| 715-483-2920                |                       |                           |
| St. Croix Falls Food Pantry | Wed 3pm-6pm           | Call for more information |
| 809 Pine Street             | Fri 9am-10am          |                           |
| 715-557-1653                |                       |                           |

# **Turtle Lake**

| Location         | Hours               | Other Information         |
|------------------|---------------------|---------------------------|
| Food Pantry      | Tues 12:30pm-3:30pm | Call for more information |
| 111 Elm Street S |                     |                           |
| 715-986-4683     |                     |                           |

# **Webster**

| Location                   | Hours                     | Other Information         |
|----------------------------|---------------------------|---------------------------|
| Burnett County Food Pantry | Mon/Tues/Fri 10am-3pm     | Call for more information |
| 26356 Lakeland Ave South   |                           |                           |
| 715-349-8155               |                           |                           |
| Food Distribution: located | 3rd Thurs of every month  | Call for more information |
| at Burnett County Food     | starting at 8:30 am until |                           |
| Pantry.                    | gone                      |                           |
| 26356 Lakeland Ave South   |                           |                           |
| 715-349-8155               |                           |                           |
| St Croix Chippewa          | Native American income    | Call for more information |
| Commodities Distribution   | eligible only.            |                           |
| 24663 Angeline Avenue      |                           |                           |
| 715-349-2195               |                           |                           |

<sup>\*\*</sup>Food Pantries are generally closed on Holidays.

GROCERY DELIVERY

# **Online Delivery Options**

#### **Instacart** www.instacart.com

Instacart is an online grocery service company that works with local stores to deliver groceries to your door. Instacart employees shop for your items and deliver the groceries to your home.

Instacart requires a \$35 Minimum purchase. Prices may be higher than in stores. There is a \$6.00 Service Charge plus \$7.99 for one hour delivery or \$5.99 for two-hour delivery.

#### Please note:

- Most food items (but not all) are available online.
- Online prices may be higher than store prices.
- Instacart may not accept EBT cards, Quest Cards, or Food Share.
- Instacart may not be available in all communities.

#### Amazon www.amazon.com

Order items online. Click the Department tab and grocery at the bottom of the list.

#### FarmboxRx www.farmboxrx.com 888-416-3589

Organic & Natural Produce Delivery. Offers different box sizes and types. Choose between organic and natural selections, get a mixed produce box, a box of just fruit, or a box of just veggies. Includes diabetic friendly box. Customize delivery schedule and NO commitments!

#### Misfits Market www.misfitsmarket.com

Affordable subscription box of funny-looking organic produce from farmers to rescue organic produce and other items, then deliver them to your door. Order a small or large box filled with organic fruits and veggies. Receive a box weekly or bi-weekly.

# **Local Organizations Delivering Nutrition**

# **Door Step**

Frederic and St. Croix Falls, WI

St. Croix Falls: 715-483-2920 | Frederic: 715-327-4425 or <a href="www.familypathways.org">www.familypathways.org</a> Family Pathways will deliver food to qualifying individuals. This includes (but is not limited to) the following criteria: 60+ years of age, has a severe disability, can't access food, and must be under 200% of the Federal Poverty Line. Screening process required. See list of food pantries above for more information on addresses.

# **Interfaith Caregivers of Burnett County**

715-866-4970 or <a href="http://www.interfaithcaregiversburnettcountywis.org/">http://www.interfaithcaregiversburnettcountywis.org/</a>
Deliver food from local food pantries to individuals in need one day per month.

# **Interfaith Caregivers of Polk County**

715-483-8500 or <a href="https://www.interfaithpolk.org/">https://www.interfaithpolk.org/</a>

Will pick up and deliver from local food pantries or grocery shop for you.

# **Local Grocery Delivery –** These places will deliver to your home.

| Store/Location/Phone #            | Hours                 | <b>Delivering Information</b>        |
|-----------------------------------|-----------------------|--------------------------------------|
| Austad's Supervalu                | Delivery Mon-Fri      | No charge; delivery up to 8          |
| 608 US-8, Turtle Lake, WI         | 10am-2pm, calls must  | miles. On Tuesdays people            |
| 715-986-2244                      | be in by 9:15 a.m. on | 65+ get a 5% discount. Accept        |
|                                   | the day of delivery.  | cash, check, and card. Pay via       |
| https://www.austadssupervalu.com/ | Curbside available    | phone or at delivery.                |
|                                   | 8:00am-4:00pm.        |                                      |
| Dick's Fresh Market               | Delivery Tuesdays     | Contact location to order            |
| www.dicksfreshmarket.com/         |                       | groceries over the phone. Call       |
|                                   |                       | day prior.                           |
| Amery: 715-268-7513               |                       |                                      |
| Osceola: 715-294-2158             |                       |                                      |
| Nilssen's Market                  | Delivery Wednesdays   | Must call the store before 4:00      |
| 265 5th St NW, Clear Lake, WI     | 9:30am – 11:00am      | PM on Tuesday to submit an           |
| (715) 263-2513                    |                       | order. Delivery is available in      |
|                                   |                       | the town of Clear Lake <u>only</u> . |
| https://www.nilssensfoods.com/    |                       | They accept payment over the         |
|                                   |                       | phone with credit card or the        |
|                                   |                       | delivery person will take            |
|                                   |                       | cash/check.                          |

# **Local Grocery Curbside-Pickup** – These locations will bring groceries to your car, but you must go to the store for pick up.

| Store/Location/Phone #  | Hours   | <b>Delivering Information</b>  |
|---|---|--|
| Austad's Supervalu 608 US-8, Turtle Lake, WI 715-986-2244 https://www.austadssupervalu.com/   | Curbside available<br>8:00am-4:00pm                               | On Tuesdays people 65+<br>get a 5% discount. Accept<br>cash, check, and card.  |
| Fourwinds Market 715-349-5563 www.fourwindsmarket.com   | 7:00am – 9:00am<br>7 days a week                                  | Purchase groceries online and groceries will get brought out to your car.  |
| Horse Creek Store 2069 County Hwy X, Star Prairie, WI 715-294-3410 or: <a href="https://www.facebook.com/horsecreekstore/">https://www.facebook.com/horsecreekstore/</a>                      | Mon-Thurs 6am-7pm<br>Fri 6am-9pm<br>Sat 7am-9:30pm<br>Sun 9am-7pm | Curbside pick-up available. Accept cash, check, card. No EBT. Call ahead to order. Located in Star Prairie.  |
| Jonzy Market<br>1043 185th Ave, Balsam Lake, WI<br>715-857-5753 or 888-811-5753<br>https://jonzymarket.com/   | 6:00am – 9:00pm<br>7 days a week                                  | Curbside available. Accept cash and card.  |
| Marketplace Foods 2191 US-8, St Croix Falls, WI 1-844-235-1156 www.shop.marketplacefoodswi.com/   | 7:00am-10:00pm<br>7days a week                                    | Order online, checkout, and pay for your grocery order. Select the day and time to pick up your order. Park at In-Store Pick Up for workers to deliver to vehicle. |
| Nilssen's Market (Clear Lake) 265 5th St NW, Clear Lake, WI 715-263-2513 https://www.nilssensfoods.com/   | Mon – Sat 7am-8pm<br>Sun 8am-8pm                                  | Curbside pick-up available. Pay in advance over the phone with card, or at pick-up with cash or check. Call ahead to order.  |
| Walmart Grocery Pickup 2212 Glacier Dr, St Croix Falls, WI 715-483-1399 950 11th Street Southwest, Pine City, MN 320-629-5845 <a href="https://www.walmart.com/">https://www.walmart.com/</a> | Pick Up Available<br>8:00am – 8:00pm<br>7 days a week             | Curbside pickup. Shop<br>online, choose from<br>groceries and more. Swing<br>by and pick them up.<br>Accepts SNAP EBT  |

# **HOME DELIVERED MEALS**

If you have difficulty preparing meals on a regular basis or have difficulty following dietary restrictions but still need something tasty to eat, see these options below. These meals can be delivered right to your door. Many of these companies prepare fully cooked meals, simply reheating them in microwave or oven.

# **Polk and Burnett Senior Nutrition Program**

| Location                            | Eligibility                                |
|-------------------------------------|--|
| ADRC of Northwest Wisconsin         | Coverage throughout Polk and Burnett       |
| Nutrition Program                   | Counties. Must be age 60+ and homebound.   |
|                                     | No income requirements! \$12 a meal.       |
| 877-485-2372                        | Waitlist for contribution based. Meals are |
|                                     | delivered Mon-Fri in most areas. Some      |
| Must call to determine eligibility. | exclusions apply.                          |

# **Online Prepared Meals**

| Location                              | Eligibility   |
|---------------------------------------|---|
| Factor 75<br>888-573-5227             | Gluten-free, soy-free. Not recommended for those with Celiac Disease (kitchen is not certified gluten-free).                                |
| www.Factor75.com                      | Meal cost: \$11 & \$15 per meal (\$60 to \$198 per week) Shipping & handling: varies by location.   |
| Homestyle Direct                      | Low-fat, low-calorie, low-carb, low-sodium, gluten free, and renal-friendly.  |
| 866-735-0921  www.Homestyledirect.com | Meal cost: \$6.95. Shipping & handling: Medicaid and Medicare Advantage may cover.  |
| Magic Kitchen<br>877-516-2442         | Low-sodium, low-fat, diabetic, low-carb, renal friendly, dialysis-friendly, gluten-free, portion controlled, and senior special diet.       |
| www.Magickitchen.com                  | Meal costs: 1 meal/day (\$82-\$90), 2 meals/day (\$164- \$180), 3 meals/day (\$246-\$275). Shipping & handling varies, discounts available. |

| Mom's Meals                 | Pre-made meal delivery service for Seniors.   |
|-----------------------------|---|
|                             | Mom's meals provide a variety of options      |
| 866-716-3257                | such as Diabetic Friendly, Heart Healthy      |
|                             | (low sodium), Kidney Friendly, Cancer         |
| www.momsmeals.com           | Support, Gluten Free, Pureed, Renal and       |
|                             | Vegetarian Meals.                             |
|                             |   |
|                             | Meal cost: \$6.99 (Pureed meals: \$7.99)      |
|                             | Shipping & handling: \$14.95 Family Care      |
|                             | Order online or over the phone.               |
| Silver Cuisine by Bistro MD | Heart-healthy, diabetic, low-sodium, low-     |
|                             | carb, gluten free, menopause, dairy free,     |
| 844-404-F00D (3663)         | vegetarian                                    |
|                             |   |
| www.Silvercuisine.com       | Meal cost: starting at \$6.49-\$12.49 (varies |
|                             | by meal) Shipping & handling: \$19.95         |

# Other options:

- 1) If you can prepare a meal, but have difficulty planning/shopping for ingredients, try companies that ship fresh ingredients for a menu of meals. (Blue Apron, Hello Fresh, and Home Chef are just a few examples.)
- 2) Grocery stores carry a variety of low-cost, nutritious, specialty-diet, frozen meals in the frozen foods section.
- 3) Meals prepped by Amy in Green Bay Wisconsin, she prepares ingredients in a freezer bag which are then frozen and ready to put in the crock pot, oven or on the grill etc. Amy provides shipping for those who are not nearby. Visit: <a href="www.mealspreppedbyamy.com">www.mealspreppedbyamy.com</a> for more info or email her at <a href="mailto:MealsPreppedbyAmy@gmail.com">MealsPreppedbyAmy@gmail.com</a>
- 4) For shelf-stable foods (meaning meals are not pre-cooked), contact CPI Foods (800-549-9630, cpifoods.com). Meals start at \$5.95.
- 5) Kwik Trip has a variety of homemade meals that you can heat up and enjoy. Watch for deals on the Kwik Trip ads and mobile app.

# MEDICAL EQUIPMENT PROGRAMS

# ADRC Loan Closet and Assistive Technology Kit

877-485-2372

Balsam Lake and Siren, WI. Items available for rent for up to 6 months include: Walkers, shower benches, bath chairs, toilet riser, commode, wheelchairs, cane, grab bar, grab it/Reacher, shoehorns. Call for availability. No rental fees. Not Medicare Certified. Various assistive technology/devices to try before purchasing. Not available for purchase but information available on where to go to purchase the equipment.

# **Compass IL (Formerly Center for Independent Living Western Wisconsin)**

1-800-228-3287 or <a href="https://compassil.org/">https://compassil.org/</a>

Menomonie, WI. Serves Polk County. Assistive technology loan and demonstration program and keeps list of used equipment for sale.

#### **Home Health Resources**

715-268-9164 or <a href="https://www.ameryhomehealthresources.net/">https://www.ameryhomehealthresources.net/</a> Amery, WI. Medicare Certified.

#### **Home Medical Products and Services**

715-234-5000 or https://adapthealth.com/

Rice Lake, WI. Purchase and/or rent medical equipment. Medicare Certified.

#### **IndiGO**

715-392-9118 or <a href="https://indigowi.org">https://indigowi.org</a>

Superior, WI. Burnett County. Assistive technology loan and demonstration program.



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# **Arnell Humane Society**

715-268-7387 or <a href="https://arnellhumane.org/spay-neuter-program/">https://arnellhumane.org/spay-neuter-program/</a>

Serving Polk County. Offers low-income spay/neuter vouchers for qualified applicants.

# **Beautiful Hearts Rescue Senior Pet Care Program**

https://beautifulheartsrescue.org/senior-pet-care-program/

Shell Lake, WI. Offering medical care, food support, and in-home wellness checks for pets to qualifying seniors in the area. Offer emergency fundraising resources and vaccine clinics to non-locals.

#### **Domestic Animal Wellness Center**

715-349-4774 or <a href="https://animalwellnesscenterinc.com/">https://animalwellnesscenterinc.com/</a>

Siren, WI. Low-income clinic offering non-emergency medical care for cats, dogs, and horses.

#### **Helping Hands for Pets**

https://helpinghands4pets.org/home-page

Hudson, WI. Serving Polk. Providing qualified pet owners with basic financial assistance to prevent pets being surrendered to a shelter or euthanized due to financial limitations. May help with basic needs for medical care. No dental for dogs. You may be asked to contribute a percentage. Available funds may vary.

# **No Empty Bowls Pet Food Pantry**

715-635-4720 or <a href="http://www.wcahs.com/">http://www.wcahs.com/</a>

300 Roundhouse Rd., Spooner, WI. Thu-Sat 10am-2pm (For dogs & cats)

#### Protective Animal Welfare Society of Western WI (PAWS WI)

715-410-7653 or <a href="https://www.pawswi.com/">https://www.pawswi.com/</a>

Serving Polk County. Offering spay/neuter assistance, pet food assistance. May offer delivery.

#### **Purple Cat**

#### https://www.purplecatvet.com/

Offering low-cost spay and neuter services, walk-in vaccine clinics in Baldwin and Eau Claire, WI. No income requirements to qualify. Also offer free cat sterilization services for qualifying applicants. Website includes additional resources across WI and MN.

# **PUBLIC RESOURCES**

\_\_\_\_\_

# **Commodity Supplement Program for Seniors**

715-977-1167 or email: njohnson@wcap.org

https://westcap.org/services/foodpantryinfo/commodity-supplemental-food-program/ Serves Polk County. WestCap provides a free box of commodity foods each month. Individuals must be 60+ and meet income guidelines.

# **WestCap-Wisconsin Home Energy Assistance Program Information**

715-598-4750 or <a href="https://westcap.org/services/energy-assistance/">https://westcap.org/services/energy-assistance/</a>

To apply for Energy Assistance, contact WestCap. You can book a phone appointment through the website or complete the fillable form on your own and email it to <a href="mailto:info@wcap.org">info@wcap.org</a>.

#### **Foodshare**

Great Rivers Consortium: 888-283-0012 or <a href="https://www.dhs.wisconsin.gov">https://www.dhs.wisconsin.gov</a> Provides monthly benefits to help low-income households buy food.

# **Harvest of Hope Fund**

608-836-1455 (ext. 8) or <a href="https://www.themcc.net/harvest-of-hope">https://www.themcc.net/harvest-of-hope</a>
Madison, WI. Emergency needs for food, home heating fuel, medical expenses, re-training, and other immediate situations for farm families.

# SENIOR DINING CENTERS

#### **ADRC of Northwest Wisconsin Senior Nutrition Program**

The Nutrition Program serves in-person meals at various locations throughout Polk and Burnett County. Meals are served around 11:30 AM. Reservations are required and must be made by 11:00 AM of the previous business day. For Monday meals, please call by 11:00 AM on Friday.

Meals provided contain 1/3 of the recommended daily intake for an adult. The menu is reviewed by a nutritionist and then prepared in our local kitchens. Meals are nutritionally balanced, and include an entree, sides, fruit dessert & milk.

Menus are available at dining sites, in our monthly newsletter (The Voice), and on the ADRC of NWWI Website. Menu is subject to change without notice.

- Please call the dining site manager at the numbers listed below for reservations.
- Eligibility Requirements: Anyone age 60+ or a spouse of any age.
- Meals are available on a contribution basis. Suggested Contribution is \$4.00 \$6.00/meal. No one over 60 years old will be denied meals due to the inability to pay.

Website: adrcnwwi.org/dining

| DINING SITES          |                      |              |                      |
|-----------------------|----------------------|--------------|----------------------|
| Location              | Address              | Site Manager | Dining Serving       |
|                       |                      | Phone        | Days/Times           |
| Burnett ADRC Central  | 7489 Main St W       | 715-349-2154 | Mon, Tues, Thur, Fri |
| Kitchen               | Webster, WI 54893    |              | Call for time        |
| A&H Location –        | 28626 County Rd H    | 715-349-2154 | Mon, Tues, Thur, Fri |
| Lakeside Lutheran     | Webster, WI 54893    |              | Call for time        |
| Grantsburg Location-  | 118 Madison Ave W    | 715-349-2154 | Mon, Tues, Thur, Fri |
| Grantsburg Senior Ctr | Grantsburg, WI 54840 |              | Call for time        |
| Amery Location –      | 201 Harriman Ave N   | 715-268-6818 | Mon, Tues, Thur, Fri |
| Amery Congo Church    | Amery, WI 54001      |              | Call for time        |
| Centuria Location –   | 501 State Road 35    | 715-554-1500 | Mon, Tues, Thur, Fri |
| Joy Lutheran Church   | Centuria, WI 54824   |              | Call for time        |

The Nutrition Program is funded by Title III (Older Americans Act), The State of Wisconsin Bureau on Aging, and by contributions from participants, families, and other donors.

ADRC of NWWI is an equal opportunity provider.

# St. Croix Chippewa Dining

Tribal elders who are 55 years of age and older and non-tribal members 60 years of age and older are welcome to attend to enjoy a delicious meal and socialize with new and old friends! For more information contact your preferred dining site.

| Location           | Address           | Site Manager | Dining Serving        |
|--------------------|-------------------|--------------|-----------------------|
|                    |                   | Phone        | Days/Times            |
| Sand Lake Location | 4460 Highway 70   | 715-349-2849 | Contact site for more |
|                    | Hertel, WI        |              | information           |
| Danbury Location   | 30335 Minerva Dam | 715-656-3227 | Contact site for more |
|                    | Rd                |              | information           |

# VETERAN'S SERVICES

# **Burnett County Veteran's Service Office**

715-349-2179 or <a href="https://www.burnettcountywi.gov/">https://www.burnettcountywi.gov/</a>

# **Polk County Veteran's Service Office**

715-485-9243 or <a href="https://www.polkcountywi.gov/">https://www.polkcountywi.gov/</a>

# **SEASONAL RESOURCES**

# **FARMERS MARKETS & ROADSIDE STANDS**

# **Polk and Burnett Counties and Surrounding Area**

\*\* Verified as approved Farmers Market Stand by DHS (accepts WIC & SFMNP Vouchers)

| Location - Barron County   | Information  |
|--|--|
| COUNTRY LANE FARMERS MARKET 1642 16TH STREET BARRON, WI                                | DATES OPEN: 06/20 - 09/26 **HOURS CHANGE FROM 2-7 WHEN SCHOOL STARTS THURSDAY: 2:00 PM TO 8:00 PM  |
| RICE LAKE FARMERS MARKET 2900 SOUTH MAIN RICE LAKE, WI                                 | DATES OPEN: 05/24 - 09/27<br>SATURDAY: 8:00 AM TO 12:00 PM   |
| DRAGSMITH FARMERSMARKET 1304 16TH AVENUE BARRON, WI                                    | DATES: YEAR-ROUND<br>MON 10 AM - 5 PM, TUES 10 AM - 5 PM.<br>WEDS 10 AM - 6 PM; THURS 10 AM - 6 PM.<br>FRI 10 AM - 6 PM; SAT 10 AM - 6 PM  |
| BOB'S BARRONETT PRODUCE 4399 LADANART BOS FARMSTAND 1190 2ND AVE CUMBERLAND, WI        | DATES OPEN: 08/01 - 10/31<br>MON 10:00 AM TO 5:30 PM, TUES 10:00<br>AM TO 5:30 PM, WED 10:00 AM TO 5:30<br>PM, THURS 10:00 AM TO 5:30 PM, FRI<br>10:00 AM TO 5:30 PM,<br>SAT 10:00 AM TO 5:30 PM                         |
| GROWING WISHES GREENHOUSE 50645 LUCAS WEST FARMSTAND 1637 1 3/4 STREET TURTLE LAKE, WI | DATES OPEN: 05/01 - 10/31<br>SUN 9:00 AM TO 6:00 PM,<br>MON 9:00 AM TO 6:00 PM, TUES 9:00 AM<br>TO 6:00 PM,<br>WED 9:00 AM TO 6:00 PM, THURS 9:00<br>AM TO 6:00 PM,<br>FRI 9:00 AM TO 6:00 PM, SAT 9:00 AM TO<br>6:00 PM |
| Location - Burnett County  | Information  |
| BURNETT COUNTY FARMERS' MARKET-<br>SIREN<br>23811 WI 35<br>SIREN, WI                   | DATES OPEN: 05/24 - 10/11<br>SATURDAY: 10:00 AM TO 1:00 PM   |

| Location - Polk County   | Information   |  |
|--|---|--|
| AMERY FARMERS MARKET   | DATES OPEN: 06/08 - 10/20,  |  |
| 11 KELLER AVENUE N   | CLOSED 9/13 DUE TO FALL FESTIVAL  |  |
| AMERY, WI  | MONDAY: 3:00 PM TO 6:00 PM,   |  |
| ,  | SATURDAY: 9:00 AM TO 1:00 PM  |  |
| BALSAM LAKE FARMERS MARKET   | DATES OPEN: 05/23 - 10/10   |  |
| NEW LOCATION: 405 MAIN ST  | FRIDAY: 3:00 PM TO 6:00 PM  |  |
| BALSAM LAKE, WI  |   |  |
| FREDERIC FARMERS MARKET  | DATES OPEN: 06/21 - 10/18   |  |
| 303 WISCONSIN AVENUE N   | SATURDAY: 8:00 AM TO 12:00 PM   |  |
| FREDERIC, WI   | 5111 61151111 6.00 7114 1 0 12.00 1 14  |  |
| OSCEOLA FARMERS MARKET   | DATES OPEN: 06/13 - 10/10   |  |
| 306 RIVER STREET   | FRIDAY: 2:00 PM TO 6:00 PM  |  |
| OSCEOLA, WI  | TRIDAT. 2.00 FW TO 0.00 FW  |  |
| ST CROIX FALLS FARMERS MARKET  | DATES OPEN: 05/17 - 10/31   |  |
|  | SATURDAY: 10:00 AM TO 1:00 PM   |  |
| 230 S WASHINGTON ST,   | SATURDAT: 10:00 AM TO 1:00 PM   |  |
| SAINT CROIX FALLS, WI <b>Z-ORCHARD STORE-</b>  | DATECOPEN 00/20 11/20   |  |
|  | DATES OPEN: 08/20-11/20   |  |
| 51449 WILLIAM ZAGER FARMSTAND  | SUN 12:00 PM TO 3:00 PM,  |  |
| 654 115TH ST   | MON 10:00 AM TO 3:00 PM,  |  |
| AMERY, WI  | FRI 10:00 AM TO 3:00 PM,  |  |
|  | SAT 10:00 AM TO 3:00 PM   |  |
| LAKESIDE GARDENS AND GIFTS   | DATES OPEN: 06/02 -09/30  |  |
| 2614 234TH STREET  | MON 8:00 AM - 2:00 PM; TUES 8:00 AM -   |  |
| CUSHING, WI  | 2:00 PM, WEDS 8:00 AM - 2:00 PM.  |  |
|  | SAT 8:00 AM - 12:00 PM  |  |
| Location Ct Chair Country  | Information   |  |
| Location - St. Croix County  | IIIIOI IIIatioii  |  |
| BALDWIN'S MAIN STREET MARKET   | DATES OPEN: 06/07 - 09/27   |  |
| · ·  |   |  |
| BALDWIN'S MAIN STREET MARKET   | DATES OPEN: 06/07 - 09/27   |  |
| BALDWIN'S MAIN STREET MARKET MAIN STREET BALDWIN, WI   | DATES OPEN: 06/07 - 09/27<br>SATURDAY: 9:00 AM TO 12:00 PM  |  |
| BALDWIN'S MAIN STREET MARKET MAIN STREET BALDWIN, WI HUDSON MARKET ON CARMICHAEL   | DATES OPEN: 06/07 - 09/27<br>SATURDAY: 9:00 AM TO 12:00 PM<br>DATES OPEN: 06/07 - 10/25   |  |
| BALDWIN'S MAIN STREET MARKET MAIN STREET BALDWIN, WI HUDSON MARKET ON CARMICHAEL 777 CARMICHAEL RD   | DATES OPEN: 06/07 - 09/27<br>SATURDAY: 9:00 AM TO 12:00 PM  |  |
| BALDWIN'S MAIN STREET MARKET MAIN STREET BALDWIN, WI HUDSON MARKET ON CARMICHAEL 777 CARMICHAEL RD HUDSON, WI  | DATES OPEN: 06/07 - 09/27<br>SATURDAY: 9:00 AM TO 12:00 PM<br>DATES OPEN: 06/07 - 10/25<br>SATURDAY: 8:00 AM TO 12:00 PM  |  |
| BALDWIN'S MAIN STREET MARKET  MAIN STREET  BALDWIN, WI  HUDSON MARKET ON CARMICHAEL  777 CARMICHAEL RD  HUDSON, WI  PLAZA 94 HUDSON THURSDAY MARKET  | DATES OPEN: 06/07 - 09/27<br>SATURDAY: 9:00 AM TO 12:00 PM  DATES OPEN: 06/07 - 10/25<br>SATURDAY: 8:00 AM TO 12:00 PM  DATES OPEN: 06/06 - 10/31   |  |
| BALDWIN'S MAIN STREET MARKET  MAIN STREET  BALDWIN, WI  HUDSON MARKET ON CARMICHAEL  777 CARMICHAEL RD  HUDSON, WI  PLAZA 94 HUDSON THURSDAY MARKET  1800 WARD AVE   | DATES OPEN: 06/07 - 09/27<br>SATURDAY: 9:00 AM TO 12:00 PM<br>DATES OPEN: 06/07 - 10/25<br>SATURDAY: 8:00 AM TO 12:00 PM  |  |
| BALDWIN'S MAIN STREET MARKET  MAIN STREET BALDWIN, WI  HUDSON MARKET ON CARMICHAEL  777 CARMICHAEL RD HUDSON, WI  PLAZA 94 HUDSON THURSDAY MARKET  1800 WARD AVE HUDSON, WI  | DATES OPEN: 06/07 - 09/27 SATURDAY: 9:00 AM TO 12:00 PM  DATES OPEN: 06/07 - 10/25 SATURDAY: 8:00 AM TO 12:00 PM  DATES OPEN: 06/06 - 10/31 THURSDAY: 7:30 AM TO 12:00 PM   |  |
| BALDWIN'S MAIN STREET MARKET  MAIN STREET BALDWIN, WI  HUDSON MARKET ON CARMICHAEL  777 CARMICHAEL RD HUDSON, WI  PLAZA 94 HUDSON THURSDAY MARKET  1800 WARD AVE HUDSON, WI  MARKET AT THE 45TH  | DATES OPEN: 06/07 - 09/27 SATURDAY: 9:00 AM TO 12:00 PM  DATES OPEN: 06/07 - 10/25 SATURDAY: 8:00 AM TO 12:00 PM  DATES OPEN: 06/06 - 10/31 THURSDAY: 7:30 AM TO 12:00 PM  DATES OPEN: 06/08 - 10/19  |  |
| BALDWIN'S MAIN STREET MARKET  MAIN STREET BALDWIN, WI  HUDSON MARKET ON CARMICHAEL  777 CARMICHAEL RD HUDSON, WI  PLAZA 94 HUDSON THURSDAY MARKET  1800 WARD AVE HUDSON, WI  MARKET AT THE 45TH  1570 MADISON AVE  | DATES OPEN: 06/07 - 09/27 SATURDAY: 9:00 AM TO 12:00 PM  DATES OPEN: 06/07 - 10/25 SATURDAY: 8:00 AM TO 12:00 PM  DATES OPEN: 06/06 - 10/31 THURSDAY: 7:30 AM TO 12:00 PM   |  |
| BALDWIN'S MAIN STREET MARKET  MAIN STREET BALDWIN, WI  HUDSON MARKET ON CARMICHAEL  777 CARMICHAEL RD HUDSON, WI  PLAZA 94 HUDSON THURSDAY MARKET  1800 WARD AVE HUDSON, WI  MARKET AT THE 45TH  1570 MADISON AVE NEW RICHMOND, WI   | DATES OPEN: 06/07 - 09/27 SATURDAY: 9:00 AM TO 12:00 PM  DATES OPEN: 06/07 - 10/25 SATURDAY: 8:00 AM TO 12:00 PM  DATES OPEN: 06/06 - 10/31 THURSDAY: 7:30 AM TO 12:00 PM  DATES OPEN: 06/08 - 10/19 SUNDAY: 10:00 AM TO 2:00 PM  |  |
| BALDWIN'S MAIN STREET MARKET  MAIN STREET BALDWIN, WI  HUDSON MARKET ON CARMICHAEL  777 CARMICHAEL RD HUDSON, WI  PLAZA 94 HUDSON THURSDAY MARKET  1800 WARD AVE HUDSON, WI  MARKET AT THE 45TH  1570 MADISON AVE NEW RICHMOND, WI  NEW RICHMOND HERITAGE CENTER   | DATES OPEN: 06/07 - 09/27 SATURDAY: 9:00 AM TO 12:00 PM  DATES OPEN: 06/07 - 10/25 SATURDAY: 8:00 AM TO 12:00 PM  DATES OPEN: 06/06 - 10/31 THURSDAY: 7:30 AM TO 12:00 PM  DATES OPEN: 06/08 - 10/19 SUNDAY: 10:00 AM TO 2:00 PM  DATES OPEN: 05/24 - 10/25   |  |
| BALDWIN'S MAIN STREET MARKET  MAIN STREET BALDWIN, WI  HUDSON MARKET ON CARMICHAEL  777 CARMICHAEL RD HUDSON, WI  PLAZA 94 HUDSON THURSDAY MARKET  1800 WARD AVE HUDSON, WI  MARKET AT THE 45TH  1570 MADISON AVE NEW RICHMOND, WI  NEW RICHMOND HERITAGE CENTER  1100 HERITAGE DRIVE  | DATES OPEN: 06/07 - 09/27 SATURDAY: 9:00 AM TO 12:00 PM  DATES OPEN: 06/07 - 10/25 SATURDAY: 8:00 AM TO 12:00 PM  DATES OPEN: 06/06 - 10/31 THURSDAY: 7:30 AM TO 12:00 PM  DATES OPEN: 06/08 - 10/19 SUNDAY: 10:00 AM TO 2:00 PM  |  |
| BALDWIN'S MAIN STREET MARKET  MAIN STREET BALDWIN, WI  HUDSON MARKET ON CARMICHAEL  777 CARMICHAEL RD HUDSON, WI  PLAZA 94 HUDSON THURSDAY MARKET  1800 WARD AVE HUDSON, WI  MARKET AT THE 45TH  1570 MADISON AVE NEW RICHMOND, WI  NEW RICHMOND HERITAGE CENTER  1100 HERITAGE DRIVE NEW RICHMOND, WI   | DATES OPEN: 06/07 - 09/27 SATURDAY: 9:00 AM TO 12:00 PM  DATES OPEN: 06/07 - 10/25 SATURDAY: 8:00 AM TO 12:00 PM  DATES OPEN: 06/06 - 10/31 THURSDAY: 7:30 AM TO 12:00 PM  DATES OPEN: 06/08 - 10/19 SUNDAY: 10:00 AM TO 2:00 PM  DATES OPEN: 05/24 - 10/25 SATURDAY: 8:00 AM TO 1:00 PM  |  |
| BALDWIN'S MAIN STREET MARKET  MAIN STREET BALDWIN, WI  HUDSON MARKET ON CARMICHAEL  777 CARMICHAEL RD HUDSON, WI  PLAZA 94 HUDSON THURSDAY MARKET  1800 WARD AVE HUDSON, WI  MARKET AT THE 45TH  1570 MADISON AVE NEW RICHMOND, WI  NEW RICHMOND HERITAGE CENTER  1100 HERITAGE DRIVE NEW RICHMOND, WI  Location - Washburn County                         | DATES OPEN: 06/07 - 09/27 SATURDAY: 9:00 AM TO 12:00 PM  DATES OPEN: 06/07 - 10/25 SATURDAY: 8:00 AM TO 12:00 PM  DATES OPEN: 06/06 - 10/31 THURSDAY: 7:30 AM TO 12:00 PM  DATES OPEN: 06/08 - 10/19 SUNDAY: 10:00 AM TO 2:00 PM  DATES OPEN: 05/24 - 10/25 SATURDAY: 8:00 AM TO 1:00 PM  |  |
| BALDWIN'S MAIN STREET MARKET  MAIN STREET BALDWIN, WI  HUDSON MARKET ON CARMICHAEL  777 CARMICHAEL RD HUDSON, WI  PLAZA 94 HUDSON THURSDAY MARKET  1800 WARD AVE HUDSON, WI  MARKET AT THE 45TH  1570 MADISON AVE NEW RICHMOND, WI  NEW RICHMOND HERITAGE CENTER  1100 HERITAGE DRIVE NEW RICHMOND, WI  Location - Washburn County  SPOONER FARMERS MARKET | DATES OPEN: 06/07 - 09/27 SATURDAY: 9:00 AM TO 12:00 PM  DATES OPEN: 06/07 - 10/25 SATURDAY: 8:00 AM TO 12:00 PM  DATES OPEN: 06/06 - 10/31 THURSDAY: 7:30 AM TO 12:00 PM  DATES OPEN: 06/08 - 10/19 SUNDAY: 10:00 AM TO 2:00 PM  DATES OPEN: 05/24 - 10/25 SATURDAY: 8:00 AM TO 1:00 PM  Information DATES OPEN: 06/14 - 10/04 |  |
| BALDWIN'S MAIN STREET MARKET  MAIN STREET BALDWIN, WI  HUDSON MARKET ON CARMICHAEL  777 CARMICHAEL RD HUDSON, WI  PLAZA 94 HUDSON THURSDAY MARKET  1800 WARD AVE HUDSON, WI  MARKET AT THE 45TH  1570 MADISON AVE NEW RICHMOND, WI  NEW RICHMOND HERITAGE CENTER  1100 HERITAGE DRIVE NEW RICHMOND, WI  Location - Washburn County                         | DATES OPEN: 06/07 - 09/27 SATURDAY: 9:00 AM TO 12:00 PM  DATES OPEN: 06/07 - 10/25 SATURDAY: 8:00 AM TO 12:00 PM  DATES OPEN: 06/06 - 10/31 THURSDAY: 7:30 AM TO 12:00 PM  DATES OPEN: 06/08 - 10/19 SUNDAY: 10:00 AM TO 2:00 PM  DATES OPEN: 05/24 - 10/25 SATURDAY: 8:00 AM TO 1:00 PM  |  |

# **SENIOR FARMERS MARKET NUTRITION PROGRAM (SFMNP)**

Senior Farmers Market Vouchers

| Location                      | Eligibility  |
|-------------------------------|--|
| ADRC of Northwest Wisconsin   | Polk and Burnett County residents age 60 or older (Native Americans age 55 or older)   |
| 877-485-2372                  | with certain income requirements may receive vouchers. Each eligible person may  |
| See Website for more details. | receive vouchers only once per year. Distributed annually, starting in June. Check ADRC website for additional details. Voucher packet, 1 per individual annually to purchase approved, locally grown vegetables, fruits, and herbs at approved farmers markets. |
|                               | *Availability, eligibility, and dollar amount may vary based on federal approval.  |
|                               | Please call the ADRC for income guidelines on or around June 1 each year.  |

Farmers Market Vouchers are distributed on a first come, first serve basis. The last day vouchers can be used is October 31 each year.

#### Information provided by the ADRC of Northwest Wisconsin

<u>This may not be an all-inclusive list of resources</u>. If you know of other options in the community, please send information <u>adrc@polkcountywi.gov</u>. Polk and Burnett County's reserve the right to decide whether or not the information provided will be included.

The information contained in the ADRC of NWWI Food Resource Guide should in no way be construed to constitute an endorsement of a company, organization, or its service; nor should exclusion be construed to constitute disapproval. The Aging and Disability Resource Center Northwest WI does not support or endorse the businesses and/or agencies, services or products listed in the publication.