

Feeding Price County

July 2009

Price County Health Department

UW Extension

104 South Eyder Avenue

Phillips, WI 54555

Phone: (715) 339-3054/ (715) 339-2555

Printable copies available under Diet and Nutrition at:

<http://www.co.price.wi.us/government/HealthDepartment/Default.htm>



HUNGER RESOURCE GUIDE

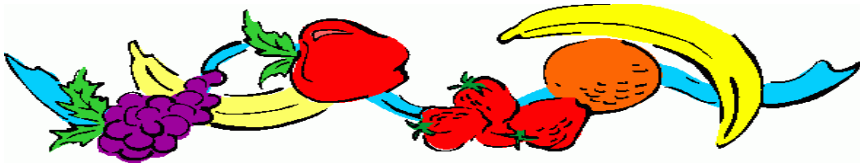


FOOD SERVICES AND
RESOURCES THROUGHOUT
PRICE COUNTY



TABLE OF CONTENTS

Community Gardens	1
Community Holiday Meals	2
Community Meals	3
Farmer's Markets	4
Food Pantries	5
FoodShare Program	6
Head Start	7
Kids Against Hunger	8
Nutrition Sites/ Home Delivered Meals	9
Peace-FULL Gathering	10
Reduced and Free School Lunches	11
Senior Farmer's Market Vouchers	12
SHARE	13
St. Vincent de Paul	14
The Salvation Army	15
WIC	16
Wisconsin Nutrition Education Program (WNEP)	17
Tips for Spending Less and Eating Better	18



SPEND LESS, EAT BETTER

- Weekly Shopping Plan: Divide grocery money into weekly amounts and only take the allotted money you plan to spend.
- Check Newspaper Ads: Watch for sale items and buy extras when prices are low.
- Check Your inventory: Check your refrigerator, freezer and cupboards for foods and supplies you have at home.
- Limit Convenience Food: The prices of convenience foods are higher and offer less nutrients.
- Plan Meals Around Specials: If ground beef and chicken are on sale plan meals that include beef and chicken.
- Compare Prices: Compare prices of fresh, frozen and canned fruits and vegetables. Net weight includes liquid in the can.
- Know Your Prices: Choose one or two stores with the best prices and be sure to check open markets.
- Plant a Garden: Grow your own fresh food while enjoying nature and getting physical activity.

COMMUNITY GARDENS

- Purpose: To teach people about gardening while giving them an opportunity to be able to raise their own food, help them learn about food preparation and preservation, encourage physical activity, and foster a sense of community among the gardeners.
- Eligibility: Everyone is eligible. There are ten plots located in both Phillips and Park Falls. Anyone can rent a plot for \$10.00 for the growing season.
- Contact: Price County UW-Extension
Agriculture and Natural Resources Agent
Mark Kopecky (715) 339-2555

COMMUNITY HOLIDAY MEALS

Purpose: To provide holiday meals while creating a sense of shared community. Home delivered meals are available for homebound and elderly individuals.

Eligibility: Everyone in the Park Falls area is eligible.

Contact: Brad and Nancy Dehmlow
(715) 762-8120

WISCONSIN NUTRITION EDUCATION PROGRAM

Purpose: To provide practical information about stretching the food dollar, providing your family with nutritious meals, and managing your food dollars.

Eligibility: Any limited income individuals or groups in Price County.

Contact: Price County U.W. Extension Office
Wisconsin Nutrition Education Program
104 South Eyder Avenue
Phillips, WI 54555
(715) 339-2555

WIC (Women, Infants and Children Nutrition Program)

Purpose: WIC is a special supplemental food program for pregnant women, women who are breastfeeding or recently postpartum and infants and children up to age five. WIC provides nutritious food, nutrition education and health care referrals.

Eligibility: Must be in eligible population category: pregnant, breastfeeding, postpartum or a child under age five and be income eligible.

Contact: Price County Health Department
104 South Eyder Avenue
Phillips, WI 54555
(715) 339-3054

Park Falls WIC Office
(715) 762-3125

Prentice WIC Office
(715) 428-2744

COMMUNITY MEALS

Purpose: To create a sense of shared community while providing nutritious meals with a goal of bringing the community together.

Eligibility: Everyone is eligible.

Contact: Prentice VFW Hall
935 Railroad Avenue
Prentice, WI 54556
(715) 428-2171

FARMERS MARKET

Purpose: To provide an opportunity for people to purchase farm fresh garden products direct from local famers. Market items vary by season and include vegetables, herbs, fruit, berries, meat, eggs, maple syrup, soap, cut flowers and plants.

Eligibility: Price County Farmers Markets are open to the public.

Contact: Phillips Farmers Market
Corner of Maple and Avon
Just North of Cops Food Center
Open every Saturday from Memorial Day Weekend into October from 9:00 a.m.-Noon and every Tuesday during the high season 3:00-5:30pm.

Southern Price County Farmers Market
BP/C-Store Parking Lot
W9149 US Highway 8
Catawba, WI 54515
Open every Saturday from July into October from 8:00a.m.-Noon

Visit www.pricecountywi.net/fm for specific dates and information about local farmers, products and more!

THE SALVATION ARMY

Purpose: The Salvation Army is a national and worldwide religious and charitable organization providing emergency and supplementary assistance to those in need. The most common services in Price County are food, shelter, medical, prescription, utilities, gasoline, clothing and transportation.

Eligibility: Eligibility is determined by the Salvation Army. To determine eligibility for services, call the contact person below.

Contact: Jean Klimowski, Chairman
W10607 W. Skinner Creek Road
Phillips, WI 54555
(715) 332-5329

ST. VINCENT DE PAUL

Purpose: Religious organization providing emergency food, shelter, and other emergency supplies.

Eligibility: Eligibility is determined by St. Vincent de Paul members. To determine eligibility, call contact below.

Contact: (715) 339-1992

FOOD PANTRIES

Purpose: To provide emergency food supplies.

Eligibility: Open to those in need. Some food pantries require a referral and others are on a walk-in basis.

Contact: Trinity Lutheran Church
Phillips, WI 54555
Contact Price County Human Services for a referral:
(715) 339-2158

Trinity Lutheran Church
Prentice, WI 54556
Dorene Conner (715) 428-2388
(Open at 9:00 a.m. / 2nd Wednesday of the month)

The Lord's Cupboard – First Congregational Church
Park Falls, WI 54552
(Open Wednesday and Saturday, 10:00-12:00; Closed
5th Wednesday and Saturday)

Bethel Lutheran Church Basement
Hawkins, WI (715) 585-2303
1st & 3rd Monday and Wednesday 9:30-11:30 and 4-6pm

St. Vincent de Paul
134 S. Avon Phillips. WI 54555 (715) 339-6992
Tuesday 10-12 and Saturday 10-12

FOODSHARE PROGRAM

Purpose: FoodShare Wisconsin was created to help stop hunger and to improve nutrition and health. Formerly known as the Food Stamp Program, FoodShare helps people with limited money buy the food they need for good health. Each month, people across Wisconsin get help from FoodShare. They are people of all ages who have a job but have low incomes, are living on small or fixed income, have lost their job, retired or are disabled and not able to work.

Eligibility: Individuals and families at or below 200% of the FPL (Federal Poverty Level) may qualify for FoodShare benefits. Eligibility is determined on income and family size. These amounts are based on federal guidelines which increase each year. You may find the FPL each year by going to Wisconsin's website www.wisconsin.gov and searching for Federal Poverty Level.

Contact: If you want to find out if you can get FoodShare benefits, you can apply online at access.wi.gov. Click on the "Apply For Benefits" tool. This tool will let you submit an application to the local county or tribal office.

You may also apply with your local Department of Human Services in person or by telephone by calling 715-339-2158 and asking for Economic Support intake.

SHARE

Purpose: SHARE is a nonprofit food buying club that offers good, nutritious products at reduced cost through a volunteer-run, community-based distribution system. SHARE is not a federally funded program and encourages individuals of all income levels to participate.

Eligibility: Everyone is eligible. Minimum order is \$15.00 with a savings of 30-50% with many package options.

Contacts: Catawba
St. Paul's Church
W9485 US Highway 8
Catawba, WI 54515
Cathy Peterson (715) 474-3477
(Call Evenings)

Park Falls/ Butternut
Park Falls Automotive
1215 4th Ave. North
Park Falls, WI 54552
(715) 762-1911 (Ask for John)

Prentice
Village Hall/ Fire Station
1107 Railroad Avenue
Prentice, WI 54556
Judy Erdmann (715) 428-2038
Call Mon-Fri 8:30am-4:00pm

Tripoli Community Room (Old Fire Barn)
N12071 Fire Barn Road
Tripoli, WI 54564
(715) 564-2597

SENIOR FARMER'S MARKET VOUCHERS

Purpose: To give seniors the opportunity to use coupons provided by the state of Wisconsin to purchase fresh grown fruits and vegetables.

Eligibility: Must be sixty years of age or older and a resident of Price County. Must provide certification that household income is at or below 185% of the federal poverty guideline.

Contact: Barbara Lofthus, Manager-Supervisor
Price County Aging Unit
(715) 339-2158

HEAD START

Purpose: Head Start is a federally-funded, comprehensive, quality preschool program that provides learning experiences and a strong support network for low-income families of preschool children. Head Start provides children with high nutrient meals that are low in fat, sugar and salt.

Eligibility: Applications available online at:
<http://familyforum.org/headstart/application.html>

Contact: 403 Center Street
Prentice, WI 54556
(715) 428-2127

KIDS AGAINST HUNGER

Purpose: Kids Against Hunger is a non-profit organization with the mission to significantly reduce the number of starving children in the USA and to feed starving children throughout the world. Volunteer food packing satellites are set up throughout the USA; Price County is one of the many participating counties.

Eligibility: Rice based food packages created by this program can be found at local food pantries throughout the county.

Contact: For more information and volunteer opportunities contact:
Audrey Williams
(715) 762-3434

REDUCED PRICE OR FREE SCHOOL LUNCH

Purpose: All Price County School Districts offer reduced price and free school lunches to children who meet the income guidelines, making lunches more affordable.

Eligibility: Contact your child's school district to obtain an application for free or reduced price lunches.

Contact: Prentice School District
1025 Town Street
Prentice, WI 54556
Randall Bergman (715) 428-2811

Phillips School District
990 Flambeau Avenue
Phillips, WI 54555
Heather Soukup (715) 339-2419
Application also available on school website:
<http://www.phillips.k12.wi.us/documents.cfm>

Chequamegon School District
400 9th Street North
Park Falls, WI 54552
(715) 762-2474

PEACE-FULL GATHERING

Purpose: To reach out to the community by welcoming people to a free home cooked meal on the last day of every month.

Eligibility: Everyone is eligible. Free meals will be provided every last day of the month beginning September 30th, 2009 at 5:30 pm.

Contact: Basement of Peace Lutheran Church
(715) 762-4541

NUTRITION SITES/HOME DELIVERED MEALS

Purpose: To provide nutritious meals containing one-third the daily requirements.

Eligibility: Nutrition Sites: Persons over 60 years of age and older, or married to someone 60 years or older.

Home Delivered Meals: Must be verified as homebound

Contacts:

Brantwood	(715)564-2569
Catawba/Kennan	(715)474-3325
Ogema	(715)767-5130
Park Falls	(715)762-7457
Phillips	(715)339-2631
Prentice	(715)428-2565