

Stretching Food Dollars



Many families are concerned about the rising costs of food and other essential services in their lives. More and more people are finding that at the end of the day there is not much money left for food. Please find the following tips and resources that will help you get more out of the money you do have left.

Plan meals and snacks for several days.

Check for food you have already and what you will need. (Also look for coupons and ads for local stores.)

Write a grocery list and sale prices next to items on your list.

At the Store stick to your list and compare prices.

At Home handle and store food properly to reduce waste.

Access is a quick and easy way for people in WI to determine what health & nutrition programs are available to them.

www.access.wisconsin.gov



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Crawford County Food Resource Guide

2017



**Find resources to help
get the nutrition you
and your family need.**

Food & Nutrition Resources



If you are finding less money at the end of the pay check for food, you are not alone. The following programs may be able to help!

FoodShare Program

The FoodShare is a nutrition assistant program designed to help individuals and families buy nutritious foods when money is tight. Monthly benefit amounts are based on net income and household size. For more information and to apply, call **888-794-5780**.

You can also go to access.wisconsin.gov to determine your eligibility.

Free/Reduced School Meals

Free and reduced priced breakfast and lunch programs are available at Crawford County Schools. Contact your child's school for income guidelines and an application.



Elderly Nutrition Programs

Senior dining meal sites and home delivered meals are provided to help older persons remain healthy, active and independent. For more information or current locations and mealtimes call the Aging and Disability Resource Center at **608-326-0235**.

Nutrition Program for Women, Infants & Children (WIC)

WIC provides supplemental nutritious foods, nutrition and breastfeeding information, and referral to other health and nutrition services to pregnant women and infants and children under five years. For more information contact the SWCAP WIC program at **1-800-704-8555** or **608-935-2326**.

FoodWise Program

FoodWise helps families improve their food security through education. Families of individuals who receive FoodShare (or who are eligible) can learn through nutrition education provided by FoodWise. For more information, contact the Crawford County UW-Extension Office at **608-326-0223**.

Emergency Food Resources / Food Pantries

Individuals with an emergency need may access food pantries once a month. Crawford County Food Pantry information is listed below.

Bargain Boutique/CouleeCap
200 East Blackhawk, Prairie du Chien
608-326-2463

Gays Mills Food Pantry
120 Sunset Ridge, Suite 122., Gays Mills
608-734-3217

Mobile Food Pantry/Second Harvest
Gays Mills Community Bld.
608-735-4690

For pantry hours and more information go to <http://crawford.uwex.edu/nutrition-education-2/resources/> or call **608-326-0223**.

