

Rock County Food Resource Guide



brought to you by



United Way's First Call
a program of Stateline United Way and
United Way of North Rock County



United Way's First Call
205 N. Main Street, Suite 101
Janesville, WI 53545

(608) 752-3100

www.firstcallrock.com

GIVE. ADVOCATE. VOLUNTEER.
LIVE UNITED. 

GIVE. ADVOCATE. VOLUNTEER.
LIVE UNITED. 

FARMERS MARKETS

Check with your local food pantry for availability of food vouchers for the farmers market in your area.

Beloit:

Downtown Beloit Farmer's Market

300 State St.
Beloit, WI 53511

Phone: (608) 365-0150
Hours: Sat, 8am - 1pm. Every Saturday during the summer, beginning May 17, 2008.
Local vendors selling locally grown produce, organics, jams, jellies, honey, fresh squeezed juices, baked goods, fish, meat, cheese and eggs.

Clinton:

Clinton Farmer's Market

102 Allen St.
Clinton, WI 53525
Hours: Sat, 8am - 12 noon. May 31 until end of October.
Intake procedure: Register with Clinton Junction to sell.

Farmer's Market, 100 block Allen St., downtown Clinton, working with Clinton Chamber of Commerce. Vendors selling farm produce and locally produced items, arts and craft, etc.

Edgerton:

Edgerton's Henry Street Farmer's Market

Downtown Edgerton on Henry St.

Hours: Thursdays, 2pm—6pm, June 5 thru October 30th.
Phone: 921-1601

Janesville:

Janesville Farmer's Market

100 N. Main St.
Hours: Sat, 8am - 12 noon. May 31 until end of October.
Phone: 758-9359

Clinton Farmer's Market

Category Index

Farmers Markets2

Food Banks4

Food Pantries5

Food Stamps11

Home Delivered Meals12

Meal Sites16

Mobile Meal Sites22

Nutrition23

Seasonal26

SHARE30

SHARE

Food Co-op.

SHARE participants receive nutritious grocery package every month that is affordable, basic and consistent, can select the items they would like. Items included: meat, poultry, fresh fruit, fresh vegetables and staples.

S.H.A.R.E. - Beloit

1 Eclipse Center (Center Court)
Beloit, WI 53511

Phone: (608) 365-5837
Hours: 4th Sat, 6am - 7:30am.
Eligibility Requirements:
Fees: \$15.00 or \$25.00 per month,
plus 2 hours of Community
Service. Cost can vary.

S.H.A.R.E. - Janesville

C/O Labor Temple
1605 Center Ave.
Janesville, WI 53548

Phone: (608) 754-4433
Hours: 4th Sat, 9am – 12 Noon
Eligibility Requirements:
Fees: \$15.00 or \$25.00 per month,
plus 2 hours of Community
Service. Cost can vary.

S.H.A.R.E. - Milton/Edgerton

20 Parkview Dr.
Milton, WI 53563

Phone: (608) 868-2005
Hours: Mon - Fri, Answering
machine. Distribution 4th Saturday
of the month @ 7am - 8am at the
Milton Community Center
Eligibility Requirements: 2 hours of
community service
Fees: \$15.00 or \$25.00 per month,
plus 2 hours of Community
Service. Cost can vary.
Intake procedure: To apply on 3rd
& 4th day of the month and sign up
following week.

Milton:

Milton Country Market
Goodrich Park, Highway 26 and
Park St.

Hours: 2nd Saturday, May until
end of October.

Phone: 868-6222

County Wide:

Senior Farmers' Market Voucher Program

3328 Hwy 51 North
Janesville, WI 53545

Phone: (608) 757-5474

Hours: See Details.

Eligibility Requirements: See
Details.

What: A federal program which
provides vouchers to eligible
seniors age 60 and over to
purchase fresh Wisconsin grown
fruits & vegetables at area farmers'
markets and roadside stands.

Who: To be eligible, seniors
must have an annual household
income of no more than \$18,889
for one person or \$25,329 for two
people.

Where: There are four locations
where vouchers will be distributed.
The number of vouchers is limited,
so they will be distributed on a first
come, first served basis.

**PLEASE BRING PROOF OF AGE*
AND INCOME****

* A driver's license or state-issued
ID

* A pay stub, social security
statement or tax return.

FOOD BANKS

Second Harvest Food Bank

2802 Dairy Dr.
Madison, WI 53718-9121

Phone: (608) 223-9121
Hours: Mon - Thurs, 9am – 3pm.
Fri, 9am – Noon. Shopping hours,
Mon – Fri, 8am – 4:30pm.

Provides food to nonprofit agencies, shelters, food pantries, soup kitchens and programs that provide food to needy individuals and families in 16 southern Wisconsin counties. Agencies must be federal tax exempt and certified 501 c3 by the IRS.

Intake procedure:

* Annual garden plots are available May 2 through the end of October.

* A rental fee is charged to help defray maintenance, tilling and development costs (\$25.00/plot).

* The garden plots are approximately 500 square feet. Corners of each garden will be marked.

* Garden plots are rented for one year.

- Space is limited. Plots will be rented on a first come-first serve basis.

will be provided to the first 100 families that request them.

Edgerton Community Outreach Thanksgiving Dinner

St. John's Lutheran Church
207 E. High St.
Edgerton, WI 53534

Phone: (608) 884-9593

Hours: Thur, Nov. 22 from
11:30am - 12:30pm.

Eligibility Requirements:

Fees: The meal is free to all individuals and families, as is delivery to the homebound.

Intake procedure: To reserve a seat, request meal delivery, or volunteer to assist during meal delivery, call Outreach.

Meal site is St John's Lutheran Church, or meals can be delivered. On the dinner menu once again is turkey, mashed potatoes, gravy, green bean casserole and various salads and desserts, including numerous varieties of pie.

Reservations are recommended but not required.

Evansville:

AWARE - Easter Basket Program

209 S. First St.
Evansville, WI 53536

Phone: (608) 882-9900

Participating families will receive a package that includes the items for a complete Easter dinner and candy-filled eggs for each of their children.

UW - Extension Rock County Farm Community Garden Program

Highway 14

Janesville, WI 53545 Phone: (608) 757-5694

Hours: Office Hours: Mon - Fri,
8am - 5pm Tue-Th-Fri 12-1
Closed

FOOD PANTRIES

Beloit:

Caritas Inc.

1175 Madison Rd.
Beloit, WI 53511-4161

Phone: (608) 362-4403

Hours: Mon - Fri, 9am - 2:30pm

Food Pantry is open to clients from 1pm - 2:30pm, Mon - Fri. Must show greater Beloit residency verification. Can use only one (1) time per month, twelve (12) times a year. Food is available to HIV households as needed.

If visitors to Caritas Food Pantry do not have a ride home after obtaining food, we can provide public bus service home.

C.A.R.E.

Central Christian Church
2460 Milwaukee Rd.
Beloit, WI 53511

Phone: (608) 362-7663

Hours: Wed, 9am - 11:30pm.

Eligibility Requirements: First 35 families are served. Those that attend Church on Sunday are and receive a voucher for the food pantry are guaranteed food.

Cornerstone Church of God Food Pantry

322 Olympian Blvd.
Beloit, WI 53511

Phone: (608) 362-7547

Hours: Mon - Fri. 9am - 3pm.

Must bring social security card (not just the number) for everyone in the household that will be benefiting from the food.

Faith Builders Operation Care (Food Pantry)

Faith Builders International
2170 Murphy Woods Rd.
Beloit, WI 53511

Phone: (608) 365-9131

Hours: Sat, 11am - 2pm.

Eligibility Requirements:

Identification with proof of address.

Intake procedure: Must interview with a church member.

Persons are limited to use pantry once a month. Pantry is located directly behind the service facility.

New Zion Baptist Food Pantry

1905 S. Mound Ave.
Beloit, WI 53511

Phone: (608) 362-7703
Hours: Thursday 1pm - 2:30pm.
Eligibility Requirements:
Intake procedure: Need some form of identification.

People's Church Food Pantry

340 W. Grand Ave.
Beloit, WI 53511

Phone: (608) 362-7556
Hours: Food Pantry - Thursdays,
10am - 3pm

Pentecostal Tabernacle Church

1648 Wisconsin Ave.
Beloit, WI 53511

Phone: (608) 362-4665
Hours: See Details.
Eligibility Requirements: everyone is welcome
Fees:
Intake procedure:

Sunday; 9am – breakfast

Everyone is welcome to the Sunday breakfast. They do have a van and will be able to provide rides to services.

Salvation Army

628 Broad St.
Beloit, WI 53511

Phone: (608) 365-6572
Food Pantry hours are Monday, Tuesday & Friday; 9:30am - 11:30am. The pantry is closed on Wednesday and Thursday. Proof of Income and I.D. is required. Call before you come.

Clinton:

Clinton Food Pantry/Christ

Lutheran Food Pantry

300 High St.
Clinton, WI 53525

ECHO's Annual Thanksgiving Baskets

Faith Lutheran Church
2116 Mineral Pt. Rd.
Janesville, WI 53548

Phone: (608) 754-1116
Hours: SEE DETAILS
Eligibility Requirements: Low income individuals or families
Fees: free
Intake procedure: Names submitted by church, school, or agency. May also apply at ECHO.

DISTRIBUTION: The Saturday before Thanksgiving, 7am - Loading at the W. Court St. Sentry and Set-up at Faith Lutheran Church, 2116 Mineral Point. 8am - Packing begins at Faith Lutheran. 10am - Distribution at Faith Lutheran. Volunteers will escort people and carry groceries to their cars. Turkey and fixings for a Thanksgiving meal and dessert are included.

ECHO's Annual Christmas Dinner

St. William's Catholic Church
1312 Ravine St.
Janesville, WI 53548

Phone: (608) 754-5333
Hours: Christmas Day; December 25, 11am - 1pm.
Eligibility Requirements: Janesville Community resident
Fees: free dinner, to entire Janesville community
Intake procedure:

Christmas Dinner, open to the entire community.

Edgerton Community Outreach & Food Pantry Easter Baskets

106 S. Main St.
Edgerton, WI 53534

Phone: (608) 884-9593
Hours: Mon, Tue, Thur, Fri, Sat, 10am - 2pm; Wed 1pm - 6pm.

Easter Candy Baskets will be distributed to children through 8th grade, and Easter food baskets

SEASONAL

Beloit:

Merrill Park Community Garden 2008

Corner 5th and Merrill Sts.
Beloit, WI 53511

Phone: (608) 289-8500

Caritas' Annual Thanksgiving Baskets

1175 Madison Road
Beloit, WI 53511-4161

Phone: (608) 362-4403

Hours: See Details

Eligibility Requirements: Beloit
area residency.

Overflowing Cup

Josiah's Place
306 State St.

Phone: 365-0365

Contact for information on their
Holiday Dinners schedule.

Salvation Army - Beloit

628 Broad St.
Beloit, WI 53511

Phone: (608) 365-6572

Christmas BASKET AND TOYS:
Proof of income, I.D. and that you
are parent/guardian of each child
under 12 years of age is required.

Clinton Community Outreach

River of Life Methodist Church
Clinton, WI 53525

Phone: (608) 362-8866

Hours: Contact The River of Life
United Methodist Church Beloit

Eligibility Requirements: Live within
Clinton School District, emergency
need

Provide food baskets at Christmas,
and gift baskets for children with
prior notice. Thanksgiving food
baskets are provided on a need
basic.

Refer to Christ Lutheran Food
Pantry if outside of Clinton School
District.

Phone: (608) 676-4994

Hours: By Appointment. Mon - Fri,
9am - 11am

Eligibility Requirements: As need
and resources/ supplies allow.

Individual services depend on our
stacks, size of family,
circumstances surrounding the
request etc.

Local area request are referred to
Clinton Outreach for first service.

The government Commodity
Program for Clinton is also
administered bi-monthly from our
church under the name of Clinton
Food Pantry.

Clinton Community Outreach

River of Life Methodist Church
Clinton, WI 53525

Phone: (608) 362-8866

Hours: Contact The River of Life
United Methodist Church Beloit

Eligibility Requirements: Live within
Clinton School District, emergency
need

Emergency food supply; will meet
client at convenient location to
deliver the food.

Refer to Christ Lutheran Food Pantry
if outside of Clinton School District.

County Wide:

Harvesters Church of Rock County

4138 Cemetery Rd.
Janesville, WI 53548

Phone: (608) 755-5707

Hours: Food pantry: 3rd Friday of
the month, 11am - 2pm.

Must present an ID.

Delavan:

Delavan Food Pantry

714 E. Walworth Ave.
Delavan, WI 53115

Phone: (262) 728-6567

Hours: Sat, 9am - 10:30am.

Eligibility Requirements: Resident
of Delavan/Darien, on first visit
bring a bill or piece of mail that is

stamped and has address on it, salary receipt, etc.

Fees: None

Intake procedure: Interview, answer questions

Provides food. Enter through marked entrance in church basement.

Edgerton:

Edgerton Community Outreach & Food Pantry

106 S. Main St.
Edgerton, WI 53534

Phone: (608) 884-9593

Hours: Mon, Tue, Thur, Fri, Sat, 10am - 2pm; Wed 1pm - 6pm.

Intake procedure: Screening by Out Reach worker.

The Food Pantry Program assists families in need with non-perishable food and perishable food vouchers

Evansville:

Evansville Ecumenical Care Closet

206 S. Madison
Evansville, WI 53536

Phone: (608) 882-4532

Hours: Tue & Thurs, 12- 5pm. Sat, 9am-12pm.

Eligibility Requirements: Need proof of income, and need I.D. with proof live in Evansville School district.

Food and clothing provided.

Janesville:

Bethel Baptist Church Food Pantry

3300 Mt. Zion Ave
Janesville, WI 53546

Phone: (608) 754-8711

Hours: Sat, 9am - 10:30a.m.

Some form of identification required for food pantry.

Church Of The Nazarene Food Pantry

1710 Randolph Rd.

Supplemental Food and Nutrition Program for Women, Infants, and Children.

Nutrition and Health Associates Janesville

32 E. Racine St.
Janesville, WI 53546

Phone: (608) 754-3722

Hours: Mon., Tue., Thur., 8am - 4:15pm, Wed, 8am - 6pm, Fri 8am - 2pm

Eligibility Requirements: Eligibility is program specific.

Supplemental Food and Nutrition Program for Women, Infants, and Children (WIC)

JANESVILLE - Faith Lutheran Church, 2116 Mineral Point Ave. Serves at 12 noon.

Riverview Heights, 930 N. Washington St., Serves at 11:30am.

MILTON - The Gathering Place, 715 Campus Lane. Serves at 12 noon.

UW - Extension Nutrition Education Program

BELOIT

63 Eclipse Center
Beloit, WI 53511

Phone: (608) 363-6271

Hours: Mon - Fri, 8am - 5pm

JANESVILLE

Rock County Court House
51 S. Main St.
Janesville, WI 53545

Phone: 757-5694

Hours: Mon – Fri, 8am – 5pm

Eligibility Requirements: Parents with children, Limited income, or Food Stamp eligible persons.

Intake procedure: Call. A return call will set first appointment.

Staff are available for house calls.

The Nutrition Education Program provides research based information to adults and youth so they can get the most value for the money spent, reduce diet related health risks, and reduce depending on outside help. The specific subjects include how food affects you, feeding infants and children, stretching food dollars, simple budgeting, food preparation, kitchen cleanliness.

WIC

**Nutrition and Health Associates
Beloit**

46 Eclipse Center
Beloit, WI 53511

Phone: (608) 362-1566

Hours: Mon Wed Thu Fri, 8am - 4:15pm. Tue, 8am - 6pm

Eligibility Requirements: Eligibility is program specific

Janesville, WI 53545

Phone: (608) 752-1323

Hours: 1st Monday; 2nd & 4th Tues, at noon.

ECHO, Inc.

65 S. High St.

Janesville, WI 53548

Phone: (608) 754-5333

Hours: Food Pantry, 9am—11am.

Eligibility: Apply at Echo before receiving services.

Love INC of Rock county

Bare Necessities Pantry

PO Box 62

Janesville, WI 53548

Phone: (608) 531.1880

Hours: Monday-Thursday, 9am-noon .

Eligibility: Call for service.

Midwest Christian Center

336 N. Jackson St.

Janesville, WI 53548

Phone: (608) 755-1750

Hours: Call for times and dates.

Salvation Army

514 Sutherland Ave.

Janesville, WI 53545

Phone: (608) 757-8300

Hours: Monday-Friday, 10am –4pm.

Eligibility: Must make application for services in person.

Milton:

Milton Community Action Food Pantry

36 Hilltop Drive

Milton, WI 53563

Phone: (608) 868-1166

Hours: Wed 9am - 11am, 2pm - 4pm for donations and distribution, 1st Mon 6pm - 7:30pm for donations and distributions.

Food Pantry location is north of the Post Office.

Orfordville:

Orfordville Food Pantry C.U.P.

Orfordville Lutheran Church
210 N. Main St.
Orfordville, WI 53576

Phone: (608) 879-2575

Hours: Thur, 9-11am.

Eligibility Requirements: Anyone that has a need for a monthly supply of food, everyone is required to show proof of income and residency.

Fees:

Intake procedure: Application must be filled out on Thursdays 9-11 am.

Churches United for People food pantry is a project of churches and other organizations in its service area.

Stateline Area:

Rockton Township General Assistance

1315 N. Blackhawk Blvd.
Rockton, IL 61072

Phone: (815) 624-7788

Hours: Mon - Thu, 8:30am -4:30pm
Fri 1pm - 4:30pm. Closed 12 noon to 1 pm.

General Assistance provided in shelter, food, medical, and utilities. LIHEAP applications for residents of Rockton, Roscoe, South Beloit.

St. Peter's Catholic Parish Food Pantry

325 Oak Grove Ave.
South Beloit, IL 61080

Phone: (815) 389-9995

Hours: Every Wednesday 6pm-7pm.

Eligibility Requirements: South Beloit, IL. Residents.

Food pantry is located at the St. Peter's Parish Center/Bingo Hall: 325 Oak Grove Ave, South Beloit, IL., every Wednesday, 6pm - 7pm. Must have ID and is restricted to people from South Beloit.

NUTRITION

Nutrition Program – Council on Aging

3328 U. S. Hwy 51 North
Janesville, WI 53545

Phone: 757-5474

Hours: Mon – Fri, 8am – 5pm.

Meal served at 12 noon., see list for locations.

Intake Procedure: Reservations required, call no later than noon of the prior business day.

Eligibility Requirements: Must be 60 years of age or older, or be spouse of a senior.

Eight "Golden Diners" sites operate throughout the county, serving noon meals Monday through Friday. Suggested donations of \$3.25 for persons age 60 and over, to offset the actual cost of the meal.

Home delivered meals suggested donation \$3.65.

RESERVATIONS must be called in at 608.757.5474 by noon the previous day. Diabetic substitutes are available upon request.

(Reservations for Monday need to be made by Friday at Noon.)

Rides may be provided to some meal sites, please call 757-5474, the day before, to inquire and request rides.

Also, Diabetic substitutes available upon request.

Nutrition Site Locations:

BELOIT

Grinnell Hall, 631 Bluff St., Serves at 1:45am.

Olympian Senior Apartments, 431 Olympian Blvd., Serves at 11:45am.

Scoville Apartments, 545 Public Ave., Serves at 11:30am.

CLINTON

Clinton Senior Center, 508 Front St., Serves at 12 noon.

EVANSVILLE - Community Center, 320 Fair St. , Serves at 11:45am.

MOBILE MEAL SITES

In partnership with a member agency, food from the Second Harvest warehouse is trucked to a neighborhood site at a prescheduled time for immediate distribution to residents.

Beloit

Love for Children
People's Church
340 W. Grand Ave.

Phone: 608.247.1153

Hours: 4th Monday of the month,
10am.

Intake Procedure: The first time you use the Mobil Pantry arrive early to pick up a number for that day and you also pick a number for the next month.

Salvation Army
628 Broad St.

Phone: 608.365.6572

Hours: **2nd Monday of the month.**

Monthly mobile food pantry program for residents of Beloit, Clinton, Orfordville, Rockton, Roscoe, and South Beloit. Must Register at the Salvation Army and pick a number, time depends on the number you pick.

Janesville

Church of the Nazarene
1710 Randolph Rd.

Phone: 608.755.0514

Hours: **1st Monday of the Month.**

The first time you use the Mobil Pantry arrive early pick up a number for that day and you also pick a number for the next month.

ECHO

1301 Craig Center
Janesville, WI 53545

Phone: 754-5333

4th Wednesday of the month.

Rock County Fair grounds. 10am.
Must pre register at Echo and pick a number,

FOOD STAMPS

1900 Center Ave.
Janesville, WI 53546

Phone: (608) 741-3488

Hours: Mon – Fri, 8am – 5pm

The FoodShare Program provides persons and families who have little money or savings to buy the food they need for good health. Most grocery stores participate in the program.

An eligible individual must:

- * Be a citizen or eligible alien
- * Be willing to register for work unless exempt.

Household assets:

- * Must generally be less than \$2000
- * Households with at least one member age 60 or older may have assets up to \$3000
- * Categorically eligible households do not have an asset limit

Household income must be within 130% of Federal Poverty Level.

FoodShare benefits can be used for food and for plants and seeds for home food gardens, but may not be used for alcoholic beverages, tobacco products, pet food, soap or paper products, or any other non-food items.

HOME DELIVERED MEALS

Beloit:

Meals on Wheels

424 College st
Beloit, WI 53511

Phone: (608) 362-3683

Hours: Mon - Fri 8am - 4pm

Eligibility Requirements: Home bound, unable to shop or cook for self - no one available to cook or shop.

Fees: Donation: Hot Meal \$6.50, Cold meal \$4.00. Plus request donation \$4 for hot, \$2 for cold.

Intake procedure: Call office for assessment.

Beloit Meals On Wheels delivers hot, nutritious meals during the noon hour, 7 days a week and can deliver a cold supper at the same time if refrigeration is available to the client. Meals are delivered to the elderly, the sick and the handicapped in the Beloit area. Payment is due by the 15 of each month. Meals for the program are prepared by the Beloit Rehabilitation Center. To begin service call (608) 362-3683.

Please call 24 hours in advance if possible. No one is denied meals if unable to pay!

Clinton:

Meals on Wheels - Clinton

Clinton Senior Center
508 Front St.
Clinton, WI 53525

Phone: (608) 757-5474

County Wide:

Meal Magic

Janesville, WI 53546

Phone: (608) 754-5833

Hours: Mon - Fri, 9am - 5pm.

Eligibility Requirements:

Fees: \$289.50 for 30 meals. Free to qualifying individuals per caseworker.

Intake procedure:

Milton:

The Gathering Place

715 Campus St.

Phone: (608) 743-7211

Eligibility Requirements: 60 years of age to participate in the nutrition program.

Fees: Donations

Rock County Council on Aging Senior Nutrition Program Congregate Meal Site. Serves a hot nutritious meal daily Mon. - Fri. at noon.

Reservations are required and are made by calling 757-5474 before 1:00 p.m. the day before you plan to attend.

Rock County Council on Aging Senior Nutrition Program Congregate Meal Site. Serves a hot nutritious meal daily Mon. - Fri. at noon. Reservations are required and are made by calling 757-5474 before 1:00 p.m. the day before you plan to attend.

Janesville School District Summer Meal Program Food Services

811 N. Pine St.
Janesville, WI 53548
Phone: (608) 743-7211

Janesville School District is sponsoring a summer food service program for children 18 years of age and younger. This is to ensure that children in low-income areas could continue to receive nutritious meals during summer vacation.

A FREE breakfast will be available at Jackson School June 15 through July 10, 2009, from 9:30am and 10:30am.

A FREE sack lunch will be available at the Boys and Girls Club from June 15 through August 20, 2009, from 11:45 to 2pm.

A FREE lunch will be available at Wilson School June 15 and July 10, 2009, between 11:45am and 12:45pm for Camp Wilson attendees; and between 12:45pm and 1:45pm, for any student NOT attend Camp Wilson.

Midwest Christian Center

336 N. Jackson St.
Janesville, WI 53548

Phone: (608) 755-1750
Hours: Free community meal 2nd Saturday of every month.

Salvation Army

514 Sutherland Ave.
Janesville, WI 53545

Phone: (608) 757-8300
Free community meal, Monday - Friday at 12 noon.

30 home cooked meals delivered each month. Low salt and diabetic meals available. Suggested monthly menus, vegetables may be substituted.

Seattle Sutton's Healthy Eating

2100 E. Milwaukee St.
Suite 11
Janesville, WI 53545

Phone: (608) 743-4868
Hours: Mon. & Thurs. 3pm-7pm
Intake procedure: Place your order by 7pm on Thursday evening for the following week's food.

Seattle Sutton's Healthy Eating is an innovative approach to eating. Provides people with meals - not frozen or dried - for an entire week (7 breakfasts, 7 lunches, 7 dinners, 21 total). Calories and sodium restricted, and low in fat and cholesterol, SSHE follow the guidelines set by health and nutrition experts.

Does not operate on a contractual basis - you decide when you want to order. Long-Term commitment or startup dues, weekly counseling sessions, or meetings.

Benefits of Seattle Sutton's Healthy Eating

- *Delicious, wholesome meals for an entire week
- *Delivery available - 2 time weekly
- *Calorie controlled, sodium restricted, low in fat and cholesterol
- *No planning, shopping or cooking
- *No long-term commitment

Payment is due when order is placed.

Portion	Calorie Count	Price
Regular per	1200 per day	\$129.00 per week
Hearty	2000 per day	149.00 per week

Delivery \$12.00 extra per week
Extended Area Delivery \$15.00
extra per week

Edgerton:

**Meals on Wheels - Edgerton
Hospital & Health Services**
313 Stoughton Rd.
Edgerton, WI 53534

Phone: (608) 884-3441
Hours: 7 days a week
Eligibility Requirements: Must live
in the city limits of Edgerton.
Fees: \$3.75 per meal.
Intake procedure: Call Dietary to
sign up

Home Delivered.

Evansville:

Meals on Wheels - Evansville
c/o Evansville Senior Center
320 Fair St.
Evansville, WI 53536

Phone: (608) 757-5474
Hours:
Eligibility Requirements:
Fees: Suggested donation \$3.65
Intake procedure: Call for
information.

Evansville Meals on Wheels is part
of the Rock County Council on
Aging Nutrition Program and are
delivered Monday - Friday. It is
operated with the assistance of the
Evansville Primetimers. To
request meal deliveries, call Ranee
at the Rock County County on
Aging, (608) 757-5474.

Janesville:

Meals on Wheels
1000 Mineral Pt. Ave.
Janesville, WI 53545

Phone: (608) 756-6077
Hours: Mon - Fri, 9am - 4:30pm
Eligibility Requirements: No age
limit
Fees: \$3.50 per meal
Intake procedure:

Reservations are required and are
made by calling or 757-5474
before 1:00 p.m. the day before
you plan to attend.

Janesville:

**Cargill United Methodist Church
Meal Site**

2000 Wesley Ave.
Janesville, WI 53545
Phone: (608) 752-0548
Hours: 3rd Sat, 4pm.

Free community meal.

ECHO Community Meal

St. Johns Lutheran Church
302 N. Parker Dr.
Janesville, WI 53545

Phone: (608) 754-5333
Hours: Last Sat, 12 noon.
Eligibility Requirements: Low
income Janesville residents
Fees:

Intake procedure:
We serve about 100 people lunch
at 12 noon on the last Saturday of
every month. The churches
belonging to ECHO provide the
teams to bring in the food, serve it,
and clean up afterwards.

Faith Lutheran Church

2116 Mineral Point Ave.
Eligibility Requirements: 60 years
of age to participate in the nutrition
program.

Fees: Donations
Rock County Council on Aging
Senior Nutrition Program
Congregate Meal Site. Serves a
hot nutritious meal daily Mon. - Fri.
at noon. Reservations are
required and are made by calling
757-5474 before 1:00 p.m. the day
before you plan to attend.

Riverview Heights

930 N. Washington St.
Eligibility Requirements: 60 years
of age to participate in the nutrition
program.
Fees: Donations
Serves a hot nutritious meal daily
Mon. - Fri. at 11:30.

Clinton:

Clinton Senior Center

508 Front St.

Clinton, WI 53525

Phone: (608) 676-4600

Eligibility Requirements: 60 years of age to participate in the nutrition program.

Fees: Donations

Rock County Council on Aging Senior Nutrition Program Congregate Meal Site. Serves a hot nutritious meal daily Mon. - Fri. at noon.

Reservations are required and are made by calling 676-4600 or 757-5474 before 1:00 p.m. the day before you plan to attend.

Food for Thought Breakfast Program - Edgerton

100 Elm High Dr.

Edgerton, WI 53534

Phone: (608) 884-9402

Hours: Follows the school calendar. Breakfast is served Mondays, Wednesdays and Fridays, 7:15-8a.m.

Eligibility Requirements:

Elementary students in Edgerton.

Nutritious breakfast is provided Mondays, Wednesdays and Fridays when school is in session. The meal, which usually includes cereal, fruit, juice and milk, is served those mornings prior to the start of the school day. All elementary students are welcome to take part; there is no charge.

Evansville Primetimers

Evansville Community Center

320 Fair

Evansville, WI 53536

Phone: (608) 882-0407

Eligibility Requirements: 60 years of age to participate in the nutrition program.

Fees: Donations

Rock County Council on Aging Senior Nutrition Program Congregate Meal Site. Serves a hot nutritious meal daily Mon. - Fri. at noon.

Service provides meals to persons unable to fix for themselves.

Typical client is usually elderly or handicapped. Meals delivered starting at 11:30 AM each day.

Rural Rock County

Meals on Wheels - (Rock County Council on Aging)

3328 Hwy 51 North

Janesville, WI 53545

Phone: (608) 757-5474

Hours: Office Hours: Mon - Fri, 8am - 5pm

Eligibility Requirements: Adults age 60+ who are unable to cook for themselves.

Fees: Donations accepted.

Intake procedure:

The Council on Aging delivers meals to older adults in rural areas of the county who are homebound and unable to cook for themselves. Call for more information.

MEAL SITES

Beloit:

Grinnell Hall (Beloit Senior Center)

631 Bluff St.
Beloit, WI 53511
Phone: (608) 364-2875

Eligibility Requirements: 60 years of age to participate in the nutrition program.

Fees: Donations

Rock County Council on Aging Senior Nutrition Program Congregate Meal Site. Serves a hot nutritious meal daily Mon. - Fri. at noon. Reservations are required and are made by calling 757-5474 before 1:00 p.m. the day before you plan to attend.

Emmanuel Baptist Church-Free Hot Lunch Program

1201 Athletic Ave.
Beloit, WI 53511

Phone: (608) 362-0562

Hours: Mon/Wed/Fri, Noon - 1pm

Eligibility Requirements: Anyone who wants to come.

Fees: open to anyone in need of a hot lunch

Free Hot Lunch Program, serving meals to the needy; families and children welcome. Located across the street from Emmanuel Baptist Church.

Olympian Senior Apartments

431 Olympian Blvd.

Beloit WI 53511

Rock County Council on Aging Senior Nutrition Program Congregate Meal Site. Serves a hot nutritious meal daily Mon. - Fri. at 11:45 a.m. Reservations are required and are made by calling 757-5474 before 1:00 p.m. the day before you plan to attend.

Scoville Apartments

545 Public Ave.

Rock County Council on Aging Senior Nutrition Program Congregate Meal Site. Serves a hot nutritious meal daily Mon. - Fri.

at 11:30 a.m.. Reservations are required and are made by calling 757-5474 before 1:00 p.m. the day before you plan to attend.

Overflowing Cup Christian Coffee House Ministry

Josiah's Place
306 State St.
Beloit, WI 53511

Phone: (608) 365-0365
Hours: Sunday, 3/3:30 pm.

Salvation Army - Beloit

628 Broad St.
Beloit, WI 53511

Phone: (608) 365-6572

*FREE PUBLIC BREAKFAST:
Monday, Wednesday and Friday,
at 9am

*FREE PUBLIC LUNCH:
Tuesdays and Thursday at 12
noon. Open to all ages.

*SENIOR LUNCH Monday &
Wednesday noon, open to anyone
55yrs and older.

*SUMMER FOOD PROGRAM:
June through August. Serving
lunch for ages 1 through 18.

Summer Food Services Program - Beloit

Merrill Elementary School
1237 Park Ave.
Beloit, WI 53511

Phone: (608) 365-1488

Hours: Breakfast, Mon - Fri, 8am -
8:30pm. Lunch, Mon - Fri,
11:45am - 12:30pm.

Eligibility Requirements: Children
18 years and younger and to
people older than 18 who are
determined by the state or local
education agencies to be mentally
or physically handicapped.

Fees: Free meals. Registration
fees are \$5.00 per person.

For children at Merrill Elementary
and Hackett Elementary School.
2006 information, begins June 26
and will end July 28.