

## Community Food Resources

### Senior Dining Centers

#### **Age 60 & Over or Disabled:**

Suggested Contribution \$6.00-\$8.00

No eligible participant will be denied a meal based on ability to contribute to the cost of the meal.

**Under Age 60:** Full cost of meal \$15.00  
Food Share (Quest Card) accepted.

Under age 60 or disabled, please contact the  
Nutrition Director at 715-635-4460

Reservations are required 24 hours in advance and  
may be made at the following centers:

### ***Birchwood - "Lakeside Center for Seniors"***

110 Euclid Avenue, Birchwood  
Serve at 11:30 a.m. Monday-Friday  
715-354-3001

### ***Minong - "Minong Senior Center"***

700 Houston Street, Minong  
Serve at 11:30 a.m. Monday-Friday  
715-466-4448

### ***Shell Lake - "Friendship Commons"***

210 4th Avenue, Shell Lake  
Serve at 11:30 a.m. Wednesdays & Thursdays  
715-468-4750

### ***Spooner - "Washburn County Wellness Center 50+"***

850 W. Beaverbrook Ave., Spooner  
Serve at 12 p.m. Monday - Friday  
715-635-8283

## Community Food Resources

### FoodShare Wisconsin (Quest Card)

1-888-283-0012 or <https://access.wisconsin.gov/>

### FoodShare Outreach Specialist

Screening and application assistance  
715-496-3121

### WIC-Women, Infant and Children

Nutrition Program

Pregnant or breastfeeding women and children up  
to age 5 who are income eligible  
715-485-8520

### Birchwood Food Pantry

**(Birchwood area & in a 20 mile radius)**

113-115 S. Main Street, Birchwood  
1st & 3rd Saturday of the month, 10:30 a.m.-1:30 p.m.  
1st & 3rd Monday of the month, 10:30 a.m.-1:30 p.m.  
715-416-3139

### Comforts Food Pantry

405 N. Main Street in Minong  
1st Thursday of month, 2-4 p.m.  
2nd Wednesday of month, 9:30 a.m.-12 p.m.  
3rd Friday of month, 9:30 a.m.-12 p.m.  
4th Friday of month, 2:30-5 p.m.  
715-466-1066  
715-520-0989 (Emergencies)

### Ruby's Pantry (\$22)

Washburn County Fairgrounds  
8000 West Beaverbrook Ave., Spooner  
2nd Saturday of the month  
Doors open at 8 a.m., Distribution 9-10:30 a.m.

### Spooner Memorial Library Compassion Kitchen

Food packages available in the Library entryway  
Monday—Saturday during normal library hours  
421 High Street, Spooner, WI  
715-635-2792

### Books & Bread

4th Wednesday of the month  
10:30 –11:30 a.m. Church of the Nazarene, Spooner  
12:00 p.m.-1:00 p.m., Christ Lutheran, Trego

## Community Food Resources

### Washburn County Food Pantry

1649 Cottonwood Street, Spooner  
Tuesday 9-11 a.m.  
Thursday 1-3 p.m.  
715-205-3273

### Lakeland Family Resource Center

#### Pop-up Food Pantry

819 Ash St.  
(Old Spooner Hospital entryway)  
Self-serve pantry  
Daily 5am—8pm

### Food 4 Families (LFRC)

F4F is a nonprofit program serving families in  
Washburn County who house at least one child 5  
years of age or younger. You will receive a number  
of meal kits per month with pre-prepped meals for  
your family. Bryanna Green, Program Coordinator  
218-206-6675

### Neighbor to Neighbor Stock Box Program

1st Tuesday of the month-pick up noon-4:00 p.m.  
Supplemental food package for low-income seniors  
60+. Neighbor to Neighbor partnered with Hunger  
Task Force. 407 North Front Street, Spooner  
715-635-2252

### Community Meals (Free)

*Open to all. Share a meal and friendship!  
Registration not required.*

### Cornerstone Christian Church

Fourth Saturday of the month, 7:30-9:30 p.m.  
106 Balsam Street, Spooner, WI  
715-635-9222

### United Methodist Church Community Table

Third Wednesday of the month, 4-6 p.m.  
312 Elm Street, Spooner, WI  
715-635-3227

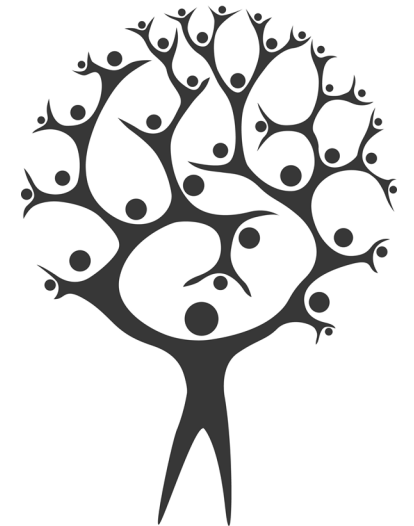
### First United Pentecostal Breakfast

Fourth Saturday of the month, 7-10 a.m.  
337 Greenwood Avenue, Spooner, WI  
715-635-8386

## A Pocket Guide to:

- Education and Employment
- Health Services
- Community Food Resources
- Government and Community Services
- Housing

Washburn County, Wisconsin



Prepared by,

**Extension**

UNIVERSITY OF WISCONSIN-MADISON

Washburn County



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## Medical Services

### Emergency Numbers:

Call **9-1-1** for Help in an Emergency

### Poison Control Number

1-800-222-1222

### Hospitals

*Indianhead Medical Center*  
113 4th Avenue, Shell Lake  
715-468-7833

*Spooner Health*  
1280 Chandler Drive, Spooner  
715-635-2111

### Medical Clinics

*Essentia Clinic-Spooner*  
715-635-2151

*Marshfield Clinic-Rice Lake*  
715-236-8200

*Northlakes Clinic, Minong*  
715-466-2201

*Northlakes Dental Services, Birchwood*  
715-354-3369

*Shell Lake Clinic*  
715-468-2711

*Stone Lake Medical Clinic*  
715-865-6510

*Rice Lake Area Free Clinic*  
(Open Every Tuesday 5-9 p.m.)  
715-736-3733

### Health Insurance Marketplace

Applying for health insurance

[healthcare.gov](http://healthcare.gov)  
1-800-318-2596

## Community Services

### West CAP - Energy Assistance

715-265-4271 Press 0 for receptionist or  
1-800-606-9227, Fax: 715-265-7031  
Website: <https://westcap.org/>  
Email: [westcap@wcap.org](mailto:westcap@wcap.org)

### Child Care Assistance or provider lists

715-468-4747 & 1-800-733-KIDS

### Washburn County Mental Health Crisis Line

1-888-860-0373

### Washburn County Health Department

Application assistance for BadgerCare+, and  
Foodshare by appointment 715-635-4400

### Aging and Disability Resource Center (ADRC)

Elderly & Disability Benefits;  
Information & Assistance, Mobility Manager,  
and Caregiver Support  
715-635-4460

### Transportation

Namekagon Transit  
Spooner and Shell Lake  
715-634-6633 Option 2 (Please leave a message)  
Cell: 715-558-3590  
Washburn County Transit  
Contact: Amber Anderson at 715-635-4465

### Housing

#### Albans Homeless Shelter/Salvation Army

715-635-3742

#### Benjamin's House Emergency Shelter

715-736-2437

#### Salvation Army Elizabeth Home of Hope

Women and children transitional housing  
Must pass background check  
715-634-1050

#### Washburn County Housing

715-635-2321

## Community Services

### Wild Rivers Habitat for Humanity Affiliate Office

1357 North River St., Spooner, WI  
715-939-1390

### Veterans Service Office

715-635-4470

### Home Weatherization Assistance

715-265-4271, Extension 1137

### Neighbor to Neighbor

Connects senior residents to volunteers,  
programs and other resources they need to  
live independently in their own homes.  
715-635-2252

[fiawashburndirector@gmail.com](mailto:fiawashburndirector@gmail.com)

### Gardening and Farming Resources

University of Wisconsin Extension Area  
Agricultural Education  
715-635-3506 or 1-800-528-1914

### Well Water Test Kits

University of Wisconsin-Extension  
304 2nd Street, PO Box 305, Shell Lake  
715-635-4444

### Embrace

Domestic & Sexual Violence Advocacy  
and Prevention  
715-635-5245  
24/7/365 Crisis Line:  
1-800-924-0556

### Birth to Three Program

Child development screening and more  
715-468-4747

### Lakeland Family Resource Center

Where families connect, play, grow.  
715-635-4669

### IndiGO

Empowering People with Disabilities  
Integrated Employment, Transportation,  
Accessibility, Personal Care  
1-800-924-1220

## Education / Employment

### Washburn County Adult Literacy

Call or text Marsha at 715-651-7868

### Workforce Resource

Offers employment services to low-  
income Washburn County population  
**FSET Program**, (Megan Spexet)  
877-711-9390, Extension 2511  
**W2 Program** (Sally Schrader)  
1-855-792-5439, Extension 2510

### Northwest Wisconsin Concentrated

#### Employment Program

#### Wisconsin Job Center

Assists in job seeking  
715-635-2175

### SER National (Over Age 55)

715-939-1400

### UW-Eau Claire Barron County

715-234-8024

### Northwood Technical College

GED or HSED Instruction  
[marsha.iverson-smith@northwoodtech.edu](mailto:marsha.iverson-smith@northwoodtech.edu)  
Admin. Office 715-468-2815

### St. Croix Tribal Education Program

24663 Angeline Ave.  
Webster, WI  
715-349-2195 Ext. 5312

### Wisconsin Division of Vocational

#### Rehabilitation

Employment help for people with  
disabilities  
1-877-387-3879

### University of Wisconsin—Extension

Parenting, Nutrition, Natural Resource  
Education, Mental Health & Well-being  
and 4-H/Positive Youth Development  
715-635-4444