



Responding to God's love,  
WAHER provides food and  
works to eliminate hunger.

## PROGRAMS

- Food Package Distribution
- Mobile Food Pantry
- Senior Share
- Women's Hygiene
- Hmong Food Package
- Back-Pack Program
- Food Fair
- Nutrition Education Training Program
- Food Rescue
- Pet Food

## Food Package Distribution

Guests receive 4-5 day's worth of food a minimum of one time per month. The food package consists of non-perishables, bakery items, dairy products, frozen meat, a plethora of produce, and hygiene items.

## Mobile Food Pantry

The Mobile Food Pantry program is a specially designed vehicle that travels to various communities and neighborhoods throughout La Crosse County to provide food package distribution closer to home. The Mobile Food Pantry offers canned goods, bakery items, frozen meat, dairy products, fresh produce, and hygiene items.

## Senior Share

The Senior Share program provides WAFER's normal food package to low income senior citizens. Food is pre packed according to preferences and dietary needs and is delivered to La Crosse County senior meal sites, apartment complexes, community sites, or individual residences.

## Women's Hygiene

The Women and Girls Hygiene project at WAFER Food Pantry makes products more accessible to women and girls in the La Crosse community.

## Hmong Food Package

The Hmong Food Package contains 5 basic staples found in the Hmong diet. Hmong families receive bamboo shoots, fish sauce, two varieties of rice noodles for a more well balanced and complete food package.

## Back-Pack Program

Coordinating with the Bangor School District, we provide easy to prepare or prepared foods for children to take home on the weekend. This program assures children have access to food outside of the school setting, return to school on Monday ready to learn, and have better opportunities for proper development.

## Food Fair

The Food Fair is typically held the 4th Saturday of each month. Each account holder is issued a ticket for the Food Fair in order to receive the food package. This event is a no-contact, drive-thru food distribution. The contents of the food package vary from month to month based on availability at Channel One but typically contains cereal, produce, bakery, meat, canned goods, and crackers.



## Nutrition Education Training Program (NET)

Education sessions are offered monthly and each participant, typically 12 each session, receives education, recipes, samples, and an "incentive" (kitchen tool, cookbook, ingredients) related to the session topic in order to implement new skills at home. This program is presented in collaboration with Mayo Clinic Health System, Gundersen Health System and the Western Technical College Dietary Education Programs.

## Food Rescue

Each day of the business week at least one driver is making stops throughout the county rescuing food that is "unsalable" in the store because of a dented box, close sell-by date, package mislabeling, and more. Produce in particular is typically quite bountiful, giving patron families a wonderful choice of healthy, nutrient-dense foods.

## Pet Food

The pet food program helps people in the community who have a furry companion, but struggle to support them by providing pet food.



*"Wonderful and very caring staff that treat you with the highest respect. The facility is always clean and well organized. If you need a little help feeding and caring for the needs of your family and yourself or maybe even just information about what is available in the area for resources, please don't hesitate to stop in and talk with the staff."*

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