



ADRC

Resource Guide

NUTRITION

[888]742-9233

111 E Mullett St, Portage, WI 53901



Welcome to Our Resource Guide!

This guide is designed to provide helpful resources for older adults and individuals with disabilities. While we strive to offer up-to-date information, please note that we do not specifically endorse any of the listed resources. Our goal is to offer a comprehensive starting point for you to explore options that best meet your needs.

To make the guide more accessible, we have broken it down into individual sections. This allows you to find the information you are looking for without feeling overwhelmed by the full scope of resources available. However, if you prefer to view the guide in its entirety, we also offer a complete version for your convenience.

We do our best to keep this guide current, but if you notice any information that is outdated or incorrect, we would greatly appreciate your help in letting us know. You can contact us at adrc@columbiacountywi.gov or by calling (608) 742-9233 with any updates or concerns.

Thank you for using our resource guide. We hope it provides valuable assistance.

Sincerely,

The ADRC of Columbia County

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Aging and Disability Resource Center

Your local connection for support

The Aging and Disability Resource Center provides individuals aged 18 and older and those with disabilities, access to information on long-term care services and support options. Whether you are looking for information resources, or direct assistance, the ADRC is here to help you find the right solutions for your unique needs.

With nearly 500 centers across the U.S., the ADRC offers guidance and support, ensuring that you receive the help and information you need to make informed decisions.

How we can help

Our services include:

- Information & Referrals
- Long-Term Care Options Counseling
- Health & Wellness Programs
- Benefits Assistance
- Adult Protective Services

Who we serve

- Older Adults
- Adults with Disabilities
- Caregivers & Family Members
- Professionals

NUTRITION

Community Gardens

Community Gardens provide a small lot of land for a nominal fee to people who want to grow some of their own food.

Portage: (608) 742-9680

Poynette: (608) 635-2627

Cambria: (920) 348-5443

Lodi: (608) 592-4592

Food Share

www.access.wisconsin.gov

(608) 742-9227 • (888) 794-5556

111 E Mullett St, Portage, WI

Wisconsin Nutrition Education

Program

(608) 742-9693

WNEP helps low-income families eat better, keep food safe, and stretch their food dollars. Open to those who receive or are eligible to receive a Food Share benefit.

FARMERS MARKETS

Columbus

Wednesdays from 3-6pm at 150 N. Ludington Street

Downtown Wisconsin Dells

Sundays 9:30am-1:30pm, 350 Broadway St.

Lodi

Fridays from 2-6pm; 902 N. Main St., Next to Koltes Hardware.

Portage

Thursday from 12-5pm at Commerce Plaza, corner of Cook and Wisconsin

Poynette

Saturdays from 8am to 11am at Pauquette Park (106 S. Main St.)

Rio

Thursdays 3-7pm at the Rio Village Train Depot

Senior Farmers' Market Nutrition Program

Vouchers to spend on fresh fruits and vegetables at farmers' markets and participating farm stands, for age 60 and over meeting income eligibility guidelines. Call Columbia County ADRC (608) 742-9233 for details.

FOOD DELIVERY/PICKUP

Location	Delivery/Pickup	Additional Cost for Service?	How to Order
Aldi 2941 New Pinery Rd, Portage, WI 53901 855-955-2534	Delivery available Pickup available	Delivery (Yes) Pickup (Yes)	Instacart: (Delivery) www.instacart.com Instacart: (Pickup) www.instacart.com

Location	Delivery/Pickup	Additional Cost for Service?	How to Order
Dollar General 717 N Main St, Lodi, WI 53555 608-721-7105	Delivery available Pickup available	Delivery (Yes) Pickup (No)	DoorDash: (Delivery) www.doordash.com Dollar General Website: (Pickup) www.dollargeneral.com
Dollar General 509 S Main St, Pardeeville, WI 53954 920-350-3310	Delivery available Pickup available	Delivery (Yes) Pickup (No)	DoorDash: (Delivery) www.doordash.com Dollar General Website: (Pickup) www.dollargeneral.com
Dollar General 501 E Wisconsin St, Portage, WI 53901 608-448-6936	Delivery available Pickup available	Delivery (Yes) Pickup (No)	DoorDash: (Delivery) www.doordash.com Dollar General Website: (Pickup) www.dollargeneral.com
Dollar General 110 Progress Dr, Randolph, WI 53956 920-463-3027	Delivery available Pickup available	Delivery (Yes) Pickup (No)	DoorDash: (Delivery) www.doordash.com Dollar General Website: (Pickup) www.dollargeneral.com
Dollar General 951 W James St, Columbus, WI 53925 920-350-4030	Delivery available Pickup available	Delivery (Yes) Pickup (No)	DoorDash: (Delivery) www.doordash.com Dollar General Website: (Pickup) www.dollargeneral.com
Festival Foods 2915 New Pinery Rd, Portage, WI 53901 608-742-2386	Delivery available No pickup	Delivery (Yes) Pickup (yes)	Instacart: (Delivery) www.instacart.com Festival Website: Pickup www.festfoods.com
Kwik Trip #683 2970 New Pinery Rd, Portage, WI 53901 (608) 742-6676	Delivery available Pickup available	Delivery (Yes) Pickup (Yes for delivery, no for pickup)	DoorDash: (Delivery & Pickup) www.doordash.com
Kwik Trip #764 1925 New Pinery Rd, Portage, WI 53901 (608) 742-8005	Delivery available Pickup available	Delivery (Yes) Pickup (Yes for delivery, no for pickup)	DoorDash: (Delivery & Pickup) www.doordash.com Kwik Rewards App (Pickup and Delivery)
Kwik Trip #808 204 Dix St, Columbus, WI 53925 920-623-2844	Delivery available Pickup available	Delivery (Yes) Pickup (Yes for delivery, no for pickup)	DoorDash: (Delivery & Pickup) www.doordash.com Kwik Rewards App (Pickup and delivery)

Location	Delivery/Pickup	Additional Cost for Service?	How to Order
Main Street Market Piggly Wiggly 805 N Main St, Lodi, WI 53555 608-592-7570	Delivery available Pickup available	Delivery (Yes) Pickup (Yes)	Instacart: (Delivery) www.instacart.com Piggly Wiggly: (Pickup) www.shopthepig.com
Maurer's Market 216 Washington Ave, Wisconsin Dells, WI 53965 608-254-8313	Delivery available Pickup available	Delivery (Yes) Pickup (Yes)	Maurer's Market Website: (Delivery & pickup) maurersmarket.com
Pick N Save 210 Dix St, Columbus, WI 53925 920-623-2205	Delivery available Pickup available	Delivery (Yes) Pickup (Yes on orders less than \$35)	Instacart: (Delivery) www.instacart.com Pick N Save Website: (Pickup) www.picknsave.com
Piggly Wiggly 514 S Main St, Pardeeville, WI 53954 608-429-2221	Delivery available Pickup available	Delivery (Yes) Pickup (Yes)	Instacart: (Delivery) www.instacart.com Piggly Wiggly Website: (Pickup) www.shopthepig.com
Piggly Wiggly 164 Kienow Dr, Randolph, WI 53956 920-326-5800	Delivery available Pickup available	Delivery (Yes) Pickup (Yes)	Instacart: (Delivery) www.instacart.com Piggly Wiggly Website: (Pickup) www.shopthepig.com
Walgreens 2700 New Pinery Rd, Portage, WI 53901 608- 742-5727	Delivery available Pickup available	Delivery (Yes) Pickup (Yes)	DoorDash: (Delivery) www.doordash.com Walgreens Website: (Pickup) www.walgreens.com
Walmart 2950 New Pinery Rd, Portage, WI 53901 608-566-7259	Delivery Available Pickup available	Delivery (Yes, starting at \$9.95) Pickup (Yes for orders under \$35)	www.walmart.com Walmart app
Walmart 130 Commerce St, Wisconsin Dells, WI 53965	Delivery available Pickup available	Delivery (Yes) Pickup (Yes for orders under \$35)	www.walmart.com Walmart app

If you have troubles with the DoorDash app, delivery driver, or your order please call DoorDash Support at 1 (855) 431-0459. Instacart offers a special Senior Support Service for customers over age 60. The Senior Support Line is available in the U.S. and Canada at 1-844-981-3433, daily from 8 a.m. — 11 p.m. ET.

FOOD DISTRIBUTION LOCATIONS

2nd Harvest Mobile Food Pantry

2nd Monday of the month.

10:30am-until all food is distributed; Do not arrive more than 15 minutes early Distribution occurs inside. Bring boxes, bags, and wheeled carts to help carry your groceries.

2nd Harvest Mobile Food Pantry

120 Oak St, Pardeeville, WI

4th Monday of the month, 3:30-4:30pm;

Registration begins at 3pm

Held outdoors year-round. Bring boxes, bags, and wheeled carts to help carry your groceries.

Cambria Bread Basket Community Food Pantry

(920) 3384-5485 • (920) 348-5568

121 W Florence St, Cambria, WI

Serves residents of the Cambria School District.

Open every Thursday from 3-5PM.

Columbus/Fall River Food Pantry

www.cityofcolumbuswi.com/2324/Food-Pantry

(920) 623-5918

125 N Dickason Blvd, Columbus, WI

Serves residents of Columbus & Fall River School Districts. By appointment only 4-6:45PM,

Thursdays. Call to reserve a spot.

Neighbors in Constant Care Foundation

(920) 623-5540 • (920) 623-4772

Serves Columbus/Fall River School Districts. Credit mediation, housing or food assistance, school, referral to other resources. Call for more information.

Portage Food Pantry

(608) 742-3774

405 E Howard St, Portage, WI

Serves income eligible residents of the Portage Community School District. Must bring ID. Monday-Wednesday 11-Noon, Thursday 5-6PM

Poynette Area Community Food Pantry

106 South main St, Poynette, WI

Please note that the pantry is closed during any 5th Tuesday or Thursday of a month, if one occurs. If school is closed due to inclement weather, the pantry will also close. Donations can be made daily at the Village Hall during our regular house of operation.

Prairie Pride Food pantry

(608) 697-5880

103 Reagles St, Arlington, WI

Wednesday from 4:00PM-5:30PM and Saturdays from 9AM-10:30AM serves residents of Columbia and Dane counties.

Reach Out Lodi

(608) 592-4592

601 Clark St, Lodi, WI

Serves Lodi School District, Dane, Harmony Grove, Okee, Poynette/Arlington. Food pantry, personal essentials, community closet, school supplies, community center. Monday-Friday 9:00AM-3:30PM, Saturday 8:00AM-11:00AM

Rio Area Food Pantry

(920) 210-9618 • (608) 234-7454

104 Lincoln Ave, Rio, WI

Hours: 2nd and 3rd Mondays 10AM-Noon

4th Mondays 5-6PM

Serves income eligible residents of Rio, Cambria-Friesland, Otsego and Doylestown School Districts. Must bring ID.

St. Vincent de Paul

(608) 742-5513

1311 W Wisconsin St, Portage, WI

ID and application form required. Hours: Monday-Thursday 9AM-5PM, Friday 9AM-8PM, Saturday 9AM-5PM. Must provide your own bags.

Wisconsin Dells Community Food**Pantry**

(608) 697-4612

1000 Hwy 13, Wisconsin Dells, WI

Tuesdays 9AM-NOON and Thursdays 1-4PM

Serves residents of Wisconsin Dells/Lake Delton School District; must bring ID.

Wyocena Community Helping Hands**Pantry**

www.villageofwyocena.com/helping-hands/

165 E Dodge St, Wyocena, WI

Hours: 10am to 12 noon on the first three Mondays, Tuesdays, and Wednesdays each month. Serves residents of the Pardeeville School District based on income eligibility.

HOME DELIVERED MEALS**Aging and Disability Resource Center of Columbia County**

(608) 742-9233

111 E Mullett St, Portage, WI

Meals delivered to eligible homebound individuals age 60 and older, or spouse thereof. Donations toward total meal costs are based on an individual's financial circumstances and own ability to pay. Meals are available from four (4) sites across Columbia County. Contact the ADRC and ask to speak to the Information and Assistance Specialist worker for more information.

Homestyle Direct

www.homestyledirect.com

(866) 735-0921

Homestyle direct ships healthy, ready-to-eat meals to your doorstep. Orders may be placed online or by calling their phone number. Meals delivered weekly.

Mom's Meals

www.momsmeals.com • (877) 508-6667

Monday-Friday 7AM-6PM. Delivery on Thursdays only. Renal-friendly, pureed and gluten free.

NUTRITION SITES

A noontime meal is offered to individuals age 60 or older or spouse thereof. Donations are accepted. Reservations are made by calling the meal site between the hours of 8:30am-11:00am, on weekdays. Reservations are required 24 hours in advance so a meal can be ordered for all attendees. Following is a list of the phone number and location of each site. Activities at each site are offered as scheduled by the meal site manager.

Columbus

(920) 763-2124

125 N Dickason Blvd, Columbus, WI

Pardeeville

(608) 617-1821

111 Industrial Dr, Pardeeville, WI

Portage

(608) 742-9211

111 E Mullett St, Portage, WI

Poynette

(608) 635-2122 Option 4

106 S. main St, Poynette, WI

Wisconsin Dells

(608) 393-8701

20 Wisconsin Dells Pkwy, Lake Delton, WI