Inclusion of agencies in this handbook does not constitute endorsement nor does omission constitute disapproval. We have attempted to list agencies that meet the above mission. All counseling providers are nonprofit organizations.

The Community Resource Handbook is continually updated on the web. If you know of agencies that should be added or changed, or if you would like to order additional handbooks, please contact Karen Early, FoodWIse Nutrition Coordinator, at 920-391-4614.

COMMUNITY RESOURCE HANDBOOK
This handbook is developed by the Brown County University of Wisconsin-Extension, FoodWIse. Food is often one of the first household expenses to be cut when on a limited income. Increasing accessibility of low-cost community resources to low income families is one way to extend the food budget.

Look for this publication on the web at:
www.browncountyextension.org

Click on FoodWIse. Then click on the Community Resource Handbook link.
FoodWIse works with partners using evidence-based strategies designed to promote changes for individuals, communities, and environments to help make the healthy choice the easy choice. Our mission is to advance healthy eating habits, active lifestyles, and healthy community environments for low-income families.

Community based nutrition education topics include:

- Healthy eating
- Balancing food and activity
- Keeping food safe
- Shopping and planning meals
- Feeding young children
- Balancing income and expenses

To find out more about developing a nutrition education partnership with your agency, call Karen Early, FoodWIse Nutrition Coordinator for Brown County UW-Extension at 920-391-4614.
Brown County FoodWIse Staff

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Extension Brown County
FoodWIse
2019 Technology Way
Green Bay, WI 54311-2760
920-391-4610

Follow us on social media!
Facebook: Brown County UW-Extension FoodWIse Twitter: @BrownCoFoodWIse

FoodWIse is supported by the USDA Supplemental Nutrition Assistance Program (SNAP), UW-Extension, FoodShare Wisconsin, and local partners (SNAP is called FoodShare in Wisconsin). To find out more about FoodShare/FoodStamps, call 1-888-794-5747 or go to http://access.wisconsin.gov

This Community Resource Handbook is updated as of August 2019.
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Farmers Market
Locations: FoodShare

Oneida Farmers Market

Thursdays
3rd Thurs. in June - 1st Thurs. in Oct.
12 pm – 6 pm
N7332 Water Circle Plaza Oneida, WI
54155 Located near the water tower

Saturday Farmers Market

Saturdays
Last Saturday in May - Last Saturday in October
7 am -12 pm
South Washington Street from Walnut
to Stuart

Market on Military

Thursdays
1st Thursday in June - Last Thurs. in Oct.
3 pm – 7 pm
Green Bay Plaza Parking Lot on the corner of
Military Avenue and West Mason Street

Farmers Market on Broadway

Wednesdays
Last Wed. in May - Last Wed. in Sept.
3 pm – 7 pm (Ends at 7 pm after Labor Day)
Broadway between Dousman and Walnut
Use your **FoodShare/EBT card** and **Double Your Bucks!** See Details Below

1. Find the Information booth indicated with the large checkerboard EBT flag.

2. Ask to use your EBT card and the “**Double Your Bucks**” program to receive your market dollars.

3. Look for vendors that have “EBT accepted” signs – these are the vendors that accept EBT.

The “**Double Your Bucks**” program, sponsored by HSHS in 2018, will be available at the markets listed May - October. For each dollar up to the first $10 redeemed weekly at the market, $10 will be issued on a dollar for dollar basis for use on fresh fruits and vegetables. See the information booth for details.
2-1-1: GET CONNECTED, GET ANSWERS!

Online database: www.get211.org
Program information: www.browncountyunitedway.org/2-1-1/
Phone: 2-1-1 or 877-947-2211
Email: 211@browncountyunitedway.org

2-1-1 is an easy-to-remember, universally recognizable non-emergency telephone number and online database. 2-1-1 makes a critical connection between individuals and families seeking services and community-based agencies, services and volunteer opportunities. 2-1-1 makes it possible for people to navigate the complex and ever-growing maze of over 1,800 human service agencies and programs available throughout Brown County. By making services more easily accessible, 2-1-1 encourages prevention and fosters self-sufficiency.

The 2-1-1 service provides information on:

**Basic Human Needs Resources:** Food banks, shelters, rent assistance.

**Physical and Mental Health Resources:** Healthcare and crisis intervention, support groups, counseling.

**Employment Supports:** Job training, transportation assistance, education programs.

**Support for Children, Youth and Families:** Childcare after school programs, Head Start, family resource centers, mentoring, tutoring, protective services.

**Volunteer Opportunities and Donations:** Volunteer Center of Brown County, Habitat for Humanity, St. Vincent de Paul.

The Brown County United Way also has spearheaded the concept of 2-1-1 PLUS (Partner, Link, Unite, Support) Sites to help those without phones or Internet service gain access to 2-1-1. 2-1-1 PLUS Sites are located within existing public locations (e.g., hospitals, nonprofits and local agencies) that offer Brown County residents walk-in help and guidance on how to get connected to 2-1-1.

2-1-1 Plus Sites: A Woman’s Place at St. Mary’s Hospital, Aging and Disability Resource Center, Bellin Health, Brown County Health Department, Brown County United Way, Encompass Early Education & Care (7 sites), Family and Childcare Resources of N.E.W., Green Bay Area Chamber of Commerce, Green Bay Police Dept., Goodwill NCW, Howe Neighborhood Family Resource Center, Literacy Green Bay, NeighborWorks Green Bay, NEW Clinic at NWTC, Options for Independent Living, The Gathering Place, The Salvation Army, Volunteer Center of Brown County, WI Job Center, Multicultural Center of Greater Green Bay.
**ACCESS**
(www.access.wisconsin.gov)

**Your key to health and nutrition programs:**
ACCESS is an internet tool that can help you see if you might be able to get state or federal health, nutrition and other benefits, including:
- FoodShare
- BadgerCare Plus or Medicaid
- SeniorCare and other prescription drug assistance programs
- Free/Reduced-Price School Meals
- Child Care
- Home Energy Assistance (920-448-6460)

**To apply over the phone:**
contact the Bay Lake Consortium Call Center (a service of Brown County Human Services) at 1-888-794-5747.

**Apply Online:**

Open a web browser and go to www.access.wisconsin.gov and click “Am I Eligible?”.

Click the “Begin ACCESS” button to continue.
After you read the Welcome page, click on “Next” to begin.
If you would like to learn more about using ACCESS, click the link at the bottom of the Welcome page.
You will be asked questions about the people in your home, their income and their bills. Your answers will stay private and secure. You can always click on “Help” if you want to know more about a question.
When you are done with the questions, ACCESS will let you know if you or other people in your home may be eligible for state and federal programs listed above. ACCESS will also let you know how to apply and you will have a chance to print out all of your results.
**AGING & DISABILITY RESOURCE CENTER OF BROWN COUNTY (ADRC)**

www.adrcofbrowncounty.org

300 S. Adams Street             Phone: 448-4300
Green Bay, WI 54301               TTY: WI Relay 711
Email: BC_Aging_Disability_Resource_Center@co.brown.wi.us

ADRC is a nonprofit organization serving residents of Brown County 60 years or older, adults with disabilities and caregivers. Provides information tailored to an individual’s situation, maintains resources on a range of services related to aging or living with a disability, helps people understand long-term care options available and assists with applications for programs. Education and prevention programs, social and recreational activities, caregiver supports, community dining, nutrition education, homebound meals and volunteer opportunities.

**AIDS RESOURCE CENTER (ARCW)**

www.arcw.org

445 S. Adams Street             Phone: 437-7400
Green Bay, WI 54301             1-800-675-9400
Fax: 437-1040

Comprehensive medical, dental, mental health and pharmacy services are available for anyone with HIV regardless of their ability to pay or insurance status. Social work case management, food pantry, legal services, housing support and benefits advocacy are also available to HIV patients and clients. Free, confidential and anonymous HIV testing as well as comprehensive and appropriate HIV prevention education and programming are available.

Plan your meals: Avoid stress at mealtime by planning a weekly menu and posting it in a location for everyone to see, like a chalkboard in the kitchen. Prep ahead: Have ingredients for the week ready. After you shop, cut vegetables and measure ingredients in advance for easier meals.

USDA CHOOSEMYPLATE.GOV
♦ ALCOHOLICS ANONYMOUS HOTLINE
(Green Bay Area Central Office)
www.greenbayaa.org
Phone: 432-2600
24-hour immediate support information and referral for local programs.

♦ ALZHEIMER’S ASSOCIATION – GREATER WISCONSIN CHAPTER
www.alz.org (national), www.alz.org/gwwi (local)
3313 S. Packerland Dr., Suite E.
De Pere, WI 54115
Phone: 469-2110
Hours: 8:00 a.m. – 4:30 p.m.
1-800-272-3900 (24-hour help line)
Information, education and services for those affected by Alzheimer’s or dementia and their families. TrialMatch program matches Alzheimer’s patients to clinical trials. 24/7 Helpline provides information and advice and offers translation services in more than 170 languages.

♦ AMERICAN CANCER SOCIETY
www.cancer.org
2100 Riverside Dr Suite 201
Green Bay, WI 54304
Phone: 338-1541
Hours: 8:00 a.m. – 4:30 p.m.
Cancer information, resource and education services. ACS Patient Services Program – works with families dealing with cancer; assesses an individual’s needs and leads them on in the cancer journey by matching their needs to services and resources in their own community.
National hotline: 1-800-227-2345 (24 hours)

Choose vegetables rich in color:
Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but are good for you, too.
USDA CHOOSEMYPLATE.GOV
 FOUNDATIONS (PREVIOUSLY AMERICAN FOUNDATION OF COUNSELING SERVICES)
https://foundationsgb.org/
1061 W. Mason St. Phone: 437-8256
Green Bay, WI 54303 Hours: 8:00 AM – 5:00 PM
Monday - Friday

Counseling Services: AFCS offers many counseling services and groups to individuals, couples and families, including counseling for depression, grief, anxiety, ADHD, abuse issues and more.

Foster Care Services: AFCS is a state-licensed child placing agency and provides intensive out-of-home placement for children that have been the victims of abuse or neglect or for children with delinquency issues.

 AMERICAN RED CROSS OF NORTHEAST WISCONSIN
www.redcross.org/newisconsin
2131 Deckner Avenue Phone: 888-231-3590
Green Bay, WI 54302 Hours: 8:00 AM – 4:30 PM

Provides disaster relief to individuals affected by disaster, and an emergency communications link to U.S. Armed Forces and their families; provides First Aid, CPR/AED (Automated External Defibrillator), Babysitter’s Training, Water Safety and Lifeguarding Instructor courses, Nursing Assistant training and other injury control training for the community and workplace; and collects blood and blood products to help save people’s lives.

Make your takeout healthier: Adjust your order: Most restaurants are happy to accommodate your requests. Ask that your food be cooked with less oil or half the sauce.

USDA CHOOSEMYPLATE.GOV
♦ **ASPIRO**
www.aspiroprinc.org
1673 Dousman Street Phone: 498-2599 & 497-4510
Green Bay, WI 54303 & 1660 Stiles Road Fax: 498-2652 & 497-4740
Green Bay, WI 54303 Hours: 7:30 a.m. – 4:00 p.m.

The mission of ASPIRO is to create opportunities for people with a cognitive or developmental disability to reach goals, connect community and achieve independence. Programs include: Adult Day Services, Citizen Advocacy, Community Employment, Early Intervention, Positive Parenting, Residential Options and Respite Care. In addition, ASPIRO offers job training and recreation activities for adults.

♦ **AURORA BAY CARE MEDICAL CENTER**
www.aurorahealthcare.org/events

Community Education
2845 Greenbrier Road Phone: 1-888-863-5502
Green Bay, WI 54311

Offers a number of community education classes such as Infant and Child CPR, a class to prepare children aged 3 – 9 years to become a big brother or sister; Breastfeeding Basics, Caring for Your Newborn, a program for soon-to-be dads, Preparing for Labor and a parenting class, “1-2-3 Magic Parenting.” There is a fee for most classes and registration is required. An interpreter can be provided upon request. Call for more information.

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Start with small changes: Instead of a diet overhaul, make small changes to what you eat and drink that will work for you now and in the future. Sometimes things don’t go as planned, even with the best of intentions. If you miss one day or one milestone for your goal, don’t give up!

USDA CHOOSEMYPLATE.GOV
BADGERCARE PLUS
Brown County Human Services  Phone: 1-888-794-5747
111 N. Jefferson Street Fax: 1-855-293-1822
Green Bay, WI 54301 Hours: 8:30 a.m. – 4:00 p.m.

BadgerCare Plus is a program for children under 19 years of age regardless of income and families in Wisconsin who need insurance. It also offers access to comprehensive, affordable health care to many families and pregnant women in Wisconsin. It is not designed to replace private insurance. Apply at Brown County Human Services or visit access.wisconsin.gov to check your benefits, make changes or apply online. The following express sites include and offer immediate temporary cards to access BadgerCare Plus benefits: Prevea Prenatal Care Coordinators, Forward Service Corporation, NEWCAP and the N.E.W. Community Clinic. Call for details.

BAY AREA HUMANE SOCIETY AND ANIMAL SHELTER
www.bayareahumanesociety.org
1830 Radisson Street Phone: 469-3110
Green Bay, WI 54302 Hours: 2:00 – 7:00 p.m., M – F
Saturday: Noon – 5:00 p.m.

A non-profit organization which promotes the humane treatment of animals, reunites pets with their owners, and provides protection, care and shelter for unwanted homeless companion animals. Off-site adoption center at Pet Smart, 825 Pilgrim Way, Ashwaubenon.

BAY BEACH AMUSEMENT PARK
www.baybeach.org
1313 Bay Beach Road Phone: 448-3365
Green Bay, WI 54311 24-7 Information: 448-3367

There is no admission charge and parking is free. Ride tickets are 25¢ each, with the rides requiring one or two tickets per rider (Zippin Pippin roller-coaster requires 4 tickets). Tickets can be purchased from the ticket office on the park grounds during regular operation hours. Open May – September. Call for hours.
**BELLIN HEALTH ON-CALL**

[www.bellin.org](http://www.bellin.org)

Phone: 445-7373

Bellin Health On-Call is a free health information and referral service for the public staffed by registered nurses 24 hours a day. Provides referral service to doctors in the Green Bay area. Interpreters available.

**BIG BROTHERS/BIG SISTERS OF NORTHEASTERN WISCONSIN**

[www.bbbsnew.org](http://www.bbbsnew.org)

1345 W. Mason Street

Green Bay, WI 54303

Phone: 498-2227

Big Brothers Big Sisters’ mission is to make a positive difference in the lives of youth through professionally supported mentoring relationships with measureable impact. We match youth and mentors (volunteer Big Brothers, Big Sisters or Big Couples) through one of two programs. Community-based matches get together in the community once a week for a few hours to enjoy everyday activities. Site-based matches meet once a week during the school year over lunch or after school to work on homework or play games at the youth’s school. Hmong and Spanish translators are available.

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**Enjoying Local Foods:** Enjoy local foods and flavors as part of your healthy eating style. Choose food from local farms or grow your own garden.

[USDA CHOOSEMYPLATE.GOV](http://USDA CHOOSEMYPLATE.GOV)
♦ **BIRTH-TO-THREE**

www.co.brown.wi.us/human_services

111 N. Jefferson Street  Phone: 448-7890
Green Bay, WI 54301  Fax: 448-7680

Hours: 8:00 a.m. – 4:30 p.m.
Monday – Friday

*A program for infants and toddlers with developmental delays and disabilities and their families. It is the central intake point for all Brown County early intervention services. It provides free developmental screenings, access to needed ongoing therapy and education for children up to the age of 36 months. Eligibility is not based on income guidelines and there is no waiting list.*

♦ **BOYS and GIRLS CLUB OF GREEN BAY**

www.bgcgb.org

**West Side:**
311 S. Oneida St.
Green Bay, WI 54303
Phone: 494-7090

**East Side:**
1451 University Ave.
Green Bay, WI 54302
Phone: 494-7090

School Year Hours:  3:00 p.m. - 7:00 p.m., Mon. – Fri.
Summer Break Hours:  7:00 a.m. - 5:00 p.m., Mon. – Fri.

*Open to all youth ages 7 - 18. Annual membership fee $10.00. Technology Zone with computers, homework help, and teen employment training. Athletic Dept. with rock-climbing wall, basketball, baseball and flag football leagues. Art and music dept. with photography, painting, sculpting and acoustic and electric instruments. Teen dept. with leadership and character building programs. Bilingual staff available. Free meal program for club members. See Meal Sites on page 44.*

♦ **THE BRIDGE**

http://thebridgeofgb.com/

2514 Jenny Lane Green  Phone: 465-6878
Bay, WI 54302

*A smoke-free meeting facility for members of the 12-step program that deals with recovery from addictive diseases, including alcohol, drugs, gambling and overeating.*
THE BRIDGE
www.freedomhouseministries.org
840 N. Taylor St. Phone: 884-2446
Green Bay, WI 54303

Christian homeless shelter for legally married couples with children or single parents (male or female) with children.

BROWN COUNTY CHILD SUPPORT AGENCY
www.co.brown.wi.us/child_support
305 E. Walnut Street Phone: (414) 448-4090
Northern Building - Room 450 Fax: 448-4101
Mailing Address: Hours: 8:00 a.m. – 4:30 p.m.
P.O. Box 23600 Monday – Friday
Green Bay, WI 54305-3600

The Child Support Agency operates the State of Wisconsin’s child support program for Brown County. The program provides for the location of absent parents, establishment of paternity and child support and medical support orders and enforcement of the orders. Individuals receiving or paying child support can access their account information online at childsupport.wisconsin.gov

BROWN COUNTY HEALTH DEPARTMENT
www.co.brown.wi.us/health
610 S. Broadway, Room 201 Phone: 448-6400
Green Bay, WI 54303

The purpose of the Brown County Health Department is to encourage and promote individual and community health and well-being for persons who live in, work or visit Brown County. In collaboration with community partners it accomplishes its mission by providing services relating to: communicable disease surveillance and control, prevention of chronic diseases/disability, maternal/child health promotion, school health, management of environmental hazards, licensing and inspection visits, laboratory services and preparation for emergency situations in our community. Immunization appointments are offered daily. Call
The Brown County Human Services Department provides child protection, Birth to Three, juvenile justice, adult protection and outpatient psychiatric services; targeted case management for adults with chronic mental illness; AOWI assessment and AODA outpatient counseling. Economic support services – including applications for medical assistance, FoodShare/food stamps and child care – are also provided within this division.

**Key Phone Numbers**

- Switchboard: 448-6000
- Child Protection Referrals: 448-6035 or 448-6036
- Economic Support (Benefits Info): 1-888-794-5747
- Economic Support (Other Info): 448-6460
- Outpatient Mental Health & AODA: 391-4720
- Shelter Care: 391-4625

**BROWN COUNTY LIBRARY**

Call the nearest branch for hours and programs.

- **Central Library**, 515 Pine Street 448-4400
- Ashwaubenon, 1060 Orlando Dr. 492-4913
- Kress Family, 333 N. Broadway, De Pere 448-4407
- Denmark, 450 N. Wall Street. 863-6613
- East Green Bay, 2255 Main St. 391-4600
- Weyers-Hilliard, 2680 Riverview Dr., Howard 448-4405
- Pulaski, 222 W. Pulaski St.. 822-3220
- Southwest Green Bay, 974 Ninth St. 492-4910
- Wrightstown, 615 Main St.. 532-4011
**BROWN COUNTY COMMUNITY TREATMENT CENTER**

www.co.brown.wi.us/human_services

3150 Gershwin Dr. Phone: 391-4700
Green Bay, WI 54311 Crisis Center: 436-8888

Provides inpatient, outpatient, nursing home and community/contract services. Inpatient services are provided for adults and alcohol/other drug abusers. Outpatient services are provided for the mentally ill and/or substance abusers, including: Individual, Family or Group Therapy, Medication Management Evaluation, Case Management, Occupational Therapy, Court-Ordered Assessments. Emergency hospital admissions are screened by the Crisis Center of Family Services: 436-8888.

**BROWN COUNTY SCHOOLS**

Brown County has eight public school districts. In addition, four other school districts located in neighboring counties serve portions of Brown County (Brillion, Kaukauna, Luxemburg-Casco and Reedsville). Visit the websites or call for enrollment information. Some school districts offer free parenting classes.

**PUBLIC SCHOOLS DISTRICTS**

**Ashwaubenon School District**

www.ashwaubenon.k12.wi.us

1055 Griffiths Lane
Ashwaubenon, WI 54304
Phone: 492-2900

**Howard-Suamico School District**

www.hssd.k12.wi.us

2700 Lineville Road
Green Bay, WI 54313
Phone: 662-7878

**Green Bay Area Pulaski Community School District**

www.greenbay.k12.wi.us

200 South Broadway
Green Bay, WI 54303
Phone: 448-2000

143 West Green Bay St.
Pulaski, WI 54162
Phone: 822-6000
(Brown County Schools continued)

<table>
<thead>
<tr>
<th>School District of Denmark</th>
<th>West De Pere School District</th>
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<tbody>
<tr>
<td><a href="http://www.denmark.k12.wi.us">www.denmark.k12.wi.us</a></td>
<td><a href="http://www.wdpsd.com">www.wdpsd.com</a></td>
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<tr>
<td>450 North Wall Street</td>
<td>400 Reid Street, Suite W</td>
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<tr>
<td>Denmark, WI 54208</td>
<td>De Pere, WI 54115</td>
</tr>
<tr>
<td>Phone: 863-4000</td>
<td>Phone: 337-1393</td>
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<tr>
<th>Unified School District of De Pere</th>
<th>Wrightstown Community School District</th>
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<tbody>
<tr>
<td><a href="http://www.deper.k12.wi.us">www.deper.k12.wi.us</a></td>
<td><a href="http://www.wrightstown.k12.wi.us/">www.wrightstown.k12.wi.us/</a></td>
</tr>
<tr>
<td>1700 Chicago Street</td>
<td>351 High Street</td>
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<tr>
<td>De Pere, WI 54115</td>
<td>Wrightstown, WI 54180</td>
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<tr>
<td>Phone: 337-1032</td>
<td>Phone: 532-5551</td>
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PRIVATE SCHOOLS

Brown County is also home to more than two dozen parochial and private schools. Please check the phone book for those or visit www.cesa7.org/content/greenbay

The Green Bay Area Catholic Education System (GRACE) is the largest private school system in the Green Bay Area, encompassing 10 schools and serving 23 parishes. More than 2,500 students in grades Pre-K through 8 attend GRACE schools. Family tuition assistance is available.

To learn more about GRACE, or to inquire about enrollment, visit www.gracesystem.com or call 499-7330. GRACE’s administrative office is located at 1087 Kellogg Street, Green Bay, WI 54303.

Dietary fiber from vegetables, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function.

USDA CHOOSEMYPLATE.GOV
**BROWN COUNTY SHELTER CARE**
www.co.brown.wi.us/human_services

2980 St. Anthony Drive  Phone:  391-4625 or 391-4626  
Green Bay, WI  54311  Fax:  391-4628

Shelter Care is a temporary, 20-bed, 24-hour non-secure detention facility for youth ages 10 to 17, who – for various reasons – are unable to remain at home. Placement at Shelter Care is determined by Juvenile Court judges or intake workers from Child Protective Services or Juvenile Court Services units. Provides around-the-clock supervision and learning and recreational programs designed to help at-risk youth develop positive social and daily living skills.

**BROWN COUNTY UNITED WAY**
www.browncountyunitedway.org

112 N. Main Street, Suite 201  Phone:  432-3393  
P.O. Box 1593  Fax:  432-7144  
Green Bay, WI  54301

United Way’s goal is to create long-lasting changes by addressing the underlying causes of community problems. A neutral organization, United Way brings together government, non-profit agencies, corporations, labor groups, foundations, the media and academia. United Way measures unmet needs through 2-1-1 (see page 1).

**BROWN COUNTY UNIVERSITY OF WISCONSIN - EXTENSION**
www.browncountyextension.org

210 Museum Place  Phone:  391-4610  
Green Bay, WI  54303

FoodWIse  
Karen Early 391-4614  Please see page iii

(UW-Extension continued on next page)
Family Living Programs  
Judy Knudsen 391-4651  
*Family Living Programs respond to community needs with research-based education and partnerships that support Brown County families and communities. Education is provided in the areas of nutrition, food safety and food preservation, family financial management, human development, poverty awareness, and diversity education. Educational info is available on the Brown County UW-Extension website, or through presentations available throughout the county.*

Horticulture Program  
(920) 391-4611  
*Brown County UW-Extension’s horticulture program offers many educational programs on landscape and gardening for the general public and commercial entities. The program trains Master Gardener Volunteers to provide horticulture support and leadership to local organizations and communities. Plant diagnostic consultations on lawn care, trees and shrubs, vegetable gardening, and plant, insect and disease identification are offered through this program. Soil test and advance diagnostic services are also available for a fee. For more info, contact the horticulture help desk at 391-4615.*

Community Gardens Program  
Margaret Franchino 391-4660  
*Community Gardens are places where people can rent, for a small seasonal fee, their own garden plot to raise produce. To learn more about community gardens, starting a garden, or donating land, contact Margaret Franchino at the Extension office.*

4-H  
Melinda Pollen 391-4613  
*4-H, an out-of-school youth development program, is open to all youth grades 3 – 13. 4-H programming provides real-life experiences for youth through a fun and practical, learn-by-doing, educational program and provides opportunities for adults to work with youth in their development. 4-H also allows youth to practice leadership and build self-confidence.*
♦ BROWN COUNTY CAR SEAT SAFETY PROGRAM
www.co.brown.wi.us/health
Brown County Health Department
610 S. Broadway Phone: 448-6400
Green Bay, WI 54303 Hours: 8:00 a.m. – 4:30 p.m.

Injury prevention program. A certified technician will assist parents with correct installation of their child’s car seat. Car seats will be available with WIC voucher, for a reduced cost for low-income families. Appointments required.

♦ BROWN COUNTY VETERANS SERVICE
www.co.brown.wi.us/veterans/
305 E. Walnut St. Room 300 Phone: 448-4450
Green Bay, WI 54301
P.O. Box 23600
Green Bay, WI 54305-3600

Our mission is to inform and educate veterans (and their dependents and beneficiaries) on their available state and federal benefits and to assist them in obtaining benefits they may be qualified for.

♦ BUREAU OF PROGRAM MANAGEMENT AND SPECIAL POPULATIONS
http://www.dwd.wisconsin.gov/migrants/
Brown County Job Center Phone: 448-6760
301 N. Adams St.
Suite 130
Green Bay, WI 54301

Enforcement of migrant labor laws, including wages, hours and working conditions; inspection of migrant labor camps and certifications; monitors recruiters of migrant workers.
CASA ALBA MELANIE, HISPANIC COMMUNITY
RESOURCE CENTER

www.casaalba.org
314 S. Madison St. Phone: 445-0104
Green Bay, WI 54301 E-mail: melanie@casaalba.org

Casa ALBA is a center for information and referral, connecting Spanish-speaking persons and service providers. Direct referrals are made for most needs including consultation for immigration matters, legal, medical, educational, health, and family concerns. Some courses are offered in Spanish in cooperation with local colleges, and various activities have been developed through community initiative (sewing, crafts, music, healthy cooking, etc.)

CATHOLIC CHARITIES

www.newcatholiccharities.org or www.gbdioc.org
1825 Riverside Drive Phone: 272-8234
P.O. Box 23825 Hours: 8:00 a.m. – 4:30 p.m.
Green Bay, WI 54305-3825 M - F

Call or visit website for summer hours. Multi-service agency offering personal, family and community services, including mental health counseling, domestic violence treatment groups, financial management and housing counseling, adoption and pregnancy counseling, teen parent services and immigration and refugee resettlement and outreach to diverse populations through our Family Strengthening program. Sliding fee scale.

Folate (folic acid) helps the body form red blood cells. Women of childbearing age who may become pregnant should consume adequate folate from foods, and in addition 400 mcg of synthetic folic acid from fortified foods or supplements. This reduces the risk of neural tube defects, spina bifida, and anencephaly during fetal development.

USDA CHOOSEMYPLATE.GOV
◆ CASA OF BROWN COUNTY
Court Appointed Special Advocates
www.casabc.org
414 E. Walnut Street  Phone: 437-2272
Suite 170  E-mail: kristinj@casabc.org
Green Bay, WI 54301

The mission of CASA is to speak for the best interests of abused
and neglected children in the courts. We promote and support
quality volunteer representation for children to provide each
child a safe, permanent, nurturing home.

◆ CENTER FOR CHILDHOOD SAFETY
www.centerforchildhoodsafety.org
842 S. Military Ave.  Phone: 272-0110
Green Bay, WI 54304

Performs car seat safety checks. Coordinates Safety Town
(summer). Bicycle helmet safety – limited helmets available.
Also apart of Safety Community Collaborative, Distributing
Pack—plays to families in need.

◆ CEREBRAL PALSY, INC.
www.cp-center.org
2801 S. Webster  Phone: 337-1122
Green Bay, WI 54301  Fax: 337-1126

Offers essential services and innovative, quality care to
individuals and families who have been affected by temporary or
permanent physical, sensory and/or speech needs or conditions.
Services include physical, occupational and speech therapies for
children (all referrals for children under age three go through
Brown County’s Birth to Three program: 448-7890);
occupational therapy for adults; adult day services; assistive
technology; inclusive childcare (for children with and without
special needs); aquatic swim and exercise; service coordination;
and outreach services. Staff is skilled in dealing with many
conditions: cerebral palsy, muscular dystrophy, spina bifida,
developmental delays, autism spectrum disorders, arthritis, back
pain, post-stroke, post-surgical, chronic pain, fibromyalgia,
amputees, diabetes, head injury and accident recovery.
CHILDREN AND YOUTH WITH SPECIAL HEALTH CARE NEEDS – SERVICE COORDINATION
www.co.brown.wi.us/health (click on Family Health link)

Brown County Health Department
610 S. Broadway Street    Phone: 448-6430
Green Bay, WI  54303    Fax: 448-6449

A Public Health Nurse is available to provide home visits or telephone counseling to families with a child, age 0 – 21 years, with a special health care need. This can include physical, emotional or behavioral problems (such as diabetes, asthma, genetic conditions, heart problems, ADHD, etc). Services provided include case management, education, support, advocacy, liaison with medical providers and finding resources to meet the family’s needs. Spanish and Hmong interpreters are available.

COMING HOME PROJECT
(Family Services of Northeast Wisconsin)
www.familyservicesnew.org/coming-home
300 Crooks Street    Phone: 436-6800
Green Bay, WI 54301

A community-based after school and summer program that promotes positive self-esteem, good decision-making, and positive peer relationships among youth, ages 8-21. Provides recreational and social opportunities as well as homework and other academic assistance. All services are free of charge; program is open to any youth who wishes to participate.

COMMUNITY ACTION FOR HEALTHY LIVING
109 E. Eighth Street, Suite 200    Phone: (920) 462-4188
Kaukauna, WI 54130    Fax: (920) 462-4197

A resource for tobacco prevention and advocacy. CAHL’s mission is to reduce tobacco, alcohol and other substance abuse and exposure while promoting healthy lifestyles.

COMMUNITY SERVICES AGENCY, INC. - COMSA
1600 Shawano Ave Suite 108    Phone: (920) 662-4939
Green Bay, WI 54303

COMSA’s leadership understands the historical background and current barriers facing refugees and immigrants. Our founders created this 501 c3 nonprofit with a heart for serving fellow refugees and immigrants in NE Wisconsin. We connect our clients to resources, information, and provide culturally customized programs to help ease the transition to the United States.
CONSUMER PROTECTION BUREAU
www.datcp.state.wi.us
Bureau of Consumer Protection  Phone: 608-224-5012
2811 Agriculture Drive 1-800-422-7128 (Hotline)
P.O. Box 8911 Hours: 7:45 a.m. – 4:30 p.m.
Madison, WI 53708-8911

Provides general consumer information such as landlord/tenant, advertising, product safety and telecommunications problems. Handles home improvement and motor vehicle repair complaints. Oversees the Wisconsin No Call list, which can be reached at 1-888-382-1222 or online at https://www.donotcall.gov/. Written information available in Spanish and Hmong.

THE COUNSELING CLINIC
(Family Services of Northeast Wisconsin)
www.familyservicesnew.org/counseling-clinic
300 Crooks Street Phone: 436-6800
Green Bay, WI 54301 Email: intake@familyservicesnew.org

A full-service outpatient counseling clinic providing individual and family counseling, group counseling and support groups, play therapy and specialized children's therapy, specialized counseling to cope with substance abuse and/or sexual assault and psychological/psychiatric assessment and consultation as needed. Our professional therapists can assist with nearly any issue you or your loved ones may be facing.

COUNTRY KIDS, INC. – PEDIATRIC THERAPY SERVICES
1142 Orlando Drive Phone: 339-0700
De Pere, WI 54115

Pediatric therapy clinic which provides physical and occupational therapy for children with special needs, birth to 18 years. In addition to traditional therapy services, Country Kids offers innovative treatment programs, including hippotherapy (using the horse as the treatment surface). Private insurance, medical assistance and private pay are accepted.
CRISIS CENTER OF FAMILY SERVICES
www.familyservicesnew.org/crisis-center
300 Crooks Street 24 Hour Crisis Hotline: 436-8888
Green Bay, WI 54301
Provides short-term crisis counseling for people of all ages in Brown County. Services are available by phone, at the center, or at any location within the county. Translators available. Also provides community education and outreach and information and referrals for other community programs.

CURATIVE CONNECTIONS
www.newcurative.org
2900 Curry Lane Phone: 468-1161
P.O. Box 8027 Hours: 8:00 a.m. 4:30 p.m.
Green Bay, WI 54308-8027 Monday – Friday
Providing comprehensive and individualized services for seniors and people with disabilities. Services include adult day services, respite care, dementia care, employment and job placement, brain rehab and wellness programs, memory impairment classes, daily living skills class, literacy, support groups, transportation, supportive community-based care and volunteer opportunities. Several programs are Veteran certified - Veterans who are active with the VA Clinic may qualify for programs at no charge (Adult day programs, Home & Community and Mind Movers). Spanish translator available. Operates the Brown County Specialized Transportation Program, which provides transportation to adults 60 years and older and people with disabilities. Trip priorities are medical, nutrition, employment and social outings. A fee is charged per trip, with rides available within the Greater Green Bay area Monday through Friday. For more information on how to schedule a ride, contact: 920.227.4272 or ride@curativeconnections.org

Prep ahead: Portion snack foods into baggies or containers when you get home from the store so they’re ready to grab-n-go when you need them.
USDA CHOOSEMYPLATE.GOV
DAY TREATMENT FOR CHILDREN AND ADOLESCENTS
(Family Services of Northeast Wisconsin)
www.familyservicesnew.org/day-treatment
626 S. Irwin Ave. Phone: 433-3372 x 100
Green Bay, WI 54301

Provides counseling and case management services for children and youth, ages 7 to 18, who are exhibiting problematic behaviors. This structured program offers individual and family counseling, group therapy specific to the needs of the child and academic assistance.

DENTAL ASSOCIATES, LTD.
www.dentalassociates.com
430 Main Street Phone: 431-0345
Green Bay, WI 54301 Hours: Monday – Thursday,
7:00 a.m. – 6:00 p.m.
Friday, 7:00 a.m. – 2:30 p.m. Select Saturdays

Provides comprehensive dental services to patients with or without insurance. Pediatric dentistry, oral surgery, periodontic, orthodontic and prosthodontic specialists on staff. Accepts most dental insurance. For those without insurance, CarePlus Den-

DENTAL HYGIENE CLINIC
www.nwtc.edu (click on Community tab, then click the Dental Clinic link)
NWTC
2740 W. Mason Street Phone: 498-5450
Green Bay, WI 54303

Services provided for a minimal fee, including exam, cleaning, X-rays, sealants and fluoride treatment. Open weekdays during the school year. WMA recipients are charged a co-pay. Non–WMA patient = $30.
DEPRESSION AND BIPOLAR SUPPORT ALLIANCE
www.dbsasupport.com or www.dbsalliance.org
(See meeting locations below) Phone: 217-9352

Weekly support groups for people who have a mood disorder. Opportunity to share challenges and struggles and receive peer support and encouragement. Educational events teach coping skills. Weekly support group for family and friends.

Support groups for people with depression or bipolar disorder:
Bellin Psychiatric Center Mon. (Friends and Family)
301 E. St. Joseph Drive & Wed. (Peer-Only): 6:30
Green Bay, WI 54301 p.m. - 8:00 p.m.

ADRC
300 S. Adams St. Wednesdays (Peer-Only):
Green Bay, WI 54302 6:30 p.m. - 8:00 p.m.

The Gathering Place Wednesdays (Peer-Only):
1001 Cherry St. 1:00 p.m.- 2:30 p.m.

DE PERE HEALTH DEPARTMENT
www.de-pere.org/
335 S. Broadway Phone: 339-4054
De Pere, WI 54115

Promotes individual and community health through various programs. Links city of De Pere residents to essential services. Immunizations are also offered to children who do not have private insurance that covers vaccines. Children need to be <19 to be eligible. Donations are welcomed, but vaccines will be given regardless of ability to pay. Adult vaccines available as well. Please call for information.

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as “reduced sodium,” “low sodium,” or “no salt added.”
USDA CHOOSEMYPLATE.GOV
EARLY CHILDHOOD SCREENING
Programs and testing for preschool children with speech, language, developmental, learning or emotional concerns. Will provide translation services as needed.

Ashwaubenon Schools  Howard-Suamico Schools
448-2875 x 7201  662-7881

Denmark Schools  Pulaski Schools
863-4030  822-6021

De Pere Schools  West De Pere Schools
983-2456  337-1393 x 8012

Green Bay Schools  Wrightstown School
448-2102  532-5551 x 5001

Early childhood screening is provided as part of the Child Find Program, which requires states to identify, locate and evaluate all children with disabilities. For more information, visit www.ectacenter.org

EARLY HEAD START
(Family Services of Northeast Wisconsin)
www.familyservicesnew.org/early-head-start

300 Crooks Street  Phone: 436-4360 x 1388
Green Bay, WI 54301

A federally funded home visitation program offered to low-income parents of infants and/or toddlers. Home visits focus on child development, health, nutrition, safety, emotional development/mental health, parent involvement and connecting families to community resources. Weekly playgroups are also offered to all participating families.

While you’re out: If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or a side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.

USDA CHOOSEMYPLATE.GOV
♦ EPILEPSY FOUNDATION
HEART OF WISCONSIN
http://epilepsywisconsin.org/

Central Office: Branch Office:
41 Park Ridge Drive, Suite C 1800 Appleton Road
Stevens Point, WI  54481 Neenah, WI  54952
Phone:  (800) 693-2287 Phone:  (715) 341-5811

Monthly support groups, emergency medication assistance, 
patient education materials and first aid presentations.

♦ ENCOMPASS EARLY EDUCATION AND CARE, INC.
www.encompasssee.org

Encompass Administrative Office
1823 South Webster
Green Bay, WI  54301

Child Care Centers: Phone #
Bellin Health Center, 1823 S. Webster (Allouez) 436-7540
Carol B. Bush Center, 500 Pine Street (Downtown) 436-7557
De Pere Center, 2000 Lawrence Drive (W. De Pere) 336-1541
Ruth Helf Children’s Learning Center, 2787 W. 
   Mason St. (Far West Side) 405-9083
The Cornerstone, 345 N. Broadway (W. Green Bay) 436-7554
The Rosebush, 1275 University (E. Green Bay) 436-7549

Encompass Early Education and Care, Inc., is a not-for-profit 
organization providing care and education for children and 
support for families with a commitment to compassion, 
excellence and advocacy. All six centers are nationally 
accredited by the National Association for the Education of 
Young Children. Reduced rates for qualifying parents at all 
locations.
Exceptional Equestrians is a 501(c)(3) nonprofit organization offering equine based therapy services to children with special needs ages birth to 18. Exceptional Equestrians offers hippotherapy (1:1 therapy using the horse as the treatment surface) and therapeutic riding (group riding with goals centered on teamwork, communication, motor development and skill-building). Registration fees are posted on our website. Scholarship assistance is available.

Fair Housing Center of Northeast Wisconsin

www.fairhousingwisconsin.com
(Milwaukee home office site)
4650 W. Spencer St. Phone: 560-4620
Suite 20
Appleton, WI 54914
Toll-free statewide complaint intake: 1-877-647-3247

Helps with investigation of housing discrimination and makes referrals to WI Equal Rights Division, HUD or local attorneys.

Limit Screen Time: Make a family agreement to limit your computer, phone, TV, and video game time to no more than 1 - 2 hours a day.
USDA Food & Nutrition Service
FAMILY RESOURCE CENTERS

Ashwaubenon FRC
(Located within Pioneer School)
1360 Ponderosa Ave. Phone: 492-2925 x 6139
Ashwaubenon, WI 54313

Programs and services available: parent education classes, workshops, playgroups, home visits, book lending library, family events and celebrations, Parent Advisory Committee, information, resource and referral services, Dads Only Programs, developmental screenings.

Family & Childcare Resources of Northeast Wisconsin
201 W. Walnut Phone: 432-8899
Suite 100 Fax: 432-6677
Green Bay, WI 54303 Hours: 8:00 a.m. – 4:30 p.m.,
Monday – Thursday
8:00 a.m. – Noon, Friday

Services offered: Childcare resources and referrals, Adult/Child Bilingual Playgroup, Citizenship Classes, ELL Classes through Literacy Green Bay, Supernanny Home Visits, Parents as Teachers Home Visits, various workshops and events, 2-1-1 Plus site, Resource Room and various volunteer opportunities.

Sip on some vegetable soup
Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.
USDA CHOOSEMYPLATE.GOV

(Family Resource Centers continued on next page)
(FAMILY RESOURCE CENTERS continued)

Howe Community Resource Center
526 S. Monroe Street       Phone: 448-7340
Green Bay, WI  54301       Email: hrcinformation@gmail.com

Programs and services available are: Parenting classes, Parenting home visiting program, parent/child playgroup, pediatric dental clinic, family events and activities, weekly senior bingo, monthly nutrition programs.

◆ FAMILY SERVICES of NORTHEAST WISCONSIN
www.familyservicesnew.org
(see website for complete list of programs)
300 Crooks Street       Phone: 436-6800
Green Bay, WI  54301       1-800-998-9609

A non-profit, human services agency that protects, heals and cares for the children and families of Northeast Wisconsin. Offers more than 30 programs that support the people of our communities during challenges and transitions in their lives. Program areas include: Crisis Services, Counseling and Treatment Services, Early Childhood Development, At-Risk Youth Programs and Self-Sufficiency Programs. Bilingual support may be available.

◆ THE FINANCIAL INFORMATION & SERVICE CENTER, INC. (FISC)
A program of Goodwill NCW, Inc.
1660 W. Mason Street       Phone: 569-1598
Green Bay, WI  54303       Toll Free: 1-800-366-8161

The Financial Information & Service Center, Inc., a Consumer Credit Counseling Service, provides financial counseling, debt management services, bankruptcy counseling, housing counseling and education to clients with a wide range of money problems. Sponsored by Goodwill, offices are located at the Goodwill Store on West Mason Street.
FOOD PANTRIES

Call for information on days and times.
7th Day Adventist Community Service Center,
1414 Shawano Avenue, Green Bay .......................... 494-5245
AIDS Resource Center, 445 S. Adams Street, GB ........ 437-7400
Calvary Lutheran Church, 1301 S. Ridge Road, GB ....... 494-2431
Denmark Food Pantry, 140 Wisconsin Ave, Denmark ...... 863-8725
De Pere Christian Outreach, 1827 Chicago St., De Pere .... 338-9718
Transformation House
610 S Broadway Green Bay, WI 54302 ........................ 857-9611
First United Methodist Church (FUMC) Good Will Place,
501 Howe Street, Green Bay ................................... 437-9252
Giving Tree, 600 Cardinal Lane, Green Bay ............... 434-9225
Grace Lutheran Church, 321 S. Madison, Green Bay ...... 432-0308
Lion of Judah Church, 512 9th Street, GB ................. 884-7555
Living Hope, 1840 W Mason St GB ....................... 497-8022
Manna for Life, 1545 University Avenue, Green Bay ...... 437-3629
Oneida Emergency Food Pantry, N7372
Water Cir Pl, Oneida ........................................ 869-6165
Paul’s Pantry, 1520 Leo Frigo Way, Green Bay .......... 433-0343
Presbyterian Pantry, 200 S. Ashland, Green Bay ........ 437-8121
Pulaski Community Pantry, Inc.,
234 West Town Rd Pulaski .................................. 822-6032
Resurrection Lutheran Church, 1024 Shawano Ave., Green Bay .......... 499-9286
Ruby's Pantry, Central Church 831 Schoen St .......... 465-0455
and Redeemer Lutheran Church 210 South Oneida St .... 499-1033
St. John Lutheran, 2700 Babcock Rd, Green Bay .......... 499-1142
St. Mark Lutheran Church, 2066 Lawrence Drive, De Pere ........................................ 336-2485
St. Patrick’s Food Pantry, 505 Clinton St., Green Bay ... 437-3911
St. Willebrord Church, 209 S. Adams St., Green Bay ...... 606-5640
Salvation Army, 626 Union Court, Green Bay .......... 497-7053
Trinity Lutheran Church, 330 S. Broadway, Green Bay .... 437-8124
Zion Lutheran Church of Wayside,
8378 County Road W, Greenleaf ............................. 864-2463
Zion Lutheran Church of Morrison
7395 County Road W, Greenleaf ............................. 246-5435
♦ **FOODSHARE / FOOD STAMPS**

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www.co.brown.wi.us/human_services
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Brown County Human Services  Phone: 448-6460  
Department  Fax: 448-6465  
111. N. Jefferson  
Green Bay, WI  54301

- Applications/requests can be made in person, by mail or online.
- Check your benefits, make changes or apply online at [access.wisconsin.gov](http://access.wisconsin.gov)
- Call to complete FoodShare interview without a scheduled appointment

**Bay Lake Consortium**

*Phone:* 1-888-794-5747  
*Fax:* 1-855-293-1822

♦ **FORWARD SERVICE CORP** - See W-2 listing (p. 72).

♦ **FOSTER GRANDPARENT PROGRAM**

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www.encompasssec.org
(Click on Support Encompass – Volunteers link).
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1823 S. Webster  Phone: 469-1236 x 1110  
Green Bay, WI  54301

A federal and state funded program that brings together seniors (55 years and older) with children. They serve 15 – 40 hours per week and receive an hourly stipend, mileage reimbursement and the love and affection of a child. The children receive one-on-one care and the attention of a caring adult.

♦ **FREEDOM HOUSE MINISTRIES, INC.**

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www.freedomhouseministries.org
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2997 St. Anthony Drive  Phone: 432-4646  
Green Bay, WI  54311

Christian homeless shelter for legally married couples with children or single parents (male or female) with children.
THE GATHERING PLACE
1001 Cherry Street  Phone: 430-9187
Green Bay, WI 54301  Hours: 10:00 a.m. – 3:00 p.m.
                          Monday, Friday, Saturday
                          10:00 a.m. – 7:00 p.m.
                          Tuesday, Wednesday, Thursday

The Gathering Place, Inc., is one of five Recovery Centers in the State of Wisconsin serving adults with severe and persistent mental illnesses and co-occurring disorders. The Gathering Place welcomes all who are seeking to further their recovery. We are a community of peers. Our members come to the center for friendship, support, and understanding.
http://www.facebook.com/pages/The-Gathering-PLACE-INC/465043530260347  Please check out our daily events.

GET CHECKING
www.browncountyextension.org
1150 Bellevue Street  Phone: 391-4610
Green Bay, WI 54302

GET CHECKING is an educational program designed to help consumers without a primary banking relationship gain access to basic financial services, namely deposit accounts. This includes individuals and families that may have had problems managing their accounts in the past or consumers who have simply never opened a deposit account. GET CHECKING is sponsored by Catholic Charities, FISC/Goodwill and Brown County UW-Extension.

GOLDEN HOUSE
www.goldenhousegb.org
1120 University Avenue  Phone: 435-0100
Green Bay, WI 54302  432-4244 (24-hour hotline)
                      or 1-877-431-4321

Serving families with domestic abuse; offers help with restraining orders, shelter and advocacy work. Offers shelter for domestic violence victims and their children.
The Scattered Site Housing Rehabilitation Program provides safe, sanitary housing to low- and moderate-income families. The units are quality single family duplexes that range in size from 2 to 4 bedrooms. For rental assistance, call Integrated Community Solutions at 498-3737. See listings on pages 26 and 38.

◆ GOODWILL INDUSTRIES

www.goodwillncw.org
2814 S. Oneida Street  Phone: 498-0990
Green Bay, WI  54304
1301 Brosig Street  Phone: 465-9601
Green Bay, WI  54311
1660 W. Mason Street  Phone: 569-1596
Green Bay, WI  54303
Main Office – Menasha  Phone: 731-6601

Provides a variety of work experiences and training opportunities to persons with special needs. Provides store certificates to individuals in times of need through our GoodNeighbor Program – persons need to be referred by other human service agencies. Operates retail outlets to support programs. Offers volunteer programs. LGBT Partnership, an ongoing leadership development and support group from ages 14-18 who identify as gay, lesbian, bisexual, transgender, questioning and allied. Green Bay group meets every Mon., 6-8 PM, on the second floor of the Brown County Library, 515 Pine St. Contact: Reiko Ramos 920-968-6863. Circles of Support, a program providing recently released prisoners with a support network of volunteers that offer guidance, mentoring and direction in all areas of life. Goal to allow person to transition back into the community thereby reducing the likelihood that he/she will re-offend. Contact Anne Strauch, 920-968-6832. Website: https://www.circles-of-support.org/ NeighborCARE for elderly residents of Denmark, WI to reduce isolation and loneliness. Contact: Tanya Rabec, 920-968-6858.

◆ GREEN BAY/BROWN CO. HOUSING AUTHORITY

www.green-bay.org
100 N. Jefferson St., Room 604  Phone: 448-3414
Green Bay, WI  54301

The Scattered Site Housing Rehabilitation Program provides safe, sanitary housing to low- and moderate-income families. The units are quality single family duplexes that range in size from 2 to 4 bedrooms. For rental assistance, call Integrated Community Solutions at 498-3737. See listings on pages 26 and 38.
GREATER GREEN BAY HABITAT FOR HUMANITY
www.greenbayhabitat.org
811 Packerland Drive, Phone: 593-3921
(Lower Level) Green Hours: 8:00 AM – 4:30 PM
Bay, WI 54303 Monday – Thursday
8:00 AM - 12:00 PM Friday
Our Mission: Habitat for Humanity believes that every man,
woman and child should have a decent, safe and affordable place
to live.
Our Services: We build houses using volunteer labor and dona-
tions. Our partner families purchase these houses through no-
profit, no-interest mortgage loans. Partner families must demon-
strate: 1) Ability to pay; 2) Willingness to partner; 3) Current in-
adequate housing.
Spanish and Hmong translation service is available by appoint-
ment.
See our website or call us for more information on partner fami-
lies, volunteer opportunities and donation options. Greater
Green Bay Habitat for Humanity is an equal housing opportunity
provider and lender.

GREEN BAY HEAD START PARENT CENTER
617 N. Irwin Ave. Phone: 448-7312
Green Bay, WI 54302 Hours: 7:30 a.m. – 3:30 p.m.
Evening events scheduled monthly
on calendars.
Head Start parent meeting and activity center. All parents, grand-
parents and significant others are welcome to meet, greet, share
and learn.

Make half your plate fruits and vegetables:
Choose red, orange, and dark-green vegetables like
tomatoes, sweet potatoes, and broccoli, along with
other vegetables for your meals. Add fruit to meals
as part of main or side dishes or as a dessert.
USDA CHOOSEMYPLATE.GOV
GREEN BAY METRO
http://greenbaywi.gov/231/Metro-Transit
901 University Avenue
Green Bay, WI 54302
Phone: 448-3450

Bus schedules and routes; daily, weekly and monthly passes; ADA Paratransit Services. Busses operate Monday through Saturday and for all home NFL games.

ADA Paratransit: Transportation for people with disabilities who are unable to use the regular fixed-route bus system. Doctor verification required. $3.00 per one way trip. Paratransit ID card required. Call 448-3450 for more information or download an application form by visiting http://greenbaywi.gov/324/Paratransit

Reduced Fare Program: Reduced fares for people who have a qualifying disability or who are age 65 or older. Reduced Fair ID card required. Call 448-3450 for more information or download an application form by visiting http://greenbaywi.gov/292/Reduced-Fare-Program

U-Pass Program: St. Norbert College and UWGB students, faculty and staff can ride Green Bay Metro buses free of charge by presenting a valid college ID to the bus operator.

*A handful of nuts make the perfect snack:*
They provide lots of energy that will fill up your child and keep them going for longer
Community & Public Health

https://www.cph.co.nz/your-health/nutrition-tips-for-newsletters/
♦ **GREEN BAY VET CENTER**  
1600 S. Ashland Avenue  
Green Bay, WI 54304  
Phone: 435-5650  
Hours: 8:00 AM - 7:00 PM Mon. & Thurs., 8:00 AM - 4:30 PM Tues. & Fri., 8:00 AM - 6:30 PM Wed.  

*Provides free counseling and readjustment services for combat veterans and their families. Serves veterans that have experienced sexual trauma during their military service. Serves families with bereavement counseling if they have lost a service member during their military service. For assistance after hours, weekends, and holidays call: 1-877-WAR-VETS (1-877-927-8387).*

♦ **HEAD START CESA 7 – Ashwaubenon, De Pere, Howard-Suamico School Districts**  
300 Crooks Street  
Green Bay, WI 54305  
Phone: 430-1153  
Fax: 430-1158  

*Child and family development program enrolling 0-5 year olds from low income families or children at risk or with special needs. Designed to assist and influence the entire family's search for growth and development. Components include education, health, nutrition, special needs, family services and parent involvement.*

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**Choose different types of bread:** Such as pita pockets, wraps, or wholegrain bread. Limit high sugar fillings like honey, jam, or nutella to only a couple of times a week.  

*Community & Public Health*

https://www.cph.co.nz/your-health/nutrition-tips-for-newsletters/
♦ **HEAD START – Green Bay School District**  
1150 Bellevue St.  
Green Bay, WI 54302  
Phone: 448-2226  
smjansen@gbaps.org

Programs for 3 – 5 year olds and their families. Full-time Spanish and Hmong translators. English Language Learner Program (ESL) available for preschoolers with limited English speaking ability.

♦ **HEALTHY FAMILIES**  
(Family Services of Northeast WI, Inc.)  
www.familyservicesnew.org  
1822 Riverside Drive  
Green Bay, WI 54301  
Phone: 436-4416 x 121

Comprehensive home visitation program offering support and services to first time parents beginning at pregnancy or at the time of birth and continuing for up to 4-5 years. Parent-child interaction, child development, safety, nutrition and health are emphasized. Linkage to community resources also provided. Healthy Families helps new parents meet the challenges of parenting.  
Full-time Hmong and Spanish speaking staff.

♦ **HERITAGE HILL STATE HISTORICAL PARK**  
www.heritagehillgb.org  
2640 S. Webster Avenue  
Green Bay, WI 54301  
Phone: 448-5150  
info@heritagehillgb.org

History comes alive. Open daily Memorial Day through Labor Day and September Saturdays. Offering special events for Halloween and Christmas, other special events and workshops. Visit our website or call for scheduled events and activities.  
Entrance fee. Group rates available.
HIGH SCHOOL EQUIVALENCY/GED® Testing
www.nwtc.edu
NWTC Phone: 498-5427
2740 W. Mason Street 1-800-422-6982
Green Bay, WI 54303

HSED/GED® Test candidates must be at least 18 ½ years old or have proof that the class in which they have entered 9th grade has graduated. The Wisconsin Department of Instruction requires all candidates to complete a Pre-program Exam, Career Plan and attend an Orientation. These are administered free of charge at NWTC. At this time, the GED Test series contains four tests at $33.75 each and a $15 State Credentialing Fee. HSED requirement includes: successful completion of four tests plus Health Literacy, Civic Literacy and Employability Skills. Classes and tests are done at NWTC and selected outreach sites. Classes are free of charge.

THE HOME IMPROVEMENT LOAN PROGRAM
www.green-bay.org Phone: 448-3402
100 N. Jefferson Street Contact: Kevin King
Green Bay, WI 54301

The HOME Improvement Loan Program is a zero interest, deferred payment loan for low- to moderate-income single family

HOUSE OF HOPE
(St. Vincent DePaul / Homes and Shelters)
1667 Shawano Drive Phone: 884-6740
Green Bay, WI 54303

Residential Shelter for homeless pregnant and/or parenting women ages 18 – 24 and their children. Please call for intake procedure.
♦ **HOUSING ASSISTANCE PROGRAM**
Integrated Community Solutions (ICS)

www.ics-gb.org  
2605 S. Oneida St.  Phone: 498-3737  
Suite 106  Contact: info@ics-gb.org  
Green Bay, WI  54304  Hours: 8:00am-4:30pm, M-F

*Rental assistance to income eligible families. Other programs include: energy assistance, weatherization, first-time homebuyer assistance and family self-sufficiency program. Hmong and Spanish translators available.*

♦ **JACKIE NITSCHKE CENTER, INC.**

630 Cherry Street  Phone: 435-2093  
Green Bay, WI  54301  Fax: 435-2580

*Adult residential, intensive outpatient and after care treatment, including one-on-one meetings and assessments for alcohol and chemical dependency.*

♦ **LA LECHE LEAGUE OF GREEN BAY**

https://www.lllofwi.org/green-bay.html  
Life Bridge Christian Church

2496 Glendale Ave.  
Howard, WI 54313  
**Meeting Times**  
3rd Friday/month @ 10:00 a.m.

**Leader:**  
Joannie: 715-250-3549  Email: LLLinClintonville@gmail.com

*Provides education, information, support and encouragement to women who want to breastfeed. All women interested in breastfeeding are welcome to attend the monthly group meetings or call for breastfeeding help. Spanish contacts available.*
LAUNDRY LOVE GREEN BAY
https://www.laundrylovegreenbay.org/

email: laundrylovegreenbay@gmail.com

"Laundry Love - Green Bay exists to meet the needs of those in our community who are low income, homeless, unemployed, elderly, or needing a hand up in a difficult time by providing quarters and soap through our Laundry Love events at a local laundromat.

How it Works:

Laundry Love hosts a 2 hour event at a local laundromat. You can find the events by clicking on the events tab on the website.

Arrive to the laundromat during our event time and sign in at the Laundry Love table. You will be given a number and an LL coordinator will direct you to a washing machine and get your washer started. 2 loads per individual and 5 loads per family are allowed.

Once your washer is finished find an LL coordinator and turn in your number. We will direct you to a dryer and get your dryer starter for you.

The National Sleep Foundation recommends 7–9 hours of sleep a night for adults up to the age of 65, and 7–8 hours for those over 65. Some people naturally sleep slightly more or slightly less than these recommended hours. Maintain a regular sleep pattern by going to bed and getting up at around the same time each day, including on the weekends.

Community & Public Health
LAW OFFICE OF JON D. ANDERSON LLC
www.gblawyer.com
414 E. Walnut Street    Phone: 431-0790
Suite 201     Fax: 431-0791
Green Bay, WI  54301

Provides guardianship and conservatorship services at a reasonable rate. Also provides guardianship services to individuals covered by medical assistance that reside in a nursing home or CBRF. General legal services provided as well, including wills, estates, real estate and business.

LAWYER REFERRAL AND INFORMATION SERVICE
P.O. Box 7158     Phone: 1-800-362-9082
Madison, WI  53707

A legal assistant will analyze your potential legal problem and refer you to an attorney or law firm in the appropriate area of law serving your geographic area. Also see the “Modest Means Program,” a reduced-fee legal services program operated by the State Bar of Wisconsin (page 45).

LEGAL ACTION OF WISCONSIN, INC.
www.legalaction.org
201 W. Walnut Street    Phone: 432-4645
Suite 203     Green Bay, WI  54303

Provides legal assistance for low-income people in non-criminal areas of the law. Call for details. Spanish, Hmong and Lao translators available.

LIBERTAS
https://www.libertastreatment.org/
1701 Dousman Street     Phone: 498-8600
Green Bay, WI  54303

Inpatient alcohol and drug rehabilitation for adolescents and outpatient services for adults and adolescents.
♦ LITERACY GREEN BAY
www.literacygreenbay.org
424 S. Monroe Avenue Phone: 435-2474
Green Bay, WI  54301

Literacy services (reading, writing, math, oral English, citizenship, ESL classes, one-on-one tutoring, small group instruction) to English speaking and non-English speaking adults. Children First Family Literacy Program for adults studying for GED and their children infant to 6 years. Day care for students attending classes. Child tutoring for the children of adult learners. Spanish interpreter available.

♦ MEDICAL TRANSPORATION MANAGEMENT, INC.
http://www.mtm-inc.net/wisconsin-website/wisconsin-home/
Phone: 1-866-907-1493

Medical Transportation Management, Inc. (MTM) is the non-emergency medical transportation services for certain Medicaid and BadgerCare Plus members. Call number above to schedule a ride and/or obtain approval for reimbursement.

♦ LOVE LIFE
West Side Location
505 Clinton St. Green Bay, WI 54303
Phone: 497-1087

East Side Location
Peace United Methodist Church
919 Schwartz Street
Green Bay, WI  54302
Phone: 468-5414

An ecumenical outreach ministry that assists low-income families in meeting basic infant/toddler needs by donating items such as diapers, layettes and baby clothing. Hours: 1:00 p.m. – 4:00 p.m., Thursdays. Closed the 5th Thursday of the month.
♦ LUTHERAN COUNSELING AND FAMILY SERVICES OF WISCONSIN
www.lcfswi.org
210 S. Oneida St. Toll Free Hotline: 1-888-867-4840
Green Bay, WI 54303

Counseling agency within a Christian atmosphere, but accepts all denominations. Accepts most insurance, MA and also has a sliding fee scale.

♦ LUTHERAN SOCIAL SERVICES
www.lsswis.org
Adoption & Counseling Services
3003 N. Richmond St. Adoption: (920) 730-1322
Appleton, WI 54911 Counseling Services: (920) 730-1321

Adoption Services: Lutheran Social Services operates four adoption programs: U.S./domestic, international, birth and special needs adoptions. LSS is the largest nonprofit, licensed child placement agency in the State of Wisconsin and Upper Michigan. Call for more information. Counseling for individuals, couples and groups provided by state certified professionals. AODA/mental health services. Medical assistance accepted. Sliding fee scale available.

Corporate Guardianship & Representative Payee Programs
AJD Guardianship Inc.
PO Box 1895
Green Bay, WI 54305
Andrew Drumm, 920-373-1056, ajdguardianship@gmail.com

Corporate Guardianship Program: Help for people in need of guardianship; Representative Payee Program: Provides financial management for Social Security and SSI payments of beneficiaries who are incapable of managing their benefits. Additional information on the role of representative payees, or other community resources and options available can be obtained by contacting the Brown County Health and Human Services Representative Payee Unit at (920) 448-6349
MEAL SITES

Senior Meal Sites
* Suggested donation of $3.50 for anyone over 60 years old.

ADRC Eastside Green Bay Locations:
* Make reservations before 12:30pm the day before.

Aging & Disability Resource Grounded Cafe
300 S. Adams Street
No Reservations Required
(920) 448-4300
Open M-F, 11:00am—12:30pm.

Curative Connections
2900 Curry Lane
Reservations call: (920) 593-3564
Open M-F, 11:30am—12:30pm

ADRC Westside Green Bay Locations:

Mason Manor
1424 Admiral Court
Reservations call: (920) 492-4991
Open M-F, 11:30am—12:30pm

Fort Howard Apartments
141 North Chestnut
Reservations call: (920) 448-4544
Open Tues. and Wed., 11:30am-12:30pm

(Meal Sites continued on next page)
(Meal Sites continued)

Other Brown County Senior Meal Sites
Locations Open M-F, 11:30am

**De Pere Community Center**
600 Grant Street, De Pere
Reservations call: (920) 983-1675

**Denmark AddLife (Senior) Center**
141 Highridge Ave., Denmark
No Reservations Required
(920) 863-8097

**Pulaski Adult Activity Center**
430 S. St. Augustine, Pulaski
Reservations call: (920) 822-8100

Adult and Family Meal Sites

**Manna for Life**
1545 University Avenue    Phone: 437-3629
Mon., Wed., & Fri.: 11:00 a.m. - 1:00 p.m.

**NEW Community Shelter**
301 Mather Street    Phone: 437-3766
Weekends and holidays: 11:30 a.m. – 12:30 p.m.
Everyday Dinner: 5:00 p.m. – 6:00 p.m.

**The Salvation Army**
626 Union Court    Phone: 497-7053
Free Lunch: 11:30 a.m. – 12:30 p.m., Monday – Friday

**West Side Moravian Church Loaves & Fishes**
Community Meal Program
1707 South Oneida Street    Phone: 499-4433
Breakfast on the 4th Saturday of every month.
Hours: 8:00 a.m. – 10:00 a.m.

(Meal Sites continued on next page)
(Meal Sites continued)

Meal Programs for Youth

Boys & Girls Club (Members Only)
West Green Bay: 311 S. Oneida St. Phone: 494-7090
East Green Bay: 1451 University Ave. Phone: 494-7090
Afternoon snack and dinners served Monday - Friday during the school year. Breakfast, lunch and afternoon snack served Monday - Friday during summer break and on days when school is not in session. Children and youth ages 7 to 18 can become members for a $10 annual fee.

Green Bay Public School Summer Meal Program
When: Mid June through mid August, Monday through Friday.
Cost: FREE to students 18 years and younger.
Where: Call 391-2407 or search “GBAPS Summer Lunch” for a list of 65 locations and times.
Why: Learning does not end when school lets out. Neither does the need for good nutrition. The summer food program provides nutritious meals to continue a child’s physical and social development throughout the summer.

Find Summer Meals in Your Community
Nutritious free meals are available for children and teens 18 and younger at many locations throughout the nation throughout the summer while school is out of session. Use the mapping tool below to find a site near you.
https://www.fns.usda.gov/summerfoodrocks

♦ MEDIATION CENTER OF GREATER GREEN BAY

130 E. Walnut Street Phone: 438-7067
Suite 510 mediationGGB@yahoo.com
P.O. Box 752
Green Bay, WI 54305-0752

Helps individuals to resolve conflict. Resolves conflicts for families, neighborhoods, the elderly and racial/ethnic disputes. Resolves conflict between employees and employers.
MEDICAL ASSISTANCE/BADGER CARE PLUS  
Brown County Human Services Department  
www.co.brown.wi.us/human_services  
111 North Jefferson  Phone: 1-888-794-5747  
Green Bay, WI 54301  Fax: 1-855-293-1822  
Hours: 8:00 a.m. – 4:30 p.m.  

Medical assistance for families, elderly, blind or disabled, low-income or pregnant women. Applications can be mailed, completed in person or completed online. To check your benefits, make changes or apply online, visit access.wisconsin.gov. Bilingual staff is available.

MODEST MEANS PROGRAM  
State Bar of Wisconsin  
www.legalexplorer.com  
State Bar of Wisconsin  Phone: 1-888-529-7599  
Modest Means Panel  
P.O. Box 7158  
Madison, WI 53707-7158  

The Modest Means Program is a reduced-fee legal services program designed for people whose income is too high to qualify for free legal services but too low to pay a lawyer’s standard rate. Eligibility is based on household size and income. For more information, visit the Modest Means Web site located at http://www.legalexplorer.com/lawyer/lawyer-notafford.asp or call 1-888-529-7599.

Team up: Find a friend with similar goals—swap healthy recipes and be active together. Staying on track is easier with support and a cheerleader.  
Celebrate successes: Think of each change as a "win" as you build positive habits and find ways to reach your goals. Reward yourself—you’ve earned it!  
USDA CHOOSEMYPLATE.GOV
MOPS (Mothers of Preschoolers) OF NORTHEAST WISCONSIN
www.mops.org

Green Bay Community Church
www.gbcommunitychurch.com
600 Cardinal Lane
Green Bay, WI 54313
Phone: 434-9225

Celebration Church
East Green Bay
www.celebrationchurch.tv
3475 Humboldt Road
Green Bay, WI 54311
Phone: 468-1122

Check the MOPS website for meeting days and times or contact Mary Meyer at Maryjmeyer84@gmail.com for meeting at Green Bay Community Church. Check the MOPS website for other local meeting places.

A nonprofit organization dedicated to encouraging, equipping and developing mothers of preschoolers to realize her potential as a woman, mother and leader. Moms attend MOPS groups to experience friendship, receive mothering support and to grow personally and spiritually.

Balance your options: You don’t necessarily have to skip the bread, wine, and dessert. Consider choosing just one of these options and pass on refills.

USDA CHOOSEMYPLATE.GOV
MUMS: NATIONAL PARENT-TO-PARENT NETWORK

http://www.mums-network.org/
150 Custer Court  Phone: 336-5333
Green Bay, WI  54301-1243  Parents only please

*MUMS is a national Parent-to-Parent organization for parents or care providers of a child with any disability, rare or not so rare disorder, chromosomal abnormality or health condition. The main purpose is to provide support to parents in the form of a networking system that matches them with other parents whose children have the same or similar condition.*

NATIONAL CANCER INSTITUTE CANCER INFORMATION SERVICE

www.cancer.gov

NCI Office of Communications  Phone: 1-800-4-CANCER
and Public Liaison (OCPL)  (422-6237)
BG 9609 MSC 9760  Hours: 9:00 a.m. – 9:00 p.m.
9609 Medical Center Drive  M-F
Bethesda, MD 20892-9760

*Free public service of National Cancer Institute. Trained specialists provide latest information on cancer screening, diagnosis, current treatment options, research studies and advances. Service provided in Spanish and English.*

NATIONAL RUNAWAY SWITCHBOARD

www.1800runaway.org

3141B N. Lincoln Ave.  Phone: 1-800-RUNAWAY
Chicago, IL  60657  (786-2929)

*The National Runaway Switchboard is the federally-designated hotline and website for runaway and homeless youth. Responds to at-risk youth and their families 24 hours a day. Helps connect at-risk/homeless youth with local resources, including shelter, food, medical assistance and counseling. Offers non-judgmental support, respects confidentiality and collaborates with volunteers.*
♦ NEIGHBORWORKS GREEN BAY
www.nwgreenbay.org
437 S. Jackson Street Phone: 448-3075
Green Bay, WI  54301 Email: info@nwgreenbay.org
Hours:  8:30 a.m. – 4:30 p.m.
Monday – Friday

NeighborWorks strengthens neighborhoods and improves lives by rehabilitating housing, enhancing neighborhood character and promoting and preserving home-ownership. **Services:** Homebuyer preparation classes and counseling, budgeting help, loans to homebuyers, post-purchase counseling, foreclosure prevention, housing renovation, homes for sale and apartments for rent. Spanish and Hmong service available. See website for homes available and class schedule. Call to register. An equal housing opportunity provider and lender.

♦ NEVILLE PUBLIC MUSEUM
www.nevillepublicmuseum.org
210 Museum Place Phone: 448-4460
Green Bay, WI  54303 Hours: Tues: Noon -8pm
Wed.-Sun.: 9am-5pm, Also open on first Wednesday of every month from 9am – 8pm.

Enjoy historic artifacts in the permanent exhibit, plus changing exhibits about history, art, science and culture. Participate in hands-on activities in the Discovery Room for children. Admission charged: Adult (ages 16 and up) $7; children (ages 6-15) $3; age 5 and under free. Free admission on first Wednesday of every month from 5:00 pm to 8:00 pm for Brown County residents. Group rates available.

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● N.E.W. COMMUNITY CLINIC
www.newcommunityclinic.org
622 Bodart Street Phone: ……437-9773
Green Bay, WI 54301 Fax: …….437-3294
   WIC East: ….437-8368 WIC West: ..431-0243
   Health Care for Homeless: ..............................437-7206
   NWTC..............................................................498-5436

Direct medical and dental care services for people of all ages who lack insurance, Medicare or Medicaid. Temporary medical coverage for uninsured pregnant women who qualify financially. Case management for pregnant women who qualify. Family Planning Care, Women’s Cancer Control Program, lead testing and wellness physicals for children. Sexually Transmitted Disease testing and treatment. Spanish translators available, call for times. WIC, Health Care for the Homeless; call for info. Satellite clinic at NWTC.

Diets rich in potassium may help to maintain healthy blood pressure. Vegetable sources of potassium include sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, spinach, lentils, and kidney beans.
USDA CHOOSEMYPLATE.GOV
NEW COMMUNITY SHELTER
www.newcommunityshelter.org
301 Mather Street Phone: 437-3766
Green Bay, WI 54303

Provides emergency shelter, transitional living apartments, and supportive services to adult men and women. Breakfast is provided for residents. See Meal Sites for free meal times offered at the shelter.

NEW ZOO
www.newzoo.org
4378 Reforestation Road Phone: 434-7841
Green Bay, WI 54313 Hours: April - May: 9:00 a.m. – 6:00 p.m. June - Aug: 9:00 a.m. – 8:00 p.m. Sept - Oct: 9:00 a.m. – 6:00 p.m. Nov - March: 9:00 a.m. - 4:00 p.m.

Animal exhibits in natural habitat, including giraffes, snow leopards, lions, red pandas, penguins, red wolves, lynx, reptiles and much more. Park, picnic facilities and hiking trails available. Fees: 2 and under free; ages 3 – 15 $6, adults (16 yrs. +) $9; seniors (62 yrs. +) $6, FREE to Zoo Pass Members.

NEWCAP, INC.
www.newcap.org

Community Health Services - Brown County:
1540 Capitol Drive Phone: 430-1350
Green Bay, WI 54303

Provides family planning, physical exams, pap tests, STD screening, birth control methods and pregnancy tests.

(Continued on next page)
(NEWCAP, Inc. continued)

Weatherization Program:
1201 Main Street          Phone: 920-834-4621
Oconto, WI 54153          1-800-242-7334

Weatherization assistance for income eligible people who are
within 60% of the State – County median in Brown County.
Conservation program which provides funding for improving
energy efficiency for rental and owner-occupied property.

◆ NORTHEAST WISCONSIN TECHNICAL COLLEGE
(NWTC) CAREER SERVICES
www.nwtc.edu/careers      email: careers@nwtc.edu
2740 W. Mason Street      Phone: 498-6250
Green Bay, WI 54303

Free services available to students, alumni and community
members. Provides career and college education information,
assessment of interests and skills via a variety of career
assessments. Also provides resume and cover letter writing
assistance, practice (mock) interviews, job search strategies,
portfolio development, networking, labor market information,
LinkedIn expertise and a variety of job search engines/job
boards. Schedule an appointment or walk in today.
School year hours: Mon-Thurs 8am-6pm and Friday 8a-4:30p.
Summer Hours: Mon-Thurs 7:30am-5pm and Friday
7:30am-4:30pm.

◆ NORTHEAST WI TECHNICAL COLLEGE (NWTC)
VETERANS EDUCATION BENEFITS INFORMATION
www.nwtc.edu (Click on Financial Aid and Veterans Benefits)
2740 W. Mason Street      Phone: 498-6928
Green Bay, WI 54303

Provides veterans with information on educational benefits
available to them.
♦ ONEIDA NATION BEHAVIORAL HEALTH

https://oneida-nsn.gov/resources/behavioral-health/

2640 West Point Road Phone: 490-3790
Green Bay, WI 54301

Provides counseling services; intensive outpatient group therapy; tobacco cessation; AODA assistance.

♦ ONEIDA ECONOMIC SUPPORT

2640 West Point Road Phone: 490-3939
Green Bay, WI 54304 Fax: 490-6803

Hours: 8:00 a.m. – 4:30 p.m.
Appointment required

This department is under the umbrella of the Social Services Area this agency provides support services to the community, including public assistance benefits to eligible families and tribal funded assistance for enrolled members of the Oneida Nation of Wisconsin. The intent of the support services is to supplement household needs. A Job Center is available for public use for employment related needs.

♦ ONEIDA NATION COMMUNITY HEALTH SERVICES

https://oneida-nsn.gov/resources/health/community-health-services/

525 Airport Rd Phone: 869-2711
Oneida, WI 54155

Provides comprehensive outpatient and inpatient services to Tribal members living on or near the reservation.
ONEIDA NATION DOMESTIC ABUSE PROGRAM
Oneida Nation Family Support
Services - 2640 West Point Road Green Bay, WI 54304
Phone: 490-3701 1-888-490-2457


ONEIDA NATION EARLY INTERVENTION PROGRAM
P.O. Box 365 Oneida, WI 54155
Phone: 490-3890

Offers services for Native American families with children between birth and six years of age who may have developmental delays — physical, social or speech/language.

ONEIDA NATION ELEMENTARY SCHOOL FAMILY AND CHILD EDUCATION (FACE)
N7125 Seminary Road P.O. Box 365 Oneida, WI 54155
Phone: 920-869-4634 920-869-4634

FACE is a national literacy based program designed to focus on Native American families who are eligible to be enrolled in a BIA school. FACE Center base is open to Native American children ages 3-5. FACE Home base is for families whose children are ages prenatal to 5 years of age. Annual screenings for hearing, vision and developmental assessments are also provided.

Keep meals fun and focused: Keep the family table a media- and stress-free zone. Use your valuable family time to "unplug," interact, and focus on each other. USDA CHOOSEMYPLATE.GOV
♦ ONEIDA NATION HEAD START PROGRAM
Norbert Hill Center Location  Phone: 869-4369
N7210 Seminary Road
Oneida, WI 54155

Three Sisters Location  Phone: 496-5200
2801 W. Mason Street
Green Bay, WI 54313

Serves low-income Native American children and families with special needs. Head Start provides educational services for children between the ages of 3 and 5 years. Early Head Start provides child and family development services for infants and toddlers up to age 3 and pregnant women.

♦ ONEIDA NATION HEADQUARTERS / NORBERT HILL CENTER
https://oneida-nsn.gov/
N 7210 Seminary Road  Phone: 869-4369
Oneida, WI 54155

Oversees education and job training programs. Houses Economic Development and Tribal Government offices. Services for those who are at least one-fourth Oneida Indian. For enrollment call 869-6200. Enrollment Office 210 Elm Street Oneida, WI 54155

♦ ONEIDA RECREATION
Oneida Family Fitness  Phone: 490-3730
2640 West Point Road
Green Bay, WI 54304

Oneida Civic Center  Phone: 869-1088
2913 Artley Street
Oneida, WI 54155

Cliff Webster Building  Phone: 833-0010
N6457 County Highway H
De Pere, WI 54115

(Continued on next page.)
(Oneida Recreation continued)
Family fitness, adventure and recreation programs for adults and children offered at the above locations. Call for information on programs and hours of operation. Memberships available to Oneida Tribal employees, Oneida Tribal members, other Tribal affiliations and the general public.

♦ ONEIDA NATION FAMILY & SOCIAL SERVICES
https://oneida-nsn.gov/divisions/family-social-services/
2640 West Point Road    Phone: 490-3700
Green Bay, WI  54304
Social services include: Indian child welfare, child support, foster care licensing, domestic violence counseling, child care services, community support, emergency food and shelter, prevention services, TANF and home energy assistance.

♦ ONEIDA NATION VOCATIONAL REHABILITATION
https://oneida-nsn.gov/resources/economic-support/vocational-rehabilitation/
2640 West Point Road    Phone: 490-3900
Green Bay, WI  54304
Assistance to individuals with physical and emotional barriers to employment. Native American specific.

♦ OPEN DOOR YOUTH SERVICES
(Family Services of Northeast Wisconsin)
www.familyservicesnew.org/open-door
300 Crooks Street    Phone: 436-4360 x 1287
Green Bay, WI  54301
Provides 24/7 services to runaways and other youth in crisis where and when it is needed. A primary goal of the program is to resolve conflict and reunite runaway youth with their families as quickly as possible.
♦ OPTIONS FOR INDEPENDENT LIVING

www.optionsil.com    Phone: 490-0500
555 Country Club Road    1-888-465-1515 (toll free)
Green Bay, WI  54313    TTY 490-0600
P.O. Box 11967
Green Bay, WI  54307-1967

A non-profit organization providing a variety of services and resources for individuals with disabilities in 17 Northeast WI Counties, including Brown. Services provided: information and referral, advocacy, independent living skills training, peer support, benefits counseling, home accessibility assessments, and adaptive equipment try-out and assessments.

♦ ORAL HEALTH PARTNERSHIP

www.smilegb.org    Phone: 965-0831
331 N. Broadway St.

A non-profit organization providing on-site dentistry for toddlers and teenagers.

♦ OUTREACH HEALTHCARE - NEW COMMUNITY CLINIC

879 Mather    Phone: 437-7206
Green Bay, WI  54303

Provides health care, medical case management and mental health referrals for homeless adults and children. Full-time Spanish and Hmong translators available.

♦ PALS PROGRAM

www.co.brown.wi.us/human_services
(Click on Volunteer Programs & Services, then PALS Program)
111 N. Jefferson Street    Phone: 448-6023
P O Box 22188
Green Bay, WI  54305-2188

Provides an adult role model/friend or family match to children ages 3 and up who are referred by the Child Protective Services Unit of Brown County Human Services. Once matched, the relationship may continue regardless of age. Volunteers spend a couple of hours, 3 or 4 times a month, with the child in recreational or learning activities.
**PARK AND RECREATION DEPARTMENTS**

Park activities, swimming pools and lessons, organized sports leagues, and instruction recreation programs. Call the local recreation department for information.

Allouez: ......................................................... 448-2804
Ashwaubenon: .............................................. 492-2331
Bellevue: ...................................................... 452-6885
Brown County Park Department:  ................ 448-6242
De Pere: ...................................................... 339-4065
Green Bay: ................................................... 448-3365
Hobart ........................................................... 869-1011
Howard Parks: .............................................. 434-4060
Howard Recreation: ..................................... 434-4640
Pulaski ........................................................ 822-5182
Suamico ........................................................ 434-8410
Wrightstown ................................................. 532-5567

**PAUL’S PANTRY**

[Website: paulspantry.org](http://paulspantry.org)

1520 Leo Frigo Way  
Green Bay, WI  54302  
Phone:  433-0343  
Email:  leslie@paulspantry.org

Mailing address:  
1513 Leo Frigo Way  
Green Bay, WI  54302  
No food distribution Thurs. & Sun.

A grocery-store style food pantry for low-income individuals and families; social security number, proof of income, proof of residency and Wisconsin picture ID required. A Spanish translator is usually available. Families between 1-3 people are welcome once per week, 4 and over are welcome twice per week, and 7 and over are welcome 3 times per week, if necessary.

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*Do something new:* Develop a new skill to kick-start your motivation. Sign up for a class to learn how to salsa dance, surf, do tai chi, or play a sport.

[USDA CHOOSEMYPLATE.GOV](https://www.choosemyplate.gov)
◆ PLANNED PARENTHOOD

www.ppwi.org.
2605 S. Oneida Street    Phone:  432-0031
Green Bay WI  54304    Hours:  10:00 a.m. – 6:00 p.m.
                        Monday & Wednesday
                        9:00 a.m. – 5:00 p.m.
                        Thurs. & Friday

Reproductive health care, including cervical cancer screening,
STD screening and birth control. Medicaid and Wisconsin Family
Planning Waiver accepted.

◆ POSITIVE PARENTING PROGRAM – ASPIRO, Inc.

1673 Dousman Street    Phone:  593-4324
Green Bay, WI  54303

Provides intensive, supportive in-home services for families in
which one or both parents have cognitive limitations.

◆ POST-ADOPTION RESOURCE CENTER

Family Services of Northeast Wisconsin
www.familyservicesnew.org/parc
300 Crooks Street    Phone:  436-4360 ext. 1264
Green Bay, WI  54301

Provides support, education and resources, and information &
referral services to individuals and families whose lives have been
impacted by adoption. Birth parents, adoptees, adoptive parents,
and adoption professionals are all welcome to access PARC
services free of charge.

Eating a diet rich in vegetables and fruits
as part of an overall healthy diet may
reduce risk for heart disease, including
heart attack and stroke. It may also
protect against certain types of cancers.
USDA CHOOSEMYPLATE.GOV
◆ PROTECTIVE SERVICES FOR CHILDREN
Brown County Human Services Department
111 N. Jefferson Street  Phone: 448-6035
P.O. Box 22188
Green Bay, WI  54305-2188
*Investigates reports of child abuse/neglect. Provides ongoing services in severe cases.*

◆ PSYCHIATRIC SERVICES
Brown County Human Services Department
www.co.brown.wi.us/human_services
3150 Gershwin Drive  Phone: 391-6940
Green Bay, WI  54311  Call first. Appointments only.
*Outpatient psychiatric care for adults. Outpatient services include initial assessment and diagnosis and medication management. Sliding fee scale available.*

◆ PUBLIC DEFENDER – STATE OF WISCONSIN
http://wispd.org/
139 S. Washington St.  Phone: 448-5433
Green Bay ,WI  54301
*Legal representation in a criminal matter if unable to afford a lawyer of your own. Must meet financial guidelines.*

**DISCOVER FAST WAYS TO COOK:**
**COOK FRESH OR FROZEN VEGETABLES IN THE MICROWAVE FOR A QUICK-AND-EASY DISH TO ADD TO ANY MEAL. STEAM GREEN BEANS, CARROTS, OR BOK CHOY IN A BOWL WITH A SMALL AMOUNT OF WATER IN THE MICROWAVE FOR A QUICK SIDE DISH.**

USDA.CHOOSEMYPLATE.GOV
RSVP OF BROWN COUNTY (Retired and Senior Volunteer Program) - Volunteer Center of Brown County
http://www.volunteergb.org/rsvp
984 Ninth Street Green Bay, WI Phone: 429-9445
54304
Flexible and rewarding volunteer opportunities for people 55 years and older at nearly 150 community service agencies. RSVP also operates a tutoring program that trains and places volunteers as reading tutors in elementary schools and a series of puppet shows that teach positive living skills to second-grade students.

ST. JOHN THE EVANGELIST HOMELESS SHELTER
www.StJohnHomelessShelter.org
411 St. John Street Phone: 436-9344
Green Bay, WI 54301 Open Nov. - April, 5 p.m. - 9 a.m.
St. John the Evangelist Homeless Shelter is a not-for-profit nightly, low-barrier emergency shelter for adult men and women with absolutely no other housing or shelter options. The shelter provides a warm, safe, welcoming place to stay. Open Nov.- April.

Savor the flavor of seasonal vegetables: Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best in-season buys. Or visit your local farmers market.
USDA CHOOSEMYPLATE.GOV
ST. VINCENT DE PAUL SOCIETY
www.svdpgb.org
1529 Leo Frigo Way Phone: 435-4040
Green Bay, WI 54302 Email: info@svdpgb.org

PSC Walk-in Hours: Mon. - Wed. 9:00 a.m. - 2:00 p.m. Fri 9:00 a.m. - 12:00 p.m. In addition to walk-in hours, appointments can be made by contacting our office at 432-2579.

SVdP has 4 locations in Green Bay. Check the website for specific location hours.

St. Vincent de Paul (SVdP) operates four thrift shops open to the public. SVdP's Personal Service Center (PSC) provides vouchers to low-income, needy families/individuals for clothing, furniture and household items and emergency assistance with rent, utilities, prescriptions/medical supplies, transportation, etc., when all other mainstream resources have been exhausted. Typically, vouchers are not available for narcotic and/or psychotropic prescription medication and, unless special circumstances exist, this is a one-time assistance. An interview is required to determine eligibility.

SAFE PLACE FOR NEWBORNS
www.safeplacefornewborns.org

Green Bay hospitals and Brown County Human Services are working together to create a safe haven for unwanted newborns up to 72 hours old. Wisconsin's “Safe Haven” law allows a mother – who might otherwise abandon her newborn – to anonymously leave her unharmed baby with a hospital employee without fearing prosecution. A person other than the mother, acting with the mother’s permission, may also bring a newborn to the hospital. The newborn receives needed care and medical attention and is placed in a foster care program for adoption.

For further information, call:
St. Vincent Hospital (Emergency Room) Phone: 433-8384
St. Mary’s Hospital (Birthing Center) Phone: 498-4212
Bellin Hospital Her Health Hotline Phone: 433-7494
Aurora Bay Care Medical Center Phone: 288-4060
THE SALVATION ARMY

www.sagreenbay.org
626 Union Court Phone: 497-7053
Green Bay, WI 54303 Hours: 8:00 a.m. – 4:30 p.m., M - F

Food pantry, clothing, rental assistance, utility assistance, transitional housing, transportation, medical and seasonal assistance. Please call for an appointment. Offers pastoral care. Youth services, senior citizens’ activities and recreational programs for all ages. A free lunch is served Monday through Friday, 11:30 a.m. – 12:30 p.m. Spanish translator available.

THE SALVATION ARMY THRIFT STORE

http://www.sagreenbay.org/green_bay/Thrift_Store
1125 W. Mason Street Phone: 884-2950
Green Bay, WI 54303 Hours: 10:00 a.m. – 6:00 p.m., M - F
Saturday: 10:00 a.m. – 4:00 p.m.

Clothing, furniture, household items, appliances, etc. Antiques and collectibles. Will pickup furniture. The entrance to the Men’s Closet is located at 719 Redwood Drive. A partnership of the Rotary Club of Green Bay and the Salvation Army, the Men’s Closet provides free, work-appropriate casual & business clothing for men in need.

THE SALVATION ARMY RAY AND JOAN KROC CORPS COMMUNITY CENTER

www.gbkroccenter.org
1315 Lime Kiln Road Phone: 884-5007
Green Bay, WI 54311 Hours: 5:00 a.m. – 9:00 p.m., M - F
Saturday: 6:00 a.m. – 9:00 p.m.
Sunday: 12:00 p.m. – 4:30 p.m.
(Fitness center opens at 7:00 a.m.)

Recreational, spiritual, worship and social activities for all ages. Facilities include an aquatics center with play structure, leisure river and raft slide, NBA sized gymnasium, game room, computer lab, art room, auditorium/chapel, multipurpose rooms, child watch area, fitness center, dance studio and outdoor playing fields. Church services held at 10:00 a.m. on Sunday mornings. Community education classes such as English Language Learners and GED Preparation courses are also available.
SENIOR HOUSING

Federally subsidized housing for seniors or individuals with disabilities. Unless otherwise noted, residents must be age 62 or older or disabled. Call for a tour and/or requirements today. Equal Housing Opportunity.

**Badger Terrace**
130 Badger Lane
Green Bay, WI 54303
Phone: 494-2060

**Brookdale Apartments***
430 S. St. Augustine #14
Pulaski, WI 54162
Phone: 822-3887

**Danish Villa**
160 Highridge
Denmark, WI 54208
Phone: (608) 784-1381

**Fort Howard Apartments**
141 N. Chestnut Ave. Green Bay, WI 54303
Phone: 448-4544

**Mason Manor**
1424 Admiral Court
Green Bay, WI 54303
Phone: 492-3790

**Meadows North*****
2060 Van Deuren Street
Green Bay, WI 54302
Phone: 433-0888
Office: 1253 S. Irwin (54301)

**Mirmar Apartments****
1240 University Avenue
Green Bay, WI 54302
Phone: 498-3737
Office: 2605 S. Oneida, Suite 106
Green Bay, WI 54304

**Monroe Plaza**
400 N. Monroe Avenue
Green Bay, WI 54301
Phone: 437-9553

**Nicolet Terrace***
850 Morning Glory Lane
De Pere, WI 54115
Phone: 336-0755

**Pleasant View Apartments**
310 S. Clay
Wrightstown, WI 54180
Phone: (608) 784-2935

*Housing for people age 55 or older or disabled.

**Accepts only individuals with limited mobility.

***Housing for people age 50 or older or disabled.

The ADRC of Brown County maintains a list of federally subsidized apartments. For more information, visit [www.adrcfrownbcounty.org](http://www.adrcfrownbcounty.org). Click on, “Help Finding Services.” Then, go to Housing Options and click on the “Federally Subsidized Apartment List” hyperlink.
◆ SEXUAL ASSAULT CENTER
www.familyservicesnew.org/sac
300 Crooks Street Phone: 436-8899
Green Bay, WI 54301 (24-hour hotline)
Provides 24/7 services to victims of sexual assault or abuse and their families and friends. All services are confidential and free of charge, including crisis intervention and supportive counseling, follow-up assistance for as long as it is needed, medical advocacy and legal advocacy. Also provides prevention education in the community.

◆ SOCIAL SECURITY ADMINISTRATION
www.ssa.gov
1561 Dousman Street Phone: 1-888-862-4811
Green Bay, WI 54303 Hours: 9:00 a.m. – 4:00 p.m.
-M-F, Closes at noon on Wed.
Application/processing of Social Security Cards is free. Offers information and handles supplemental security income (SSI), Medicare, Retirement, Disability and Survivors benefits. Free interpreter services available.

◆ SUPPORT GROUPS – See topic listing and phone numbers for area support groups in the back of this book (pages 84 & 85). Contact the Crisis Center of Family Services at 436-8888 for a more complete listing.

◆ SYBLE HOPP SCHOOL
http://www.co.brown.wi.us/handicapped_school/
755 Scheuring Road Phone: 336-5754
De Pere, WI 54115
The Syble Hopp Programs provide educational programming to meet the needs of children with disabilities from age 3 to 21. The participating high schools in Brown County are: Ashwaubenon, Denmark, De Pere, Howard-Suamico, Pulaski, West De Pere and Wrightstown. Syble Hopp meets the exceptional education needs of children in early childhood, elementary and middle school.
♦ TAXPAYER INFORMATION

_U.S. Internal Revenue Service_


1-800-829-1040 (tax assistance for individuals)
1-800-829-4933 (tax assistance for businesses)

For Wisconsin tax information, see Wisconsin Department of Revenue listing on page 76.

♦ TELECOMMUNICATIONS EQUIPMENT PURCHASE PROGRAM (TEPP)

[www.tepp.wipfli.com](http://www.tepp.wipfli.com)

Public Service Commission
P.O. Box 7854
Madison, WI 53707-7854

Phone: 608-231-3305
TTY: 608-274-4448

Email: pscrecordsmail@wisconsin.gov

TEPP helps people with disabilities buy equipment they need in order to use telephone services. Serves hard of hearing, deaf, speech impaired or mobility/motion impaired. Voucher amounts range from $100 for hard of hearing individuals to $7,200 for people who are deaf and blind. No age or income limit. Apply for a TEPP voucher online at [https://tepp.wipfli.com/ApplicationForm](https://tepp.wipfli.com/ApplicationForm) or you can request an application form by writing to the address listed above.

♦ TITLE VI INDIAN EDUCATION

200 S. Broadway
Green Bay, WI 54303

Phone: 448-2000

Provides support services to American Indian students, families and district staff in the Green Bay Area Public Schools to meet the unique educational and cultural related academic needs. Services at targeted schools include: tutoring, cultural awareness and education, cultural groups, student prevention/education groups, academic counseling, reading program, mediation between school and families and attendance.
TRANSFORMATION HOUSE, Inc.
www.transformationhousegb.com
436 S Jefferson Street Phone: (920)857-9611
Green Bay WI 54301
A life transitioning facility for men, providing them with shelter at a reduced affordable rate, while nurturing their spiritual, educational and social development. A 30 bed facility, provides meal services, bible studies, job search assistance, budgeting/financial class and 1-on-1 personal coaching sessions. Drug and alcohol recovery service also available.

TRANSITIONAL LIVING PROGRAM
(Family Services of Northeast Wisconsin)
www.familyservicesnew.org/transitional-living
815 Klaus Street Phone: 438-1616 x 2102
Green Bay, WI 54302
Assists homeless young people in gaining self-esteem and learning the skills necessary to become self-sufficient and live independently. Helps participants find safe living arrangements, teaches life skills such as budgeting and housekeeping and helps with employability skills and obtaining employment.

UNEMPLOYMENT INSURANCE OFFICE
https://dwd.wisconsin.gov/ui/
Wisconsin Department of Workforce Development Division of Unemployment Insurance P.O. Box 7905 Madison, WI 53707
Provides information regarding unemployment benefits.
♦ HMONG COMMUNITY CENTER
401 9th Street Phone: 455-0466
Green Bay, WI 54304

Provides general support services, outreach and networking for Southeast Asian families. Also provides elderly programs and after school and summer youth programs; cultural preservation and ESL classes. Bilingual staff.

♦ UNIVERSITY OF WISCONSIN – GREEN BAY
ONLINE LEARNING
http://www.uwgb.edu/admissions/online/
2420 Nicolet Drive
Green Bay, WI 54311 Phone: 465-2423

Helps working adult and distance learners to earn two- and four-year college degrees and certificates online, in the evening and on weekends. Transfer credit is welcome and students with a two-year Associate Degree from a regionally accredited technical or community college can start at UW-Green Bay at junior status. Several degree and certificate programs can be completed online, without ever having to come to campus during the week day. Individual advising and career counseling is available and Federal Financial Aid, scholarships, employer tuition reimbursement, Tribal and Veterans funding is accepted.

♦ UNIVERSITY OF WISCONSIN – GREEN BAY
www.uwgb.edu
2420 Nicolet Drive Phone: 465-2000
Green Bay, WI 54311

A university offering a comprehensive list of academic services and programs leading to both bachelor’s and master’s degrees. Variety of community programming. Active music and performing arts. Art gallery. Arboretum and natural areas. Division I athletics. Facility rentals available.
The Division of Continuing Education and Community Engagement at UW-Green Bay provides programs, services, and events which are available to the public, either for credit or non-credit, with many programs at low- or no-cost to participants. Services include: college degrees for adults, college credit in high school, conference services, continuing education for teachers, emergency management, entrepreneurship and business training, corporate training, Spanish immersion, grandparents’ university, learning in retirement, summer camps, and much more.

**UNIVERSITY OF WISCONSIN – GREEN BAY**
**SUMMER CAMPS**

http://www.uwgb.edu/camps/

2420 Nicolet Drive  Phone: 465-2775
Green Bay, WI  54311-7001

Provides summer camp offerings for middle and high school students in areas of music, studio arts, sciences, sports and pre-college.

**UNIVERSITY OF WISCONSIN – GREEN BAY**
**VETERANS EDUCATION BENEFITS INFORMATION**

https://www.uwgb.edu/veterans/

Student Services  Phone: 465-2075
Room 1100
2420 Nicolet Drive
Green Bay, WI  54311

Provides veterans with information on educational benefits available to them and how to apply.
U.S. DEPARTMENT OF AGRICULTURE – MEAT AND POULTRY HOTLINE
www.fsis.usda.gov
Phone: 1-888-674-6854  Hours: 10:00 a.m. – 6:00 p.m. year-round
Phone: 1-888-MPHotline  Email: MPHotline@usda.gov
Provides answers to questions about the proper handling, storage and preparation of meat, poultry and egg products. Provides information about foodborne illnesses, food manufacturer recalls and food safety during power outages. Spanish-speaking food safety specialists available. Ask Karen – an automated response system – is available 24/7 and can be accessed by visiting fsis.usda.gov

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES – FOOD AND DRUG ADMINISTRATION
www.fda.gov
211 N. Broadway  Phone: 433-3924
Suite 202  Minneapolis Office: 612-334-4100
Green Bay, WI  54303
Handles consumer complaints and investigation for food, drugs, cosmetics, health devices, etc.

U.S. DEPARTMENT OF HOMELAND SECURITY – CITIZENSHIP AND IMMIGRATION SERVICES
www.uscis.gov
310 E. Knapp Street  Phone: 1-800-375-5283
Milwaukee, WI  53202  Office Hours: Monday - Thursday
Call to schedule an appointment.
Processes all immigrant and non-immigrant benefits provided to visitors of the U.S., including: family-based petitions; employment-based petitions; asylum and refugee processing; naturalization; special status programs’ document issuance and renewal. Help is available by telephone Monday - Friday, 8:00 a.m. - 8:00 p.m.
U.S. DEPARTMENT OF VETERAN AFFAIRS
www.va.gov
Milwaukee VA Regional Benefit Office  Phone: 1-800-827-1000
5400 W. National Avenue  Hours: Open for interviews
Milwaukee, WI  53214  Mon. - Fri., 8:00 a.m. - 4:00 p.m.

Provides benefits information and assistance.

VETERANS EMPLOYMENT AND TRAINING SERVICES
http://www.wisconsinjobcenter.org/veterans/veterans.htm
301 N. Adams St.  Phone: 448-6760
Suite #130  Fax: 448-5013
Green Bay, WI 54301  Hours: 8:00 a.m. – 4:30p.m.

Employment Assistance, priority access to new job orders, aptitude testing, career counseling and assistance with resumes and cover letters. Referrals to educational programs and services.

VICTIM WITNESS ASSISTANCE PROGRAM
https://www.doj.state.wi.us/ocvs/not-crime-victim/victimwitness
District Attorney’s Office  Phone: 448-4194
300 E. Walnut Street  Fax: 448-4189
Green Bay, WI 54301

Offers information and advocacy for victims and witnesses whose cases are being prosecuted by the District Attorney’s Office.

Chicken and Veggie Salad (4 servings)

Ingredients
1 tablespoon olive oil
2 skinless boneless chicken breasts
1 head of romaine lettuce, chopped into bite-size pieces
1 red onion, peeled and thinly sliced
1/2 cup black olives, pitted and halved
2 tomatoes, seeded and chopped
1/3 cup sunflower oil
Dash of vinegar (optional)
1 teaspoon garlic salt
1/3 cup grated Parmesan cheese

Directions
1. In a large nonstick skillet, warm the oil over moderate heat. Add the chicken and cook for 6 minutes per side, or until cooked through and golden brown. Remove from heat, let cool, then dice or shred the chicken.

2. In a large salad bowl, combine the lettuce, chicken, onion, olives, and tomatoes. Add the oil, vinegar if using, and toss. Add the garlic salt and Parmesan cheese, toss well and serve.

From: What's Cooking? USDA Mixing Bowl
THE VOLUNTEER CENTER OF BROWN COUNTY

www.volunteergb.org
984 Ninth Street Phone: 429-9445
Green Bay, WI 54304

Mobilizes volunteers of all ages to impact serious community needs and enhance the quality of life for Brown County residents. Special programs for volunteers 55 years and older, volunteers with disabilities, service learning for teens and college-age students and business/corporate volunteers. The volunteer center also can help orchestrate projects for families, church groups, community organizations, etc. Training and consulting available to strengthen volunteer programs.

W-2

(Forward Service Corporation)

http://www.fsc-corp.org/programs/wisconsin-works/

Forward Service Corporation Phone: 940-6066
726 Pine Street
Green Bay, WI 54301

Forward Service Corporation provides monthly cash benefits with services that support finding employment, help in keeping a job, transportation costs, job access loans and more. Staff develops relationships with employers and community organizations to create access to jobs, work experience service jobs and other paid work readiness placements. For persons with limited English skills, translators are available.

We All Rise- African American Resource Center

http://www.weallriseaarc.org

430 S Webster Street, Unit D, Green Bay WI 54301 Phone: 785-9115
Email: weallriseaarc@gmail.com

For the past two years, we have been committed to serving black youth and their families through our after school program and now we are providing comprehensive healing services (Mental Health, Victim Health, and Holistic Supports), to those in need at no cost to them.

An Active Lifestyle: Being more physically active is one of the best things you can do for your health, and it doesn’t have to be hard or involve the gym. Get active with your friends instead of going out to eat. Go for a hike, walk around the mall, or play an exercise-themed video game.

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WELLSPRING
www.lsswis.org
413 Dousman Street Phone: 433-9995
Green Bay, WI 54303 Hours: Mon - Fri 9:00 a.m.
- 4:00 p.m.

Wellspring is a place of peace for women. It is a nonprofit day
time drop-in center. Wellspring provides safety, security and
belonging through peer support, personal growth opportunities,
resource and referral so women may heal, connect, grow and be
successfully on their feet again. No charge for services.
Wellspring is a program of Lutheran Social Services of WI &
Upper Michigan, Inc.

WIC (WOMEN, INFANTS AND CHILDREN)
www.dhs.wisconsin.gov/wic Contact the nearest WIC Project

N.E.W. Community Clinic Phone: 437-8368
(East Side) E-mail:
622 Bodart Street wic.east@newcommunityclinic.org
Green Bay, WI 54301

(West Side) Phone: 431-0243
610 S. Broadway E-mail:
Green Bay, WI 54303 wic.west@newcommunityclinic.org

Oneida Community Health Center
525 Airport Road Phone: 869-4837
Oneida, WI 54155 E-mail: shiggs@oneidanation.org

Food and formula vouchers and information for women who are
pregnant or breastfeeding and children up to age 5. Must meet
income and nutritional requirements. Vouchers for fruits and
vegetables at the farmers’ market are available during summer
months. Spanish and Hmong translators available.
WILDLIFE SANCTUARY

www.baybeachwildlife.com
1660 East Shore Drive   Phone: 391-3671
Green Bay, WI  54302   Hours: 8:00 a.m. – 7:30 p.m.
                          April – 15 through Sept. 15
                          8:00 a.m. – 4:30 p.m.
                          Sept. 16 – April 14

The Bay Beach Wildlife Sanctuary is a beautiful, 700-acre urban wildlife refuge. It is also Green Bay’s largest city park. The Sanctuary is open to the public all year and has no admission fee. It features live animal exhibits, educational programs and displays, hiking and walking trails and excellent live animal viewing opportunities. Trails close at 4:30 p.m. year round. Gift shop open from noon to 4 p.m.

WILLOW TREE CORNERSTONE CHILD ADVOCACY CENTER (Family Services of Northeast Wisconsin)

www.familyservicesnew.org/cac
503 S. Monroe Ave   Phone: 436-8881
Green Bay, WI 54301

Provides a refuge for abused children and their families to seek help and heal throughout the investigation and prosecution of their case. All components involved in child abuse cases, including the medical exam, forensic interview, victim advocacy and ongoing therapy, are located within this one centralized facility to increase ease and comfort for the child.
Probation and parole office supervises adult probationers received from courts and parolees released from state correctional institutions. Spanish translation available.

**Unit 408 Intake**
2783 Freedom Road
Oneida, WI 54155
Phone: 869-6688
Fax: 869-8095

**Unit 406**
200 N. Jefferson
Street Suite 328
Green Bay, WI 54301
Phone: 448-5406
Fax: 448-5379

**Unit 414**
2000 American Blvd
Suite B
De Pere, WI 54115
Phone: 337-4560
Fax: 336-1246

**Unit 413**
2646 N. Packerland Drive
Green Bay, WI 54313
P.O. Box 13457
Green Bay, WI 54307
Phone: 492-5760
Fax: 492-5762

**WISCONSIN DEPARTMENT OF HEALTH SERVICES – DIVISION OF LONG TERM CARE OFFICE FOR THE BLIND AND VISUALLY IMPAIRED**
www.dhs.wisconsin.gov/blind
PO Box 439
Suamico, WI 54173
Phone: 241-2641
Email: angela.zalig@dhs.wisconsin.gov

Independent living skills training for people who are blind or visually impaired. Community education, information and referral and advocacy.
♦ WISCONSIN DEPARTMENT OF HEALTH SERVICES – DIVISION OF LONG TERM CARE OFFICE FOR DEAF AND HARD OF HEARING

https://www.dhs.wisconsin.gov/odhh/index.htm

Community education, information and referral, advocacy and independent living skills for people who are deaf or hard of hearing. See website for more information.

Options for Independent Living also provides assistance to individuals who are deaf or hard-of-hearing (see listing on page 56). For information, contact Calvin Richtig at Options for Independent Living: 393-1037. Also see the Telecommunications Equipment Purchase Program (TEPP) listing on page 65.

♦ WISCONSIN DEPARTMENT OF REVENUE

www.revenue.wi.gov

Department of Revenue Phone: (608) 266-2772
200 N. Jefferson Street Hours: 7:45 a.m. – 4:30 p.m.
Room 140 Monday – Friday
Green Bay, WI 54301 Extended hours for tax season.

Offers taxpayer assistance. No income taxes prepared; only homestead credit claims.

♦ WISCONSIN DEPARTMENT OF WORKFORCE DEVELOPMENT – DIVISION OF VOCATIONAL REHABILITATION (Brown County Job Center)

https://dwd.wisconsin.gov/dvr/

301 N Adams St. Phone: 448-6760
Suite 130 1-800-228-2637
Green Bay, WI 54301 TTY: 1-866-223-5678

Provides vocational rehabilitation and employment-related services to people with disabilities.
The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance with heating costs and non-heating electric costs. A one-time payment is available between October 1 and May 15 of each year. Most fuel types are eligible to receive assistance. Whether you use wood, propane, natural gas, electricity, or fuel oil to heat your home, energy assistance is available if you qualify.

A household may qualify for crisis assistance if you have no heat, have received a disconnect notice from the heating vendor or are nearly out of bulk fuel and cannot afford to purchase more.

WHEAP furnace assistance can provide services to eligible home owners if the furnace or boiler stops operating. Contact our office immediately if you are experiencing a no heat situation.
♦ WISCONSIN SENIOR FARMERS MARKET NUTRITION PROGRAM
300 S. Adams Street Phone: 448-4309
Green Bay, WI 54301

The Senior Farmers Market Nutrition Program offers eligible low-income seniors the opportunity to purchase food such as fresh fruits, vegetables and herbs from certified farmers. They will be given a voucher which can be used between June 1 and Oct 31 at participating farmers markets and roadside stands.

♦ WISCONSIN JOB CENTER
www.jobcenterofwisconsin.com (state)
Brown County Job Center Phone: 490-3710
301 N. Adams St. Suite 130 Hours: 8:00 a.m. – 4:30 p.m.
Green Bay, WI 54301

The Job Center is a collaborative effort of local and state agencies providing employment, supportive, educational and training services for job seekers and employers in the community.

Services provided: Employer Services, including JobNet Business, Work-Based Training Incentives, Labor Market Information and Tax Credit information.

Job Center Partner Agencies include: Division of Vocational Rehabilitation, Family Services of Northeast Wisconsin, Forward Service Corporation, Job Corps, Job Service-Wisconsin, Migrant Services, NEWCAP, N.E.W. Curative Rehabilitation and Northeast Wisconsin Technical College. Hmong/Lao and Spanish translators.

Redo your coffee shop stop: Whether going to your local coffee shop is a daily ritual or a special weekend outing, consider downsizing your drink. If a large coffee drink is your go-to, consider whether a smaller size would hit the spot.
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♦ WISCONSIN LEGISLATORS

UNITED STATES SENATE
http://www.senate.gov

Tammy Baldwin (D)
717 Hart Senate Office Building  Phone: (202) 224-5653
Washington, DC  20510  Fax:    (202) 224-9787

Ronald Johnson (R)
328 Hart Senate Office Building  Phone: (202) 224-5323
Washington, DC  20510  Fax:    (202) 228-6965

UNITED STATES HOUSE OF REPRESENTATIVES
http://www.house.gov

Mike Gallagher (R-8th District)
1513 Longworth HOB  Phone: (202) 225-5665
Washington, DC  20515  Fax:    (202) 225-5729
District Phone: (920) 380-0061

WISCONSIN STATE SENATE
http://legis.wisconsin.gov

To find your State Senate and Assembly district on the internet, go to Wisconsin State Legislature and click on Find My Legislators.

Mailing Address for WI State Senators:
P.O. Box 7882
Madison, WI 53707-7882

Robert Cowles (R-2nd Senate District)
1-800-334-1465   Sen.Cowles@legis.wisconsin.gov

Dave Hansen (D-30th Senate District)
(608) 266-5670   Sen.Hansen@legis.wisconsin.gov

Caleb Frostman (D-1st Senate District)
(608) 266-3512   Sen.Frostman@legis.wisconsin.gov
As of October 2014, the United States Supreme Court issued an order blocking implementation of Wisconsin’s voter ID law. The case has been appealed to the Supreme Court, and the order will remain in effect until the Supreme Court issues a further order. Under Wisconsin law, a free Photo ID card is available to anyone who does not hold a valid driver’s license.

To learn more about how to apply for a WI Photo ID, visit the Wisconsin Department of Transportation’s website at www.dot.wisconsin.gov/drivers/drivers/apply/idcard.htm

Photo ID cards can be obtained from any DMV Service Center.

Green Bay Service Center
2700 Vernon Drive
Green Bay, WI 54304

Hours: 8:30 a.m. - 4:45 p.m.
-Monday - Friday
Homestead Credit (for both homeowners and renters) may be available for those with low to moderate income. Earned Income Credit (EIC) is available to certain working individuals who qualify for the federal EIC and have at least one qualifying child. To learn more about the credits, search “earned income credit” or “homestead credit” on the department’s website at www.revenue.wi.gov. To check on the status of your refund, call toll-free at 1-866-947-7363 (you must have the amount of refund claimed for the tax year and your social security number ready when you call).

Vegetable Pasta Soup from Spend Smart. Eat Smart.
Makes 8 servings
Ingredients
1 tablespoon oil (canola or vegetable)
4 cups vegetables (like onions, carrots, and zucchini)(chopped or sliced)
1 can (14.5 ounces) diced tomatoes with green chilies
1 can (14.5 ounces) low sodium vegetable or chicken broth
2 cups water
1/4 teaspoon salt
1 tablespoon Italian seasoning or dried basil
2 cups small whole wheat pasta (shell or macaroni)
6 cups fresh spinach leaves* (about 1/2 pound)

Instructions
1. Heat the oil in a large saucepan over medium heat until hot. Add onions and carrots. Cook until the vegetables are softened. Stir often. This should take about 3 minutes.
2. Stir in zucchini and canned tomatoes. Cook 3-4 minutes.
3. Stir in the broth, water, salt, and Italian seasoning or dried basil. Bring to a boil.
4. Stir in the pasta and spinach. Return to a boil.
5. Cook until the pasta is tender using the time on the package for a guide.
WISE WOMEN GATHERING PLACE

www.wisewomengp.org
2482 Babcock Rd. (920) 490-0627
Green Bay WI 54313

Wise Women Gathering Place is a community resource center for all, providing a Native American and Midwifery approach to community wellness and healthy relationships. WWGP is a community resource in prevention, advocacy and healing around domestic violence, sexual assault and historical trauma. Women’s Group, Men’s Group, Wise Youth Groups, Sexual Assault Groups, Healthy Relationship Classes, Healing from Unresolved Grief and Intergenerational Trauma available, please call for schedule and intakes. Wise Women Gathering Place’s mission is to promote Peace, Respect and Belonging through skill-building, sharing of resources and caring support of our community.

WOMEN’S RECOVERY JOURNEY

Family Services of Northeast Wisconsin
www.familyservicesnew.org/womens-recovery
300 Crooks Street Phone: 436-4360 x 1279
Green Bay, WI 54301

An Integrated Intensive Outpatient Program for women in need of treatment for AODA (Alcohol and Other Drug Abuse) and/or other mental health issues. Our purpose is to help women recover from their addiction and become better able to care for themselves and their families.
**WORK PERMITS**

Youth work permits issued at the following locations. The fee is $10. Call 608-266-6860 for a complete list of locations.

Aging and Disability Resource Center of Brown County
300 S. Adams Street
Green Bay, WI 54301
Phone: 448-4300

Bay Port High School
2710 Lineville Road
Green Bay, WI 54313
Phone: 662-7000

Boys and Girls Club
311 S. Oneida Street
Green Bay, WI 54303
Phone: 494-7090

Brown County Clerk’s Office
305 E. Walnut Street
Green Bay, WI 54301
Phone: 448-4016

De Pere High School
1700 Chicago Street
De Pere, WI 54115
Phone: 337-1020

Denmark High School
450 N. Wall Street
Denmark, WI 54208
Phone: 863-4000

East High School
1415 E. Walnut Street
Green Bay, WI 54301
Phone: 448-2090

Oneida Education & Job Training
2640 West Point Road
Oneida, WI 54304

Human Resources
909 Packerland Drive
Green Bay, WI 54303
Phone: 496-7000

Preble High School
2222 Deckner Avenue
Green Bay, WI 54302
Phone: 391-2400

Pulaski High School
1040 S. St. Augustine St.
Pulaski, WI 54162
Phone: 822-6700

Southwest High School Career Center
1331 Packerland Drive
Green Bay, WI 54304
Phone: 492-2618 ext. 3

West De Pere High School
665 Grant Street
De Pere, WI 54115
Phone: 338-5200

West High School
966 Shawano Avenue
Green Bay, WI 54303
Phone: 492-2600

Wrightstown High School
600 High Street
Wrightstown, WI 54180
YMCA

www.greenbayymca.org

Ferguson Family
235 N. Jefferson Street
Green Bay, WI 54301

Phone: 436-9622

West Side

Broadview
380 Broadview Drive
Green Bay, WI 54301

Phone: 436-9622

601 Cardinal Lane
Green Bay, WI 54313

East Side

1740 S. Huron Road
Green Bay, WI 54311

Non-profit organization to enhance lives of men, women and children by providing quality programs and activities. Scholarships available. No child or family turned away because of family’s inability to pay. Also have before- and after-school care and summer camps. Spanish translator available at downtown location only.

YWCA

www.ywcagreenbay.org

230 S. Madison Street
Green Bay, WI 54301

Phone: 432-5581

A nonprofit human services agency dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all. YWCA Green Bay-De Pere supports the health and well-being of women and children with a Health & Fitness Training Center, water fitness classes and two 88º pools that accommodate all ages and abilities. The YWCA Child Care and Learning Center offers state-licensed child care for children ages 6 weeks to 12 years. The YWCA is also a collaborative partner with the Green Bay School District for its 4-year-old Kindergarten program. Programs for youth include swimming lessons, tae kwon do and Babysitting Clinics. (continued on next page)
(YWCA continued)

YWCA community service programs include: The Women’s Closet, which provides free, work-appropriate clothing for women in need; Women’s Empowerment Center, providing women with classes to obtain their GED; ENCORE, an exercise and networking program for women with cancer; TechGYRLS®, a program for middle school girls that nurtures an existing interest in STEM areas (science, technology, engineering and math); Swim-to-Grow, which offers life-saving swimming lessons to at-risk school children; Life, Inc., to help middle school boys and schools explore and develop careers that are right for them; and the After School Program, a program for children 6-12 that provides homework help and deals with life issues such as peer pressure, alcohol and drugs and bullying.

SUPPORT GROUPS

The Crisis Center of Family Services has a more complete listing of support groups in the area. Their number is 436-8888.

Alcoholics Anonymous Hotline 432-2600

Al-Anon 430-1420
For family members of alcoholics
Toll-free: 1-888-425-2666

American Cancer Society Cancer Information Specialists 1-800-227-2345

Bellin Psychiatric Groups 433-6073
Various groups for addictive and compulsive behaviors.

The Bridge 465-6878
A meeting facility for members of the 12-step program for alcoholics and their families, drug abusers, overeaters and gamblers.
(SUPPORT GROUPS Continued)

**Depression and Bipolar Support Alliance** 800-826-3632
Weekly support group meetings held on Wednesdays and Fridays for people who have a mood disorder. Monday evening support group for family and friends.

**Golden House Support Groups** 435-0100
Groups for women and children who are, or have been victims of abuse.

**MUMS National Parent-to-Parent Network** 336-5333
For parents who have a child with a disability or rare disorder.

**Narcotics Anonymous** 866-285-7830

**National Alliance for the Mentally Ill (NAMI)** 430-7460
For people with mental illness, their families and friends.

**Survivors of Suicide (S.O.S.)** 920-339-8952
To help cope with the loss of a loved one through suicide.

**Wisconsin Family Ties** 608-267-6888
For parents of children with social, emotional or behavior disorders.

**A Woman’s Place Latino Women** 497-3886

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**Move more at work:** Fit more activity into the workday. Stand during phone calls, use a printer farther from your desk, and get up to stretch each hour.

USDA CHOOSEMYPLATE.GOV
ChooseMyPlate.gov – STEPS TO A HEALTHIER YOU

The ChooseMyPlate.gov website features practical information and tips to help you focus on the key behaviors below.

Balancing Calories:
- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase:
- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce:
- Compare sodium in foods like soup, bread and frozen meals – and choose the foods with lower numbers.
- Drink water instead of sugary drinks.
- Cut back on foods high in solid fats and added sugar.
ChooseMyPlate.gov – STEPS TO A HEALTHIER YOU

Amounts listed are for a 2,000-calorie diet. To find the amounts that are right for you, visit ChooseMyPlate.gov

Fruit & Vegetables – Make half your plate fruit and vegetables.
Eat 2.5 cups of vegetables and 2 cups of fruit daily.

- **Choose vegetables rich in color**: Eat red, orange and dark-green vegetables, such as tomatoes, sweet potatoes and broccoli, in main and side dishes.

- **Keep a supply on hand**: In addition to fresh fruits and vegetables, buy frozen, canned or dried fruits and vegetables, so that you always have a supply on hand. Buy fruits that are canned in water or 100% juice.

- **Snack on fruits and veggies**: Keep raw, cut-up vegetables handy for quick snacks. Use fruit as snacks, salads or desserts.

- **Fruit equals fiber**: Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.

- **Include potassium-rich fruits**: Select fruits with more potassium often, such as bananas, prunes and prune juice, dried peaches and apricots and orange juice.

Meat & Beans – Vary your protein food choices.
Eat 5.5 ounces of protein daily.

- **Variety is key**: Choose a variety of foods, including seafood, beans and peas, nuts, lean meats, poultry and eggs. Eat seafood in place of meat or poultry twice a week. Incorporate plant sources of protein into your diet, such as beans and peas, soy products, nuts and seeds.

- **Low-fat and lean**: Keep meat and poultry portions small and lean. Try grilling, broiling, poaching or roasting. These methods do not add extra fat.
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Amounts listed are for a 2,000-calorie diet. To find the amounts that are right for you, visit ChooseMyPlate.gov

Dairy – Switch to skim or 1% milk.
Get 3 cups of dairy daily (for kids aged 2-8, it’s 2 cups)

- **Switch to skim or 1% milk**: They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.
- **Can’t drink milk?** If you are lactose intolerant, try lactose-free milk, drink smaller amounts of milk at a time, or try soymilk (soy beverage). Check the Nutrition Facts label to be sure your soymilk has about 300 mg of calcium.

Grains – Make half your grains whole grains.
Eat 6 oz. of grains every day.

- **Make half of your grains whole**: Eat at least 3 oz. of whole grains every day. Whole grains products include cereals, breads, crackers, rice or pasta.

- **Look for whole grain ingredients**: When buying grain products, look for whole grain ingredients such as whole wheat, brown rice, bulgur, buckwheat, oatmeal, whole-grain cornmeal, whole oats, whole rye, wild rice, millet and others.

- **Avoid refined and white grains**: To eat more whole grains, substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

- **Know your portion sizes**: 1 oz. is about one slice of bread, 1 cup of breakfast cereal or 1 cup of cooked rice, cereal or pasta.

Visit ChooseMyPlate.gov for more information