

2025 TRIBAL ELDER FOOD BOX INFORMATION



2025 Program Information (dates & time)



**Indian Council of the
Elderly Distribution
944 N. 33rd Street
Milwaukee, WI 53208
Distributions Friday**

DATES:

May 30th

June 13th & 27th

July 11th & 25th

August 8th & 22nd

September 5th & 26th

October 10th & 24th

November 7th & 21st

December 5th & 19th

**With Questions,
Contact Terri Piszczor
414-933-1401**

Each box will contain proteins, produce, and shelf-stable items, sourced from Indigenous and non-Indigenous local producers and will be representative of traditional foods whenever possible. The average box will be 20 pounds. The contents of the boxes will change for each distribution based on what is available seasonally for the given distribution week.

PLEASE NOTE: Food provided is for Tribal members, 55 years and older. This project is funded by an Intertribal Local Food Purchasing Assistance grant and funding awarded through the Wisconsin Biennial Budget. The project is coordinated by the Great Lakes Intertribal Food Coalition in partnership with Feeding America Eastern Wisconsin.

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**Gerald L. Ignace Indian
Health Center 930 W
Historic Mitchell St.
Milwaukee, WI 53204
Distribution Fridays**

**With Questions,
Contact Lisa at GLIHC
Food Distribution
414-248-8676**

**DATES:
June 13th
July 11th
August 8th
September 5th
October 10th
November 7th
December 5th**

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**Ho-Chunk Milwaukee
3501 S. Howell Ave
Milwaukee, WI 53207
Distribution Fridays**

**DATES:
June 13th
July 11th
August 8th
September 5th
October 10th
November 7th
December 5th**

**With Questions,
Contact Randall at
414-747-8680**

Each box will contain proteins, produce, and shelf-stable items, sourced from Indigenous and non-Indigenous local producers and will be representative of traditional foods whenever possible. The average box will be 20 pounds. The contents of the boxes will change for each distribution based on what is available seasonally for the given distribution week.

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**With Questions,
Contact Trisha
Patton at 414-329-
4101**

**SEOTS
5233 W Morgan Ave.
Milwaukee, WI 53220
Distribution Friday
Mornings**

**DATES:
June 13th
July 11th
August 8th
September 5th
October 10th
November 7th
December 5th**

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**With Questions, Contact
your community
coordinator.**

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**Saint Croix Chippewa Indians of
Wisconsin Distribution
Locations:**

**Round Lake Community Center
Sand Lake: St. Croix Tribal
Health Clinic
Maple Plain Community Center
Danbury Community Center**

Distribution Thursdays

DATES:

June 12th

July 10th

August 7th

September 4th

October 9th

November 6th

December 4th

2025 TRIBAL ELDER FOOD BOX INFORMATION



2025 Program Information (dates & time)



**With Questions,
Contact Scott at Ho-
Chunk Food Distribution
715-284-0811 ext. 13858**

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Ho-Chunk Nation Distribution Locations:

**Black River Falls
Wittenberg
Nekoosa
Tomah
Green Bay
Wisconsin Dells**

**Distribution Thursdays -
time varies by location**

DATES:

May 29th

June 26th

July 24th

August 21st

September 25th

October 23rd

November 20th

December 18th

2025 TRIBAL ELDER FOOD BOX INFORMATION



2025 Program Information (dates & time)



**With Questions,
Contact Jim at Mole
Lake Food Distribution
715-622-0200**

**Mole Lake Food
Distribution 3051 Sand
Lake Rd. Crandon, WI
54520
Distribution Thursday's
@ 1PM
DATES:
May 29th
June 26th
July 24th
August 21st
September 25th
October 23rd
November 22nd
December 18th**

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2025 Program Information (dates & time)



Lac Courte Oreilles
Distribution
9026 Round Lake School
Rd, Hayward, WI 54843
Distribution Fridays

DATES:
June 13th
July 11th
August 8th
September 5th
October 10th
November 7th
December 5th

With Questions,
Contact Dan at Food
Distribution
Phone number
715-634-3677

Each box will contain proteins, produce, and shelf-stable items, sourced from Indigenous and non-Indigenous local producers and will be representative of traditional foods whenever possible. The average box will be 20 pounds. The contents of the boxes will change for each distribution based on what is available seasonally for the given distribution week.

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2025 TRIBAL ELDER FOOD BOX INFORMATION



2025 Program Information (dates & time)



**Red Cliff Food
Distribution 88430 Pike
Road, Bayfield, WI 54814
Distribution Fridays @
10 am**

DATES:
May 30th
June 13th & 27th
July 11th & 25th
August 8th & 22nd
September 5th & 26th
October 10th & 24th
November 7th & 21st
December 5th & 19th

**With Questions, Contact
Butch at Red Cliff Food
Distribution 715-779-3740**

Each box will contain proteins, produce, and shelf-stable items, sourced from Indigenous and non-Indigenous local producers and will be representative of traditional foods whenever possible. The average box will be 20 pounds. The contents of the boxes will change for each distribution based on what is available seasonally for the given distribution week.

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**With Questions, Contact
Anna at LDF Food
Distribution
715- 588-4204**

**Lac du Flambeau Food
Distribution 220 Industrial
Park Road, Lac du
Flambeau, WI 54538
Distribution Fridays**

DATES:

May 30th

June 13th & 27th

July 11th & 25th

August 8th & 22nd

September 5th & 26th

October 10th & 24th

November 7th & 21st

December 5th & 19th

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2025 TRIBAL ELDER FOOD BOX INFORMATION



2025 Program Information (dates & time)



**Bad River Food
Distribution 73451 Maple
St. Odanah, WI
Distribution Friday at
noon**

DATES:
May 30th
June 13th & 27th
July 11th & 25th
August 8th & 22nd
September 5th & 26th
October 10th & 24th
November 7th & 21st
December 5th & 19th

**With Questions, Contact
Milisa at Bad River Food
Distribution 715-682-7892**

Each box will contain proteins, produce, and shelf-stable items, sourced from Indigenous and non-Indigenous local producers and will be representative of traditional foods whenever possible. The average box will be 20 pounds. The contents of the boxes will change for each distribution based on what is available seasonally for the given distribution week.

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2025 TRIBAL ELDER FOOD BOX INFORMATION



2025 Program Information (dates & time)



**With Questions,
Contact Marilyn King at
920-869- 1041**

**ONEIDA N7372 Water
Circle Place Oneida, WI
54155
Distribution Fridays @
10am**

**DATES:
May 30th
June 13th & 27th
July 11th & 25th
August 8th & 22nd
September 5th & 26th
October 10th & 24th
November 7th & 21st
December 5th & 19th**

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2025 TRIBAL ELDER FOOD BOX INFORMATION



2025 Program Information (dates & time)



**Questions, Contact Jill at
SMC Food Distribution
(715) 793-4941**

**Stockbridge-Munsee Food
Distribution N8476 Moh
He Con Nuck Rd. Bowler,
WI 54416
Distribution Thursdays @
10am**

DATES:
May 29th
June 12th & 26th
July 10th & 24th
August 7th & 21st
September 4th & 25th
October 9th & 23rd
November 6th & 20th
December 4th & 18th

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2025 Program Information (dates & time)



**Menominee Food
Distribution N737
Headstart Road, Keshena,
WI 54135
Distributions Thursday @
1PM**

DATES:
May 29th
June 12th & 26th
July 10th & 24th
August 7th & 21st
September 4th & 25th
October 9th & 23rd
November 6th & 20th
December 4th & 18th

**For Questions, Contact
Marla at Menominee Food
Distribution
(715) 799-5132**

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**For Questions
Contact: Dave at
Bodwéwadmī Ktëgan
715-478-4523**

**Forest County
Potawatomi 3389 County
Highway H, Laona, WI,
54541
Distribution Thursday
12pm**

**DATES:
May 29th
June 12th & 26th
July 10th & 24th
August 7th & 21st
September 4th & 25th
October 9th & 23rd
November 6th & 20th
December 4th & 18th**

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2025 Program Information (dates & time)



**With Questions,
Contact Dawn Kraintz
at 920-929-9964**

**Brothertown
311 Winnebago Dr. Fond
du Lac, WI
Distribution Thursdays at
1pm**

**DATES:
June 12th
July 10th
August 7th
September 4th
October 9th
November 6th
December 4th**

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2025 TRIBAL ELDER FOOD BOX INFORMATION



Herb-Roasted Apples, Onions, and Carrots

PREP:10 minutes
COOK:45 minutes
TOTAL:55 minutes

Ingredients

- 2 large red onions (cut into wedges)
- 8 carrots (cut into 2 inch pieces)
- 4 apples (cut into wedges)
- 2 cloves garlic (grated)
- 1 tablespoon extra virgin olive oil
- 2 teaspoons Herbes de Provence
- ½ teaspoon salt
- ¼ teaspoon pepper



Instructions

- Pre-heat your oven to 375 degrees, and prepare a cookie sheet with tin foil and spray with non-stick spray.
- Place all ingredients in a large zip-lock bag or bowl and mix well ensuring all ingredients are evenly coated with oil and spices.
- Place apple, onion, and carrot mixture in a single layer on the prepared cookie sheet.
- Bake for 45 minutes or until onions are caramelized and carrots are tender.

Greetings,

We are grateful to offer a one time distribution during the winter season. The smaller portion of food will be dispensed in a beautiful GLIFC reusable tote bag. Contents include:

- a random mix of protein including a pound of fish and either a pound of ground beef, pork, chicken, or bison.
 - Apples from Bushel and a Peck
 - Onions from Gumz Farms
 - Carrots from Red Door Family Farm
 - Maple Sugar from Dynamite Hill Farm
-

Welcome to the 2025 Tribal Elder Food Box Program



Dear Tribal Elder Food Box Recipient,

We are excited to begin another year of bringing these nutritious and delicious foods to you! When possible, we will be sourcing food from Indigenous producers and local producers throughout Wisconsin and the Great Lakes region. The contents of the boxes will change for each distribution based on what is available seasonally. The average box will be 18-22 pounds and will contain a combination of protein (meats and fish), produce (fruits and vegetables), and shelf stable items like white corn, maple syrup, jams, and wild rice. Each box will be accompanied by a newsletter containing weekly producer profile spotlights and recipes contributed by Indigenous chefs and home cooks.

The Great Lakes Intertribal Food Coalition is a partnership consisting of representatives from all 11 federally recognized Tribes in Wisconsin, Feeding Wisconsin, Feeding America Eastern Wisconsin, Wisconsin Food Hub Cooperative, Department of Ag, Trade and Consumer Protection, Wisconsin Tribal Conservation Advisory Council, UW-Madison, and healthTIDE. Collectively, each member of the coalition contributes to the success of the program through weekly virtual meetings and quarterly in person meetings.

We encourage you to pick up your box based on your tribes schedule for the duration of the program which runs from the last week of May until the third week in December. We encourage your feedback about the Tribal Elder Food Box program! Please share your thoughts, recipes, pictures with us at any time at admin@greatlakesintertribalfood.org or reach out over Facebook - Great Lakes Intertribal Food Coalition. You can also follow us on Facebook for recipes, preservation tips, and schedule updates!

PLEASE NOTE: Food provided is for Wisconsin Tribal Elders. This is a project funded through various grants with main contributions from the Intertribal Local Food Purchasing Assistance (LFPA) grant and the Wisconsin state Biennial Budget.

2025 TRIBAL ELDER FOOD BOX NEWSLETTER

Week 1: May 26-30



Food & Farms Represented In This Week's Box

- *Whitefish - Red Cliff Fish Company
- *Ground Pork - Go Broke Farms
- Dry Black Beans - Meadowlark Organics
- *Lettuce - Bodwéwadmi Ktëgan
- Spinach & Scallions - Cattail Organics
- Rhubarb - Seasonal Harvest
- *Mushrooms - Nu-Tradition & Brock Schreiber
- Bok Choy & Sweet Potatoes - Red Door Family Farm
- Asparagus - Emery Foods
- Yellow Popcorn - Doudlah Farms
- *Wild Rice - Rice Country Processing
- *Strawberry Drink - Oneida Nation Cannery
- *Indicates Indigenously produced**



Photo Contest!



Honoring Our Food, Our Elders, Our Stories

The Great Lakes Intertribal Food Coalition invites YOU—Elders, producers, packers, delivery teams, families, and community members—to share a photo that reflects your connection to the Tribal Elder Food Box Program. Show us the people, foods, and moments that make this program special—from garden to table.

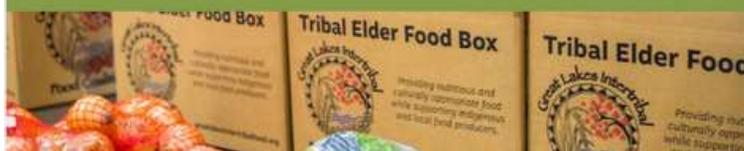
📷 Scan the QR code to submit photos (one per entry, 10 photos max) and be entered into a drawing to win a GLIFC swag bag! Prizes include: sweatshirt, t-shirt, sticker, tote bag & Indigenous foods. Three winners will be announced on GLIFC Facebook page and website on June 27th!

📅 Deadline to submit: June 26th by 4:00pm.

Let your photos tell your story—and help us celebrate the care, culture, and community behind every food box.

Link to photo contest form: <https://forms.gle/zUEWwDP3KMua8kmV8>

QR Code for photo contest form ->



Simple Roasted Baby Bok Choy

Prep Time:10minutes mins

Cook Time:10minutes mins

Total Time:20minutes mins

Servings: 2



Ingredients

- 3 heads baby bok choy - sliced in half lengthwise
- 2 tablespoon olive oil
- 1 tablespoon reduced sodium soy sauce
- 1 teaspoon toasted sesame oil
- 1 teaspoon honey
- 1 tablespoon chopped fresh ginger
- ¼ teaspoon red pepper flakes

Instructions

Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper. Place the bok choy halves on the baking sheet.

In a small bowl, whisk together the olive oil, soy sauce, sesame oil, honey, ginger, and red pepper flakes. Brush both sides of the bok choy halves with the marinade. Arrange the bok choy cut side down on the baking sheet.

Place the baking sheet on the lowest rack of the oven, and roast for 6 to 8 minutes, flipping halfway through the cooking time. Turn the broiler on, and transfer the baking sheet to the top rack. Cook under the broiler for 1 to 2 minutes, or until the bok choy leaves are crisped to your liking. Remove from the oven, and enjoy!

Notes

You can use large bok choy for this recipe. Slice the head lengthwise into quarters, and follow the instructions as written.

Wash the bok choy under cold running water to remove dirt that gets stuck between the leaves. However, be sure to pat them dry with a clean towel before brushing with the marinade.

Nutrition

Serving: 1serving | Calories: 160kcal | Carbohydrates: 4g | Protein: 1g | Fat: 16g | Saturated Fat: 2g | Sodium: 273mg | Potassium: 36mg | Fiber: 1g | Sugar: 3g | Vitamin A: 141IU | Vitamin C: 1mg | Calcium: 5mg | Iron: 1mg

Website: GreatLakesIntertribalFood.org
Follow us on Facebook at Great Lakes
Intertribal Food Coalition!

