



## Couleecap Helps to put Food ON THE TABLE

The COVID global pandemic forced families to make complex decisions, especially where their health was concerned. For families living paycheck to paycheck, job loss or illness can devastate their finances. Low-income families are particularly vulnerable.

When Sue's mother was diagnosed with cancer and needed in-home care, she had to make the difficult decision to leave her job. Around the same time, Sue's son and three grandchildren had to move into her home due to COVID concerns where they were living, straining the household's finances even further.

Although money would be tight, Sue and her husband were determined to make it work.

Unfortunately, Sue's mother lost her battle with cancer and, shortly after, her husband lost his job. Now the family knew they needed assistance to make it through these trying times.

Sue's family turned to Couleecap's Monroe County food pantry for food assistance. They had access to a selection of fresh vegetables, fruits, frozen meat, and canned goods for their extended family. Sue learned that she could visit the pantry whenever she needed to.

Since their nutritional needs were being met, Sue and her husband could use the limited income they had from unemployment on other household expenses.

Couleecap programs, such as our Monroe County food pantry, serve thousands of people in the Coulee Region each year. These programs are possible because of the financial support from donors like you. Your support has given Sue the help she needs to succeed.

**“The people and support at Couleecap has been very helpful. Theresa and the volunteers are always friendly and respectful.”**

**-Sue**

**Couleecap**  
your local community *action* program



A United Way member agency

A equal opportunity employer and service provider.  
Auxiliary aids and services available upon request.

### **Our Mission**

Couleecap fights poverty and promotes self-sufficiency, economic development, and social justice. We are **People Helping People**, and every day our actions make a difference in the lives of people and families throughout the Coulee Region.