

Food Assistance List

Resource Information Provided by People of Progress

POP helps 14,000 people annually with food for 290,000 meals, etc.

• FOOD BANKS

People of Progress Resource Center & Food Bank

1242 Center St. Redding 243-3811 Mon - Fri 9 to 12:00 (clothing 9 - 9:30)

Weekday afternoons & Saturday morning food bank by appointment only.

Emergency help for people in Shasta County. Food, clothing, information.

(SS# required. ID requested. Call first if you can't arrive during program hours)

Anderson Cottonwood Christian Assistance

2979 East Center Street Anderson 365-4220 10 - 1:45 Tues. & Fri.

(ID & proof of Anderson/Cottonwood/Happy Valley/Shingletown address required.

Redding services limited to addresses south of Knighten road only.)

Good News Rescue Mission. No Food Bank. Bread Only.

3100 S. Market St. Redding 241-5754 Bread available every day after 10:00

Redding Loaves & Fishes 1180 Industrial St. (behind Grocery Outlet)

241-1108 Saturdays 9-1:00 Photo ID, SS#, and proof of address required

The Salvation Army - Compassion Food Ministry - Closed Tues & Fri

2691 Larkspur Redding 222-2207 Food: Mon, Wed & Thurs. 9 - 11:30

Monthly food for seniors & families with kids. Weekly perishables for anyone.

All other assistance (clothing, utilities, etc.) is by appointment on M, W, TH, afternoons. (Photo I.D., SS#, address, age and income verification required)

Shasta Senior Nutrition Program -- Friday Food Bank

NOT JUST FOR SENIORS 100 Mercy Oaks Dr. Redding 226-3071

1st & 3rd Fridays 8 - 9:00 a.m. for all low income persons. Photo ID, proof of address

Bread of Life Food Pantry Redding, 227-3827 (Wednesday 9 a.m.)

Fall River Mills Community Food Pantry 336-5304 336-5127

Hill Country Health & Wellness Center, Round Mountain 337-6243

St. Francis of Assisi Catholic Church, Burney 335-2372 335-4741

Shasta Lake Community Pantry (also breakfast & clothing) 275-3568 275-8052

Shasta Lake United Methodist Church (by appointment) 241-5000 or 275-2720

Shepherd's Heart Community Food Bank, Cottonwood 347-3691

Shingletown Grassroots Emergency Food Closet 474-4220

Solid Rock Four Square Church, Burney 335-4300

Tri County Community Network, Burney 335-4600

• MONTHLY FOOD

CALFRESH (FOOD STAMPS) ELIGIBILITY IS BROADER FOR FOOD STAMPS THAN FOR OTHER PUBLIC ASSISTANCE PROGRAMS.

You can get CALFRESH even if you are working. You do not need to be on CALWORKS or General Assistance to qualify. Call toll-free 1-877-652-0731 for info -- or you can apply online at www.C4Yourself.com or visit an HESA Regional Office in Anderson, Burney, Downtown Redding, Enterprise or Shasta Lake.

USDA COMMODITIES: NOT JUST FOR SENIORS

Pick up free food monthly -- easier eligibility than food stamps!

For all low or no income individuals and families, working or not. Operated by Shasta Senior Nutrition Program and available at nine locations throughout Shasta County. 226-3071

PREGNANT WOMEN, INFANTS, CHILDREN: Shasta County WIC

Nutritional counseling and food vouchers given for pregnant women and their children up to 5 years old. 1220 Sacramento St., Redding, 225-5168 2801 Silver Street, Anderson 225-3715 Call for other locations.

Living Hope Food Co-op 1043 State St. Redding 243-8066

• MEALS

Good News Rescue Mission -- 3100 South Market St. Redding

241-5754 Everyone is welcome for meals seven days a week whether they stay overnight or not: Breakfast - 6:30, Lunch - 12:00 (on Sundays at 1:00)

Dinner - 5:15 Be there by 6:30 to stay in the shelter for men, women & children.

Twin View Church Redding, Wed. Dinners for Kids age 6-14 241-0551

Solid Rock Four Square Church, Burney, Dinners 4th Thurs. 335-4300

Valley Christian Fellowship Sunday lunch in Caldwell Park 243-7479

SENIORS -- contact Shasta Senior Nutrition Program about low cost meals served at four centers; their Meals on Wheels home delivery program; and their Brown Bag program (groceries twice per month). 226-3071

Easy Ways to Eat 5 Servings of Fruits & Vegetables a Day

Breakfast -- eat half a banana or half an apple along with whatever else you normally have for breakfast.

Lunch -- eat a medium carrot or half an apple mid-morning. Have two cups of dark leafy green lettuce in a salad with lunch.

Dinner: snack before dinner on a carrot or half an apple then have a vegetable or fruit side dish with your meal.

- *The size of one serving is half a cup - so a large apple counts as two!*
- *Fiber in beans, vegetables and fruit help keep your heart healthy.*
- *Fresh, frozen or canned? These all have about equal nutrition value. Rinse fruits if in heavy syrup and choose "light syrup" for less calories.*
- *Carrots, celery, onions, oranges and apples last a long time after you buy them so they are easy to keep on hand in your kitchen.*
- *Whenever you make canned soup at home, you can add in extra fresh, frozen or canned vegetables to boost the nutrition. Or grate a zucchini or carrot in the soup -- small pieces can't be tasted.*
- *For healthier pizza, ask them to put on only half the cheese and give you the rest to use later. Tastes about the same -- but with about half the fat!*
- *Get Take-and-Bake pizzas and then boost the nutrition by adding thin-sliced zucchini or onion, or chopped bell peppers at home before baking.*

Tasty, Quick, Easy & Healthy

Pumped Up Mac & Cheese

Make mac and cheese then stir in one can tuna and some canned green beans or peas -- an instant casserole in your pot!

Instant Pizza

Spread tomato paste (more flavor and nutrition than tomato sauce) directly on bread or a flour tortilla or pita bread. Sprinkle on italian seasoning and top with chopped leftover meats or lunch meat and a sprinkle of grated cheese. Heat in toaster oven. Use less cheese -- still delicious but way less calories!

Breakfast Wrap

Cut a slice of lunch meat and a slice of cheese in half and line them all up in the center of a corn or flour tortilla. Microwave for 15 seconds. Then add salsa if you like and roll it up! (whole wheat tortillas are most nutritious)

Kids' Carrot Salad

If you get them to try this, they will love it. Peel and grate some carrots. Add raisins and/or chopped apples. Stir in just enough low-fat sour cream or plain or vanilla yoghurt to moisten. Add just a little bit of frozen concentrated lemonade to sweeten. Add a pinch of cinnamon for a flavor-punch.

Easiest Fruit Salad -- Everyone Loves It

Use any combination of fruit you have. Apples, oranges, bananas, pears, grapes, etc. For the "dressing," use a tablespoon of frozen orange juice concentrate and a pinch of cinnamon. Stir. Kids absolutely love it and the orange juice keeps fruit from turning brown overnight if you have leftovers.

Sneaky Snack Cake

Use a spice cake mix. Follow directions but instead of oil, use applesauce in the same amount. Add two cups grated carrots and/or a cup of raisens. Bake a little longer than the directions call for. Sneaky Snack Cake is delicious and moist without frosting and "sneaks" in some fruits and vegetables.

Rice and Beans Make a Protein Equal to Meat

When eaten in the same meal, rice and beans or tortillas and beans combine to make a complete protein. If you soak beans or rice overnight or for a few hours, you can then cook them covered, and with water, in a microwave.

NOTE: Programs may change times or day of service. Information is correct 3/1/14. Some programs request or require photo ID, proof of address and income.

None require referrals. Most programs that are not located in Redding only serve people living in their own community or area. This flyer provided by People of Progress Copyright © 2014 Redding, CA USA. Please copy & distribute with this credit line.