

# Food Assistance List

Information outreach provided by People of Progress

POP helps 16,000 people annually with food for 290,000 meals, etc.

For information on food banks and programs in other areas in Shasta County, call POP's Connect Message Center info line: 243-8713 Box 250

## • EMERGENCY FOOD ASSISTANCE

### People of Progress Resource Center & Food Bank

1242 Center St. Redding 243-3811 10:00 to 1:00 (clothing 10 - 11:00)  
Monday - Friday Emergency help with food, clothing, voice mail, etc.  
Saturday morning food bank by appointment -- food assistance only.  
(ID and SS # requested. Call first if you cannot arrive during program hours)

## • WEEKLY or MONTHLY ASSISTANCE

### Anderson Cottonwood Christian Assistance

2979 East Center Street Anderson 365-4220 10 - 2:00 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

3100 S. Market St. Redding 241-5754 Friday Food Bank: 8:30-12:00  
(ID and local rent or utility receipt required. Children must be supervised)

### Living Hope

1043 State St. Redding 243-8066 Food, meals, clothing, furniture.  
Call for program details & hours. (Photo ID and Social Security # required for food).

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

2691 Larkspur Redding 222-2207 Food: Mon, Wed & Thurs. 9 -11:30  
All other assistance (clothing, utilities, etc.) is by appointment on those same afternoons. (Photo I.D., SS#, address & income verification required)

### Shasta Senior Nutrition Program -- Friday Food Bank

*NOT JUST FOR SENIORS* 100 Mercy Oaks Dr. Redding 226-3071  
1st and 3rd Fridays 8:00 - 9:00 a.m. for all low income persons. ( Limited to once a month.)

### CALFRESH (FOOD STAMPS) ELIGIBILITY IS BROADER FOR FOOD STAMPS THAN 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 225-5777 for recorded information and to find out the closest place to apply -- or you can apply online at [www.C4Yourself.com](http://www.C4Yourself.com)

### USDA COMMODITIES: NOT JUST FOR SENIORS

*Sign up once -- get free food monthly -- easier eligibility than food stamps!*  
For low or no income individuals and families, working or not. You can even have a friend pick up your food for you. Operated by Shasta Senior Nutrition Program and available at locations throughout Shasta County. Call 226-3071. *Proof of income & address requested.*

### FOOD FOR 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. in Redding, 225-5168 (behind the SMART Center)  
and in Anderson at 2801 Silver Street, 225-3715 Call for other locations.

## • MEALS

**Good News Rescue Mission --** 3100 South Market St. Redding 241-5754 Everyone is welcome for meals whether they stay overnight or not. Mandatory church service. Breakfast-6:30, Lunch-12:00 ( on Sundays at 1:00) Dinner - 5:50. Be there by 5:00 to stay in the shelter for men, women & children.

**LIVING HOPE --** 1043 State Street Redding 243-8066  
Lunch. Call for times and days and other services.

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

*NOTE: Programs may change times or day of service. Information is correct as of January, 2012. Many programs request or require photo ID, proof of address and income. None require referrals. This flyer provided by People of Progress, Copyright © 2011 Redding, CA. Please copy & distribute.*

## 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 greens in a salad (not iceberg lettuce).

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

- *Fresh, frozen or canned? These all have about equal nutrition. Rinse fruits if in heavy syrup or choose "light syrup" for less calories.*
- *Carrots, 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. Grate a zucchini or carrot in the soup and kids won't even taste it.*
- *For healthier pizza, ask them to use only half the cheese when making it. It tastes just about the same -- but with half the fat!*
- *Get Take-and-Bake pizzas and then boost the nutrition by adding thin-sliced zucchini, chopped bell peppers or onion 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 pan!

### 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. 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 as the flavor-punch ingredient.

### 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. Add two cups grated carrots and/or a cup of raisens. Instead of oil, use applesauce in the same amount. Bake just a little longer than the directions call for. Snack on this -- it's delicious and moist without frosting and "sneaks" in some fruits and vegetables.

### Pull-A-Part Monkey Bread

Use a can of refrigerator bisquits. Cut each biscuit into quarters. Melt a couple tablespoons of butter or margarine and pour over them. Sprinkle on some italian seasoning, a little garlic salt (and parmesan or grated cheese if you have some) and toss. Put into a cake or loaf pan and bake. Another flavor combination to try: cinnamon and a little bit of sugar.

### Cinnamon Roll Up

Spread one teaspoon butter on a whole wheat tortilla. Sprinkle on a little cinnamon sugar, roll up and then microwave for 15 or 20 seconds.