

Shasta County Key Services

Shelter: Women & Children: House of Hope 241-3608 Men: Good News Rescue Mission 241-5754
Domestic Violence Victims: Shasta Women's Refuge 244-0117 (24 hr. line)

Showers: Good News Rescue Mission: 241-5754 (even if you aren't staying there you can shower at 7:30 a.m. or 8:30 p.m. every day)
YMCA: 246-9622 \$5 (best to be there before 8 a.m. or after 2 p.m.) Living Hope: 243-8066 (showers on Wednesdays, laundry on Fridays)

Information:

General: Helpline 24 hr: 225-5252 • Northern Valley Catholic Social Service: 241-0552 • People of Progress: 243-3811
Veterans: 225-5616 • **Seniors:** 223-6034 • **Domestic Violence 24 hr:** 244-0117 • **Disabilities:** 242-8550 • **Teens:** 365-9260

Motel:

The Good News Rescue Mission can now accommodate most medical needs and bed rest during the day.

If a shelter cannot provide you shelter due to medical reasons call People of Progress. Current medical verification required 243-3811.

If you are on CALWORKS, their homeless program may pay for a motel and deposits to rent an apartment or home. Contact your worker.

Food: Food bank & food program locations and hours throughout Shasta County: 243-8713 Box 250

Meals -- whether you stay at their shelter or not: Good News Rescue Mission 241-5754 Living Hope: lunch 243-8066

Emergency Food: People of Progress: 243-3811 (open Mon - Fri 10:00 to 1:00. Weekday afternoons & Saturday mornings by appointment)

Monthly and/or Weekly Food: Food Stamps: 225-5777 WIC (women, infants & children): 225-5168

USDA Commodity Program and Friday Food Bank operated by Shasta Senior Nutrition Program (not just for seniors): 226-3071

Good News Rescue Mission: 241-5754 Living Hope: 243-8066 Salvation Army: 222-2207

Meals or Food for Seniors: Shasta Senior Nutrition Program: 226-3071 (Lunch Centers, Meals on Wheels, Brown Bag and Commodities)

Clothing: Salvation Army: 222-2207 People of Progress: 243-3811 Living Hope: 243-8066

Employment or Income:

Job Listings & Resumes: SMART Community Employment Center: 241-7911 CALWORKS: (families with children) 225-5767 or 225-5000

Shasta County General Assistance (monthly income & job search/resumes): 225-5767 Labor Ready: (day labor private employer) 242-6855

Voice Mail Phone:

You can have your own free answering service (voice mail box) to receive messages. Call in from any telephone to get your recorded messages. Employers, social workers, family, friends, etc. can keep in contact with you. People of Progress: 243-3811

Counseling: Free or low cost services are available. Helpline 24 hr. Suicide & Crisis Line: 225-5252 Shasta Women's Refuge 24 hr. Domestic Violence Line: 244-0117 Shasta County Mental Health: 225-5200 Bridges to Success: 224-3202 Northern Valley Catholic Social Service: 241-0552 Shasta Treatment Center: 221-6237 New Directions to Hope: 248-3000 Hill Country: 337-6243

Drug/Alcohol Programs/Counseling: Shasta County Alcohol /Drug Programs & Referrals: 225-5242

Medical or Health Services: MediCal and CSMP: 225-5777

Shasta Community Health Center (Medical & Dental): 246-5710 Shasta County Public Health: (Immunizations & Information) 225-5591

HOPE Van: 246-5710 Hill Country Community Clinic (Medical/Dental): 337-6243 Mercy Medical Center (hospital): 225-6000

Redding Rancheria: 224-2700 Shasta Regional Medical Center (hospital): 244-5400 Veterans Outpatient Clinic: 226-7555

Good News Rescue Mission (Dental Clinic): 241-5754 Women's Health Specialists (men/women's health check-ups & birth control): 221-0193

Legal Help/Info: Legal Services of Northern California: 241-3565 (Housing, Benefits, Medical, Family Law)

Housing & Utilities: Rent Assistance: 243-8713 Box 200 Utilities: 243-8713 Box 201 Tenant Rights: 241-3565

Northern Valley Catholic Social Service (NVCSS) has current rental listings for many property management companies in their lobby: 241-0552

People with disabilities: Independent Living Services 242-8550 **Deposit Loans:** Restoration Enterprises: 245-0500

Rent or deposit assistance for families on or eligible for CALWORKS: contact your worker or call 225-5000

Seniors: Golden Umbrella 223-6034 **Young Adults Formerly in Foster Care & Teens:** Independent Living Program 365-9260

Transitional housing: Restoration Coalition gives referrals: 245-0500 (faith-based) FaithWORKS: 242-1492 (families only)

HUD & Section 8 Housing Vouchers: Redding Housing Authority 225-4048 Shasta County Housing Authority: 225-5169

Veterans: Veterans' Service Office: 225-5616 V.A. Outpatient Clinic: 226-7555 Pointman (info. & referrals) 243-8387

Veterans' Recovery Project Transitional Housing: 524-2788 Veterans' Employment Services: 225-2194

Transportation: Car repairs & inexpensive cars for low income persons: Restoration Enterprises: 365-1599

One-ride bus passes for essential appointments or work: Good News Rescue Mission: 241-5754 People of Progress: 243-3811.

Buy monthly unlimited-use RABA passes (discounts for physical disabilities): 241-2877 Bikes for jobs & job search: Restoration Enterprises: 245-0500

More information on services can be found at www.shastacoc.org or at www.peopleofprogress.org

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Bridges to Success 224-3202
(counseling at various locations)

CALWORKS 225-5767
2460 Breslauer Way 225-5000

FaithWORKS 242-1492

FOOD STAMPS
2460 Breslauer Way 225-5777

General Assistance
2460 Breslauer Way 225-5767

Golden Umbrella
200 Mercy Oaks Drive 223-6034

Good News Rescue Mission,
House of Hope, House of Grace
3100 South Market St. 241-5754

Helpline - 24 hour Crisis Line
Counseling & Information 225-5252

HOPE Van 246-5710

Hill Country Community Clinic
HWY 299 Round Mountain 337-6243

Independent Living Services
169 Hartnell Ave. #128 242-8550

Labor Ready
981 Lake Blvd. 242-6855

Legal Services of Northern Calif.
1370 West St. 241-3565

Living Hope 1043 State 243-8066

Mercy Medical Center
2175 Roseline Ave. 225-6000

New Directions to Hope
1880 Shasta Street 248-3000

Northern Valley Catholic Social
Service (NVCSS) 241-0552
2400 Washington (off Park Marina)

People of Progress 243-3811
1242 Center St. (off Shasta near Calif.)

Pointman 243-8387

RABA (public transit) 241-2877
Yuba between Oregon & California

Redding Housing Authority
777 Cypress Avenue 225-4048

Restoration Enterprises /Coalition
3300 Veda St. 245-0500

Salvation Army 222-2207
2691 Larkspur Lane

Shasta Community Health Center
1035 Placer St. 246-5710

Shasta County Alcohol - Drug
2640 Breslauer Way 225-5242

Shasta County Housing Authority
1450 Court St. Rm. 108 225-5160

Shasta County Mental Health
2640 Breslauer Way 225-5200

Shasta County Public Health
2650 Breslauer Way 225-5591

Shasta Women's Refuge
24-hour Crisis Line 244-0117

Shasta Regional Medical Center
1100 Butte Street 244-5400

Shasta Senior Nutrition Program
100 Mercy Oaks Drive 226-3071

SMART Employment Center
1201 Placer Street 246-7911

Redding Rancheria Health Clinic
3184 Churn Creek Rd. 224-2700

Veteran's Employment Services
1325 Pine Street 225-2194

VA Outpatient Clinic 226-7555
351 Hartnell Avenue

Veterans' Recovery Project 524-2788

Veteran Service Office 225-5616
2625 Breslauer Way Cottage #4

WIC (various locations) 225-5168

Womens' Health Specialists 221-0193

YMCA 1155 Court St. 246-9622

People of Progress Food Bank List

POP helps 16,000 people annually with food for 200,000 meals, etc.

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

• EMERGENCY FOOD

People of Progress Resource Center and Food Bank

1242 Center St. Redding 243-3811 10:00 to 1:00 (clothing until noon)
Mon - 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 can't arrive during program hours.)

• WEEKLY and/or MONTHLY

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 or Social Security card required for food)

Salvation Army - Compassion Food Ministry

2691 Larkspur Lane Redding 222-2207 Mon - Fri 9:00 to 11:30
Assistance with food, clothing, utilities, etc. (Photo I.D. & SS # 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.)

FOOD STAMPS -- ELIGIBILITY IS MUCH BROADER FOR FOOD STAMPS THAN OTHER PUBLIC ASSISTANCE PROGRAMS.

You can get Food Stamps even if you are working. You do not need to be on CALWORKS or General Assistance to qualify. Call 225-5777 for recorded information. Sign up at Shasta County Social Services on Breslauer Way.

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

• 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
Hot lunches. Call for times and days.

SENIORS can 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, 2009. Many programs request or require photo ID, proof of address and income. None require referrals. This flyer provided by People of Progress, Copyright © 2009 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 lettuce & greens in a salad (not iceberg).

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? All are great for your health. For less calories: choose "light syrup" or rinse fruits if in heavy syrup.
- 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 or homemade soup, you can add in extra fresh, frozen or canned vegetables to boost the nutrition. Grate a zucchini and/or carrot in soups and you'll never even taste them.
- 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 grated 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 or canned chopped tomatoes-- an instant casserole!

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. 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 flour tortilla. Microwave for 15 seconds. Add salsa if you like and roll it up! (whole wheat is most flavorful and nutritious)

Kids' Carrot Salad

If you can get them to try this, they might love it. Peel and grate some carrots. Add raisins or apples chopped small. Stir in low-fat sour cream or plain or vanilla yoghurt enough to moisten. Add a little frozen concentrated lemonade to sweeten it. Add a pinch of cinnamon. Make up the rest of the lemonade to drink!

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 them together and serve. Kids love it and the orange juice keeps fruit from turning brown overnight if you have leftovers.

Sneaky Snack Cake

Use a spice cake mix and add two cups grated carrots and/or some 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 normally. Another flavor to try: cinnamon and a little bit of sugar.

Cinnamon Roll Up

Spread one teaspoon butter on a whole wheat tortilla. Sprinkle with cinnamon sugar, roll up and then microwave for 15 or 20 seconds. For more nutrition and taste, add some apple sauce or thin sliced apples!