Food Assistance List
Resource Information Provided by People of Progress

• FOOD BANKS
People of Progress Resource Center & Food Bank
1242 Center St. Redding 243-3811 Mon - Fri 9 to 12:00 (cashing 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.
Reduced services limited to addresses south of Knighten road 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 Flow ID, SS#, and proof of address required

The Salvation Army - Compassion Food Ministry - Closed Tues & Fri
2691 Larkspr 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 353-2372 354-4741
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 355-4500
Tri County Community Network, Burney 355-4600

• 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 HHS 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 cup of 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 concen-
trated 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 raisins. 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, 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
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