

## Ongoing Assistance

The programs below are intended to supplement your food budget so you and your family have enough nutritious food to eat each month. Commodities are also available (see back).



### CalFresh (formerly Food Stamps)

CalFresh helps people with low or no income buy healthy food. Apply for CalFresh benefits:

- by telephone:  
1-877-652-0731
- online at [www.C4Yourself.com](http://www.C4Yourself.com)
- in person at any Shasta County regional office. Call 2-1-1 for a location near you.

### Women, Infants and Children (WIC)

WIC helps pregnant women, mothers with infants, and young children eat well. WIC provides:

- checks to buy healthy foods
- breastfeeding support
- nutrition and health education
- referrals

Call 225-5168 and find out if you qualify.

**Shasta Food Group**  
(530) 605 - 1091

Find us on Facebook or at  
[www.shastafoodgroup.org](http://www.shastafoodgroup.org)

## USDA Commodities

### USDA Commodities

Government surplus commodities are distributed monthly at the following locations:

**Anderson**, 2nd Friday of month,  
9 - 10 am, Anderson River Park

**Burney**, 3rd Friday of month,  
10:30 - 11:30 am, Veteran's Hall

**Cottonwood**, 1st Friday of month,  
9 - 10 am, Community Center

**Happy Valley**, 2nd Thursday of month,  
9:30 - 10:30 am, Community Center

**Lakehead**, 1st Thursday of month,  
9 - 10 am, Lakehead Lions Club

**Redding**, call 226-3071 for date,  
9 - 10 am, Redding Convention Ctr.

**Round Mountain**, 3rd Friday of month,  
9:30 - 10:30 am, Community Center

**Shasta Lake City**, 2nd Tuesday of month,  
9 - 10 am, First Baptist Church

**Shingletown**, 2nd Monday of month,  
9:30 - 10:30 am, Black Butte Jr. High  
School gym

**Learn more about commodities,  
call 226-3071 or visit [ssnpweb.org](http://ssnpweb.org)**



**Shasta Food Group**

**Emergency  
Food Banks  
&  
Assistance  
Programs**

*fighting hunger in Shasta County*

## Need A Meal Today?

### Good News Rescue Mission

3075 Veda Street, Redding, 244-6810

- Breakfast: 6:30 am
- Lunch: Noon, Mon.– Sat., Sundays 1 pm
- Dinner: 5:45 pm.

### Second Baptist Church

2560 Bunker Street, Redding, 222-4041

- Dinner: Sundays 7-8 pm after service

### Shasta Senior Nutrition Programs

100 Mercy Oaks Dr., Redding, 226-3071

- Low or no-cost senior dining centers throughout Shasta County.
- Meals on Wheels home delivery

### Solid Rock Four Square Food Pantry

20343 Tamarack Ave. Burney,  
335-4300 or 949-4379

- Dinner and emergency food:  
4th Thursday of month, 4 - 6 pm

### Twin View Church

621 Twin View Blvd. Redding, 241-0551  
(serving kids age 6-14 yrs)

- Dinner: Wednesdays, 5:30 - 6:15 pm



## Where To Find Emergency Food

### Hill Country Health & Wellness Center

29632 Hwy.299E., Round Mountain  
337- 6243

- Monday– Friday, 9 am - 5 pm
- Food box available 2 times per year.
- Call for an appointment.

### Anderson-Cottonwood Christian Assistance (ACCA)

2979 East Center St. Anderson, 365-4220

- Tuesday & Friday, 10 am - 2pm
- Proof of address, picture ID required
- After hours, please call 604 - 5503

### Fall River Mills Community Food Pantry

43504 Hwy 299E, Fall River Mills  
336 - 5304 or 336 - 5127

- Emergency food bags available for residents from Pit One Grade to Day Rd.

### Good News Rescue Mission

3075 Veda Street, Redding, 241-5754

- Food bank Fridays, 8 –10 am - *arrive early*
- Bread available everyday

### Living Hope Compassion Ministries

1043 State Street, 243-8066

- Food Co-op Program.  
Call 243-8066 for more information.

### People of Progress

1242 Center Street, Redding, 243-3811

- Emergency food Mon.– Fri., 10 am - 1 pm.,  
Saturday by appt.
- SS# and Identification requested.

### The Salvation Army

2691 Larkspur Lane, Redding, 222-2207

- Food bank on Mon., Wed. and Thurs.  
9 - 11:30 am.
- Proof of age, address & income

### Shasta Lake Community Food Pantry

1501 McConnell Ave., City of Shasta Lake  
275-3568 or 275-8052

- Food bank on last Friday on the month,  
9 - 10 am

### Shasta Senior Nutrition Programs

100 Mercy Oaks Dr., Redding, 226-3071  
(not just for seniors)

- Food bank on 1st and 3rd Fridays,  
8 - 9 am, limit one distribution per month
- Picture ID and proof of address required.

### Shepard's Heart Community Food Bank

3320 Brush St. Cottonwood, 347-3691

- 2nd & 4th Tuesdays
- 9am - noon

### Shingletown Grassroots Food Pantry

7752 Ponderosa Way, Shingletown (Black  
Butte Elementary School, room 19),  
474 - 4220

- Food bank on Wednesdays,  
9:00 am - 4:00 pm or by appt.

### St. Francis of Assisi Catholic Church

37474 Juniper Ave., Burney, 335-2372

- Last Friday of month, 1– 3 pm
- First come, first served

### Tri County Community Network

37477 Main St., Burney (Intermountain  
Community Center), 335-4600

- Nutrition on a Budget class every Wed.  
from 10 am—noon w/ \$25 food gift card.
- Available every 6 months.

### Valley Christian Fellowship

3180 Rancho Rd., Redding, 243 -7479

- Lunch in Caldwell Park every Sunday