Shasta County

Key Services

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 accommodate all 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. Weekly after hours & Saturdays 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 (just for seniors): 226-3071

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


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: 337-6238

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

Medical or Health Services:
MedCal 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 (NVCCS) 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’ 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

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

This poster is an outreach project of People of Progress © 2009 People of Progress, Redding CA 243-3811 Permission granted to photocopy, 1-100
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 ID & 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 ar 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: 5:00. 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

---

**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 yogurt 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 raisins. 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 biscuits. Cut each biscuit into quarters. Melt a couple tablespoons of butter or margarine and pour over them. Sprinkle with 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.