

Shasta Food Group is a coalition of local food banks, food assistant providers, community members, and health and nutrition educators.

Shasta Food Group is working toward ensuring that all people in Shasta County have access to enough **nutritious** food to eat every day through education, funding, assessment, as well as policy and environmental changes.

Shasta Food Group Members

- Acorn Enterprises
- Anderson-Cottonwood Christian Assistance
- Bethel Church
- Fall River Mills Food Pantry
- Good News Rescue Mission
- Igo/Ono Community Food Pantry
- Martin Luther King Center
- People of Progress
- The Salvation Army
- Shasta County Health and Human Services
- Shasta Lake Community Food Pantry
- Shasta Senior Nutrition Programs
- Shingletown Grassroots For Kids/ Emergency Food Pantry
- Solid Rock Four Square Church
- Tri-County Community Network
- Twin View Feed the Kids Program
- UC Cooperative Extension
- Valley Christian Fellowship Food Pantry



Shasta Food Group

**For more information on
the Shasta Food Group,
call (530) 229-8481**

or

**visit our webpage at
<http://ceshasta.ucdavis.edu>**

(click onto Food Stamp Nutrition Education Program, then select Shasta Food Group)

Plant a Row
For The **Hungry!** 



**Donate your
extra produce
to your local
food pantry!**

What is *Plant a Row for the Hungry*?

Plant A Row for the Hungry is a community-wide effort that encourages gardeners to grow a little extra and donate produce to local soup kitchens and food pantries serving the needy in Shasta County.



The Need is Great!

More than 35% of Shasta County Adults and their children reside in food insecure households. (2009 California Food Policy Advocates) This means that these families and individuals **do not have enough** nutritious food to last throughout the month.

Shasta County food banks rely on charitable donations to help provide food and services to community members who suffer from hunger or the daily threat of hunger. By donating your extra produce directly to food banks, you can help local organizations stretch already meager resources.

You Can Make a Difference!

- Plant extra vegetables, fruit or cooking herbs.
- Deliver your extra produce to a local food pantry.
- Encourage your fellow gardeners to plant extra.

Businesses Can Help Too!

- Contribute “in-kind” donations of plants or seeds.
- Organize a company-wide Plant a Row campaign or contest.
- Promote Plant a Row by distributing brochures at your business.



Drop Off Locations

Redding

Shasta Senior Nutrition Programs
100 Mercy Oaks Drive (530) 226-3073.
Monday thru Friday from 8 a.m. - 2 p.m.

Good News Rescue Mission
3100 South Market St. (530) 241-5754.
Monday thru Friday 6:30 a.m. - 8:30 p.m.

Salvation Army
2691 Larkspur Lane (530) 222-2207.
Monday thru Friday, 9 a.m. - 5 p.m.

Anderson

Anderson Cottonwood Christian Assistance (A.C.C.A)
2979 East Center Street (530) 365-4220.
Tue. and Fri., 9 a.m. - 2 p.m. or call (530) 604-5503 for an appointment.

Shasta Lake

Shasta Lake Community Food Pantry
1501 McConnell Ave (530) 221-3167.
2nd and last Friday of the month, 1-2 p.m.

Shingletown

Grassroots Emergency Food Closet
Call (530) 474-4220 to schedule drop-off.

Burney

Solid Rock Four Square Church
Call (530) 335-4300 to schedule drop-off.

**For more drop-off info,
call 224-4301**