

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

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

### **Shasta Food Group Plant A Row Participants**

- Anderson-Cottonwood Christian Assistance (A.C.C.A)
- Bethel Church
- Fall River Mills Food Pantry
- Good News Rescue Mission
- Hill Country Health and Wellness
- Igo/Ono Community Food Pantry
- Living Hope Compassion Ministries
- Second Baptist Church
- Shasta County Health & Human Services
- Shasta Lake Community Food Pantry
- Shasta Senior Nutrition Programs
- Shingletown Grassroots Food Pantry
- Solid Rock Four Square Church
- The Salvation Army
- Tri-County Community Network
- Twin View Feed the Kids Program
- UC Cooperative Extension
- Valley Christian Fellowship



**Shasta Food Group**

## **Shasta Food Group**

P.O. Box 493996  
Redding, CA 96049

**(530) 605-1091**

[www.shastafoodgroup.org](http://www.shastafoodgroup.org)

***United to end hunger in  
Shasta County***

**Plant a Row**  
For The **Hungry!** 



**Donate your  
extra produce  
to a 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

**Good News Rescue Mission**  
3075 Veda Street, 244-6810.  
Monday - Sunday, 7:00 am - 8:00 pm

**Living Hope Compassion Ministries**  
1043 State Street, 243-8066  
Monday - Friday, 9:45-11:45 am & 1:45 - 3:45 pm. Call for additional hours.

**Shasta Senior Nutrition Programs**  
100 Mercy Oaks Drive (530) 226-3073.  
Monday - Friday, 8 am - 2 pm

**Salvation Army**  
2691 Larkspur Lane (530) 222-2207.  
Monday - Thursday, 8:30 am - 4 pm

### Anderson

**Anderson Cottonwood Christian Assistance (A.C.C.A)**  
2979 East Center Street, 365 - 4220.  
Tue. and Fri., 9 am - 2 pm or call (530) 604-5503

### Shasta Lake

**Shasta Lake Community Food Pantry**  
1501 McConnell Avenue. 275-8052 or 275-3568. Last Friday of month, 9 -10 am

### Shingletown

**Shingletown Grassroots Food Pantry**  
Call 474-4220 to schedule drop-off.

### Burney

**Solid Rock Four Square Church**  
Call 335-4300 or 949-4379 for drop-off.