

GET FREE FOOD EVERY MONTH

USDA Commodities is a program for people with low or no income who live in Shasta County. The local commodities program is operated by the Shasta Senior Nutrition Program. Commodities are available once per month at locations throughout Shasta County.

You may be eligible for USDA Commodities even if you receive Food Stamps, SSI/SSA, CalWORKS and General Assistance (GA). If you are on Food Stamps, your Food Stamp amount will not be changed if you get commodities. You can also be working full or part-time.

It's easy to sign up:

- Call 226-3071 after 5 pm to find out when the next distribution day and time is for your area.
- On distribution day go to the site with your I.D. and proof of address (a bill in your name with your current address). Call 226-3071 if you do not have these things.
- You can sign up and pick up your food the same day.
- You only need to apply once per year.

Getting your food is simple:

Just go to the distribution site at the scheduled time and pick up your groceries. If you can't make it that day, you can send your card and a note giving another person permission to pick up your food. There is usually a late pick up day at the end of the month in Redding at the Shasta Senior Nutrition Program Food Bank.

Commodities pick up locations in Shasta County:

Lakehead
Shingletown
Anderson River Park
Redding Convention Center

Cottonwood
Shasta Lake
Burney

Palo Cedro
Happy Valley
Round Mountain

2008 USDA Commodity Guidelines

Number in Household	Maximum Monthly Income Amount
1	\$1,300
2	\$1,750
3	\$2,200
4	\$2,650
5	\$3,100
6	\$3,550
7	\$4,000
8	\$4,450
9	\$4,900
10	\$5,350

Note: For each additional person in household, add \$450.00



For more information about food assistance programs and food banks, see the back of this sheet.

FOOD ASSISTANCE IN SHASTA COUNTY

MEALS

GOOD NEWS RESCUE MISSION

3100 South Market St., Redding
241-5754

- Breakfast – please arrive by 6:30 am. Lunch at noon daily except for Friday and Sunday: Lunch at 1 pm, dinner at 5:30 pm.
- Everyone is welcome, whether they stay at Good News Rescue Mission or not.

LIVING HOPE MINISTRIES

1043 State St., Redding
243-8066

- Hot lunches served on Tuesday and Thursday at noon (except mid – Nov. through Jan.1), Sunday – Hot lunch at 2 pm.

VALLEY CHRISTIAN FELLOWSHIP

3180 Rancho Rd., Redding
221-0107

- Lunch served Sundays at Caldwell Park 12:30 to 1:30 pm.

SHASTA SENIOR NUTRITION PROGRAM

100 Mercy Oaks Dr., Redding
226-3071

- Seniors can call for more information about Meals on Wheels home delivery program or other low cost meal services.

SOLID ROCK FOURSQUARE FOOD PANTRY

20343 Tamarack Ave., Burney
335-4300

- Soup Kitchen Wednesday from 4 to 6:30 pm.

FALL RIVER MILLS COMMUNITY FOOD PANTRY

43504 Hwy 299E, Fall River Mills
336-5304 – Peggy, 336-5127 – Reggie

- Residents from Pit One Grade to Day Road only.
- Family food bags available upon request.

GOOD NEWS RESCUE MISSION

3100 S. Market St., Redding 241-5754

- Food bank Fridays 8 am to noon.

GRASS ROOTS EMERGENCY FOOD CLOSET

Shingletown 474-4220

- Call for an appointment.

LIVING HOPE MINISTRIES

1043 State St., Redding 243-8066

- Food pantry Monday 9 am to noon.
- Limit one time per family per month.
- I.D. required for dependents.
- Proof of residency and income.

PEOPLE OF PROGRESS

1242 Center St., Redding 243-3811

- Monday – Friday 10 am to 1 pm.
- I.D. and Social Security number requested.

ST. FRANCIS OF ASSISI CATHOLIC CHURCH/ St. Vincent de Paul

37474 Juniper Ave., Burney
335-2372 – Main church office (msg.)
335-4741 – Leonard or Nancy
Longacre, 336-7162 – Bob Gartner

- Last Friday of each month.
- Case by case basis, determined by size of family and food bank reserves.

SALVATION ARMY

2691 Larkspur Ln., Redding 222-2207

- Monday – Friday 9 to 11:30 am.
- I.D. and Social Security Card required on first visit.
- Must be at least 18 years old and a resident of Shasta County.

SHASTA LAKE UNITED METHODIST CHURCH

1509 Hardenbrook Ave., Shasta Lake
241-5000 – Diane

- Tuesday – Friday, by appointment.
- Shasta Lake, Mountain Gate and Jones Valley area residents only.

SHASTA SENIOR NUTRITION PROGRAM

100 Mercy Oaks Dr., Redding 226-3071

- Not just for seniors.
- Emergency food assistance Fridays 8 to 9 am.
- Must provide picture I.D.

SOLID ROCK FOURSQUARE FOOD PANTRY

20343 Tamarack Ave., Burney
335-4300

- Pantry hours are Wednesdays 4 to 6 pm or call for an appointment.
- Limit of two bags per family two times per month.

TRI COUNTY COMMUNITY NETWORK, INC.

at the Intermountain Community Center

37477 Main St., Burney
335-4600 – Lindsey

- Vouchers – Available after 1 pm daily.
- \$10 per family member with a \$50 maximum every six months.
- Burney, Hat Creek, Johnson Park and Cassel area residents only.
- Must watch 20 minute nutrition video.
- If on aid, referrals made by DSS.

VALLEY CHRISTIAN FELLOWSHIP

3180 Rancho Rd., Redding
243-7479 – Cindy

- Tuesday 9:30 am to noon.
- Call for an appointment.

ON GOING FOOD ASSISTANCE

USDA COMMODITIES

226-3071

- Once per month for low income or no income people in Shasta County.
- Proof of address (prefer utility bill) and proof of income required.

SHASTA COUNTY PUBLIC HEALTH WIC

(Women, Infants and Children Program)

2615 Breslauer Way Cottage 5,
Redding 225-5168

- Many locations throughout Shasta County. Call for the location nearest you.

FOOD STAMPS

225-5777 (recorded information)

- Food Stamp income guidelines are much broader than other public assistance programs.
- You can receive Food Stamps even if you are working.
- You do not need to be on CalWORKS to qualify for Food Stamps.
- Sign up at Shasta County Department of Social Services at 2460 Breslauer Way, Redding.

FOOD BANKS

ACORN COMMUNITY ENTERPRISE at Cedar Creek School

29771 Terry Mill Rd., Round Mountain
337-6736

- A family food box is available twice per year.
- Call for an appointment.

ANDERSON COTTONWOOD CHRISTIAN ASSISTANCE (ACCA)

2979 East Center St., Anderson
365-4220

- Tuesday and Friday, 10 am to 2 pm.
- Proof of address, Social Security Card and picture I.D. required.

FIRST BAPTIST CHURCH (SLC)

1501 McConnell Ave., Shasta Lake
275-3568 – Ray Siner

- Second and last Friday of the month.