

FOOD ASSISTANCE

REDDING

- + Food Stamps - Shasta County Social Services
(530) 225-5777
- + Good News Rescue Mission
(530) 241-5754
- + Living Hope
(530) 243-8066
- + People of Progress
(Food Giveaway - Mon-Fri from 10:00-1:00)
(530) 243-3811
- + Salvation Army
(530) 222-2207
- + Shasta County Public Health WIC
(530) 225-5168
- + Shasta Senior Nutrition Program
(Includes Food Bank, Meals on Wheels,
and USDA Commodities)
(530) 226-3071

ANDERSON

- + Anderson Cottonwood Christian Assistance
(530) 365-4220

SHASTA LAKE CITY

- + Shasta Lake United Methodist Church
(Serves Shasta Lake City only)
(530) 275-2720 (message phone)
- + Shasta Lake First Baptist Church
(2nd and 4th Friday)
(530) 275-3568



INTERMOUNTAIN

- + Fall River Mills Community Food Pantry
(Emergency Food)
(530) 336-5304
(530) 336-5127
- + Intermountain Community Center
(530) 335-4600
- + Burney Social Services (Food Stamps)
(530) 335-5576

NUTRITION EDUCATION



- + UC Cooperative Extension
(530) 224-4900
- + Power Play
(530) 345-2483 ext. 210
- + Food Stamp Nutrition Education Program
(530) 224-4301
- + Shasta County Office of Education
Nutrition Services
(530) 224-3206
- + Shasta County Health and Human Services
*Public Health
(530) 249-8474

*WIC
(530) 225-5168
- + Shasta Head Start Child Development, Inc.
Food Service & Curriculum
(530) 241-1036 ext. 120

PARENTING

- + Child Abuse Prevention Coordinating Council
(Shasta County)
(530) 241-5816
- + Child Care Initiative Project
(530) 225-2999
- + City of Anderson
Parks and Recreation
(530) 378-6656
- + City of Redding
Recreation
(530) 225-4095
- + Early Childhood Services Resource and
Referrals, Shasta County Office of Education
(530) 225-2999
- + First 5 Shasta (for ages 0-5)
(530) 229-8300
- + Redding Center Breastfeeding Support Center
*Redding (530) 245-6466
*Burney (530) 335-6705
- + Shasta County Office of Education
Bridges to Success
(530) 224-3202
- + Shasta County Women's Refuge
Redding (530) 244-0117
Intermountain (866)329-7297
- + Shasta Family YMCA
(530) 246-9622
- + Shasta Head Start Child Development, Inc
Family Guide to Second Step
Talking About Touching
Exploring Parenting
(530) 245-2856



PHYSICAL ACTIVITY

COMMUNITY PARKS

- + Anderson Parks and Recreation:
(530) 378-6656
- + Redding Recreation:
(530) 225-4095
- + Shasta Lake City General Information:
(530) 275-7400

CITY SWIMMING POOLS

- + Burney Community Pool (Seasonal)
(530) 335-2277
- + Redding Aquatic Center (May-September)
(530) 225-4095 or 245-7247

PLAYGROUNDS

- + Map available:
Playgrounds for Young Children
First 5 Shasta
(530) 229-8300



TRAILS

- + Trail Guides available:
Healthy Shasta
www.healthyshasta.org
(530) 229-8243
- + Trail Guide to Anderson Walks:
Shasta County Public Health
(530) 378-6656

WEBSITES AVAILABLE

- + American Dietetic Association: eatright.org
- + Dietary Guidelines (United States Department of Agriculture): health.gov/dietaryguidelines
- + Healthy Shasta: healthyshasta.org
- + Keep Kids Healthy: keepkidshealthy.com
- + La Leche League International:
LLL.org/nb.html
- + MyPyramid (by United States Department of Agriculture): www.mypyramid.gov
- + National Institute of Diabetes and Digestive and Kidney Diseases: niddk.nih.gov
(click on "Health Information" then click on "Nutrition")
- + Nutrition Explorations (by National Dairy Council): nutritionexplorations.com
- + Sierra-Cascade Nutrition Network: scnutrition.org
- + Team Nutrition (by United States Department of Agriculture): fns.usda.gov/tn



Shasta CAN

Coalition For Activity and Nutrition

Resource Guide

- to
- ◆ Food Assistance
 - ◆ Nutrition Education
 - ◆ Parenting
 - ◆ Physical Activity

A Guide to
Help You
Eat Healthy &
Be Active



Shasta CAN

Coalition For Activity and Nutrition
Contact information: 224-4366