

Coalition Members

- Acorn Enterprises
- Anderson-Cottonwood Christian Assistance (ACCA)
- Bethel Church
- Community Members
- Fall River Mills Food Pantry
- Good News Rescue Mission
- Igo/Ono Community Church
- Living Hope Compassion Ministries
- Martin Luther King Jr. Center
- People of Progress
- Shasta College
- Shasta County Health & Human Services Agency
- Shasta Senior Nutrition Programs
- Shasta Lake Community Food Pantry
- Shingletown Grass Roots For Kids/ Emergency Food Pantry
- Solid Rock Four Square Church/ Burney
- The Salvation Army
- Tri-County Community Network/ Intermountain Region
- Twin View Church/ Kids Program
- UC Cooperative Extension
- Valley Christian Fellowship Food Pantry

Contact Us

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(530) 605-1091

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or visit

shastafoodgroup.org



Shasta Food Group



*fighting hunger in
Shasta County!*

Who is Shasta Food Group?

The **Shasta Food Group** consists of local food banks, faith based organizations, food assistance providers, community members, and health educators working to ensure all people in Shasta County have enough nutritious food to eat every day.

Through education, advocacy and redistribution of resources, the Shasta Food Group provided more than 185,000 bags of emergency food to Shasta County families last year. They also work collaboratively to offer hot meals, holiday food basket and to distribute government food commodities.



You CAN make a difference

Community volunteers are the backbone of the Shasta Food Group. There are many ways you can help local families in need. Below are just a few:

Plant-A-Row

Plant-A-Row is a community-wide effort that encourages gardeners to grow a little extra and donate produce to local soup kitchens and food pantries.

Gleaning

Volunteer to be a “Gleaner” and help harvest produce from local farms, fields and yards. If you have extra fruit or produce you can’t use, call Shasta Food Group to come have it picked and donated.

Food Drives

Shasta Food Group and its members regularly hold food drives. Your participation—whether actively volunteering in the event or making healthy donations—is what makes these events successful.

Donations

Monetary donations to Shasta Food Group are tax deductible and all contributions stay local.

Donate HEALTHY food!

When making donations, please consider donating healthy, quality foods. Below is a list of **most wanted items:**



- Whole grain, low-sugar cereals
- Canned meats (packed in water)
- Canned (100%) fruit juices
- Low-salt canned or dry soups
- Beans/ Chili
- Canned spaghetti sauce
- Low-salt canned vegetables
- Canned fruits (packed in own juice)
- Fresh fruits and vegetables
- Brown rice/ whole grain pasta
- Peanut Butter
- Lean meats, poultry and fish
- Low-fat cheese
- Non-fat dry milk

Call 605-1091 or shastafoodgroup.org