

Assistance Programs

The programs below add to your food budget so you and your family have enough nutritious food to eat each month. Commodities are also available (see back).

CalFresh

CalFresh helps people with low or no income buy healthy food. Apply for CalFresh benefits:



- **by phone**
1-877-652-0731
- **online**
benefitscal.com
- **in person**
at any Shasta County regional office.
Call 2-1-1 for a location near you.

Women, Infants and Children (WIC)

WIC helps pregnant women, mothers with infants and young children to eat well.

WIC provides:

- checks to buy healthy foods
- breastfeeding support
- nutrition and health education
- referrals

Call 530-225-5168 to find out if you qualify.

Shasta Food Group
530-605-1091

Find us on Facebook or at
shastafoodgroup.org

Updated 2/2024

USDA Commodities

Each month, several Shasta County locations give out food provided by the U.S. Department of Agriculture (USDA) **for seniors age 60 and up.**

This food is known as “government surplus commodities.”

Free food locations:

Anderson, second Fridays of the month,
9-10 a.m., Anderson River Park

Burney, third Fridays of the month,
9:30-10:30 a.m., Veterans Hall

Cottonwood, first Fridays of the month,
9-10 a.m., Assembly of God Church

Happy Valley, second Thursdays of the month,
9:30-10:30 a.m., Community Center

Lakehead, first Thursdays of the month,
9-10 a.m., Lakehead Lions Club

Redding, call 226-3071 for days,
9-10 a.m., Shasta Senior Nutrition Program,
Redding Convention Center

Round Mountain, third Fridays of the month,
9:30-10:30 a.m., Community Center

Shasta Lake, second Tuesdays of the month,
9-10 a.m., First Baptist Church

Shingletown, second Mondays of the month,
9:30-10:30 a.m., Black Butte Jr. High School gym

Learn more about commodities from
Shasta Senior Nutrition Program
530-226-3071 or ssnpweb.org



Shasta Food Group

When you need food now

Emergency Food Banks and Assistance Programs



Shasta County
**Health & Human
Services Agency**



Need A Meal Today?

Good News Rescue Mission

3075 Veda Street, Redding, 530-244-6810

- Breakfast: 6:30 a.m. daily
- Lunch: Noon Monday-Saturday;
1 p.m. Sundays
- Dinner: 5:45 p.m. daily

Shasta Senior Nutrition Programs

100 Mercy Oaks Dr., Redding, 530-226-3071

- Low- or no-cost senior dining centers throughout Shasta County
- Meals on Wheels home delivery

Emergency Food Bank Locations

Anderson-Cottonwood

Christian Assistance (ACCA)

2979 E. Center St., Anderson, 530-365-4220

- 10 a.m.-1:45 p.m. Tuesdays
- Proof of address, picture ID required

Fall River Mills Community Food Pantry

43504 Hwy. 299 E., Fall River Mills,
530-336-5304 or 530-336-5127

- Emergency food bags available for residents from Pit One Grade to Day Road

Good News Rescue Mission

3075 Veda St., Redding, 530-241-5754

- Food bank: 8-10 a.m. Fridays; *arrive early*
- Bread available every day

Hill Country Health & Wellness Center

29632 Hwy. 299 E., Round Mountain,
530-337-6243

- 9 a.m.-5 p.m. Monday-Friday
- Recipients can get a food box up to two times per year
- Call for an appointment

Living Hope Compassion Ministries

3391 West St., Redding, 530-243-8066

- Food Co-op program;
- Call for more information

Salvation Army

2691 Larkspur Lane, Redding, 530-222-2207

- Food bank: 9-11:30 a.m. Mondays, Wednesdays, Thursdays; Bring proof of age, address, income

Shasta Lake Community Food Pantry

1501 McConnell Ave., Shasta Lake, 530-275-3568
or 530-275-8052

- Food bank 9-10 a.m. last Friday of the month

Shasta Senior Nutrition Program (not just seniors)

100 Mercy Oaks Dr., Redding, 530-226-3071

- Food bank: 8-9 a.m. on first and third Fridays; limit of one distribution per month
- Picture ID and proof of address required

Shepherd's Heart Community Food Bank

3320 Brush St., Cottonwood, 530-347-3691

- 9 a.m.-noon on second and fourth Tuesdays

Shingletown Grassroots Food Pantry

7752 Ponderosa Way, Shingletown (Black Butte Elementary School, Room 19), 530-474-4220

- Food bank: 9 a.m.-4 p.m. Wednesdays, or by appointment

St. Francis of Assisi Catholic Church

37474 Juniper Ave., Burney, 530-335-2372

- 1-3 p.m. on last Friday of the month
- First come, first served

