

Name of Organization	Services	Address	Phone #	Website	Hours
People of Progress Resource Center & Food Bank	Emergency help for people in Shasta County. Food, clothing, information	242 Center St, Redding, CA 96001	(530)243-3811	<a href="https://www.peopleofprogress.org">https://www.peopleofprogress.org</a>	Mon - Fri 9 to 12:00 (clothing 9 - 9:30) Weekday afternoons & Saturday morning food bank by appointment only (SS# required. ID requested. Call first if you can't arrive during program hours)
Anderson Cottonwood Christian Assistance	emergency food bank and assistance program ( ID & proof of Anderson/Cottonwood/Happy Valley/Shingletown address required)	2979 East Center Street Anderson 96007	530-365-4220	<a href="https://www.facebook.com/andcca/">https://www.facebook.com/andcca/</a>	Tue: 10am 1:45pm Fri: 10am 1:45pm
Good News Rescue Mission	Free home cooked meal and shelter	3100 S. Market St. Redding 96001	(530)241-5754	<a href="https://gnrm.org">https://gnrm.org</a>	Mon-Sun 5:45AM-9PM
Redding Loaves & Fishes	canned foods, bread, baked goods, pasta, packaged meals, eggs, milk, meat products and fresh fruits/vegetables	1180 Industrial St. (behind Grocery Outlet) Redding 96001	530-241-1108	<a href="https://www.facebook.com/pages/category/Religious-Organization/Redding-Loaves-and-Fishes-495897877217228/">https://www.facebook.com/pages/category/Religious-Organization/Redding-Loaves-and-Fishes-495897877217228/</a>	Every Sat 10:30AM-12PM
The Salvation Army - Compassion Food Ministry	Monthly food for seniors & families with kids Weekly perishables for anyone. All other assistance (clothing, utilities, etc.)	2691 Larkspur Redding 96001	(530) 222-2207	<a href="https://www.salvationarmyusa.org/usn/">https://www.salvationarmyusa.org/usn/</a>	Mon, Wed & Thurs. 9 -11:30 (Photo I. D., SS#, address, age and income verification required)
Solid Rock Foursqaure	Limit of two bags per family two times per month.	20343 Tamarack Ave., Burney	530-335-4300	<a href="https://www.solidrockcog.com/pantry">https://www.solidrockcog.com/pantry</a>	Pantry hours are Wednesdays 4 to 6 pm or call for an appointment.
Calfresh Food Stamps	helps people with low or no income buy healthy food	in person at any Shasta County Happy Valley, 2nd Thursday of month, 9:30 - 10:30 am, Community Center regional office. Call 2-1-1 for a location near you	1-877-652-0731	apply at <a href="https://www.co.shasta.ca.us/docs/libraries/hhsa-docs/food-and-financial-help/calfresh-filing-an-application.pdf?sfvrsn=32daf889_2">https://www.co.shasta.ca.us/docs/libraries/hhsa-docs/food-and-financial-help/calfresh-filing-an-application.pdf?sfvrsn=32daf889_2</a>	apply
Shasta Senior Nutrition Program -- Friday Food Bank	*Not just for seniors* free meals	100 Mercy Oaks Dr. Redding	530-226-3060	<a href="http://www.volunteernorcal.org/agency/detail/?agency_id=33557">http://www.volunteernorcal.org/agency/detail/?agency_id=33557</a>	Fridays 8 to 9 am. (Must provide picture I.D.)
Women, Infants and Children (WIC) Shasta Lake	Nutritional counseling and food vouchers given for pregnant women and their children up to 5 years old. (checks to buy healthy foods, breastfeeding support, nutrition and health education, referrals) U.S. citizenship is not a requirement for receiving WIC.	Shasta Lake 4216 Shasta Dam Blvd	530-225-5168	<a href="https://www.co.shasta.ca.us/index/hhsa/financial-help/wic">https://www.co.shasta.ca.us/index/hhsa/financial-help/wic</a>	Tues. & Thur. 8am-12:30pm; 1-5:30pm

Women, Infants and Children (WIC) Downtown Redding	Nutritional counseling and food vouchers given for pregnant women and their children up to 5 years old. (checks to buy healthy foods, breastfeeding support, nutrition and health education, referrals) U.S. citizenship is not a requirement for receiving WIC.	WIC Downtoan Redding-Atrium 1670 Market St. Suite 300	530-225-5168	<a href="https://www.co.shasta.ca.us/index/hhsa/financial-help/wic">https://www.co.shasta.ca.us/index/hhsa/financial-help/wic</a>	Mon.-Thurs. 8am-5:30pm Fri. 8am-12pm; 1-5pm 3rd Wed. of the month: 3-5:30pm
Women, Infants and Children (WIC) Enterprise	Nutritional counseling and food vouchers given for pregnant women and their children up to 5 years old. (checks to buy healthy foods, breastfeeding support, nutrition and health education, referrals) U.S. citizenship is not a requirement for receiving WIC.	2757 Churn Creek Road, Suite B	530-225-5168	<a href="https://www.co.shasta.ca.us/index/hhsa/financial-help/wic">https://www.co.shasta.ca.us/index/hhsa/financial-help/wic</a>	Mon-Thur 8am-5:30pm Fri. 8am-12n; 1-5pm 3rd Wed. of the month: 3-5:30pm
Women, Infants and Children (WIC) Anderson	Nutritional counseling and food vouchers given for pregnant women and their children up to 5 years old. (checks to buy healthy foods, breastfeeding support, nutrition and health education, referrals) U.S. citizenship is not a requirement for receiving WIC.	2889 East Center Street	530.225.5168	<a href="https://www.co.shasta.ca.us/index/hhsa/financial-help/wic">https://www.co.shasta.ca.us/index/hhsa/financial-help/wic</a>	Mon. - Thurs. 8am-5:30pm; 3rd Wed. of the month: 3-5:30pm
Women, Infants and Children (WIC) Burney	Nutritional counseling and food vouchers given for pregnant women and their children up to 5 years old. (checks to buy healthy foods, breastfeeding support, nutrition and health education, referrals) U.S. citizenship is not a requirement for receiving WIC.	37092 Main Street	530.225.5168	<a href="https://www.co.shasta.ca.us/index/hhsa/financial-help/wic">https://www.co.shasta.ca.us/index/hhsa/financial-help/wic</a>	Tues. 8:30am-12:30pm; 1-5pm
Women, Infants and Children (WIC) Shingletown	Nutritional counseling and food vouchers given for pregnant women and their children up to 5 years old. (checks to buy healthy foods, breastfeeding support, nutrition and health education, referrals) U.S. citizenship is not a requirement for receiving WIC.	7752 Ponderosa Way, Room	530.225.5168	<a href="https://www.co.shasta.ca.us/index/hhsa/financial-help/wic">https://www.co.shasta.ca.us/index/hhsa/financial-help/wic</a>	3rd Thurs. of the month 8:30am-12:30pm; 1-5:30pm
Hill Country Health & Wellness Center	Food box available 2 times per year	29632 Hwy.299E., Round Mountain	530-241-4100	<a href="https://www.hillcountryclinic.org">https://www.hillcountryclinic.org</a>	Monday– Friday, 9 am - 5 pm
Fall River Mills Community Food Pantry	Emergency food bags available for residents from Pit One Grade to Day Rd.	43504 Hwy 299E, Fall River Mills	336 - 5304 or 336 - 5127	<a href="https://www.icarol.info/ResultDetails.aspx?org=2273&amp;agencynum=7155112&amp;sitenum=7155111">https://www.icarol.info/ResultDetails.aspx?org=2273&amp;agencynum=7155112&amp;sitenum=7155111</a>	Wednesdays 3:30-4pm
Shasta Lake Community Food Pantry	Food bank (USDA Commodities)	1501 McConnell Ave., City of Shasta Lake	275-3568 or 275-8052	<a href="https://healthyshasta.org/wp-content/uploads/GardeningToolkit/G-et-Free-Food-Every-Month.pdf">https://healthyshasta.org/wp-content/uploads/GardeningToolkit/G-et-Free-Food-Every-Month.pdf</a>	last Friday on the month, 9 - 10 am

Shasta Lake United Methodist Church	Free food for Shasta Lake, Mountain Gate and Jones Valley area residents only.	1509 Hardenbrook Ave., Shasta Lake	530-241-5000 – Diane	<a href="https://www.facebook.com/ShastaLakeUMC">https://www.facebook.com/ShastaLakeUMC</a>	Tuesday – Friday, by appointment.
Living Hope Ministries	Hot lunches served	1043 State St., Redding	530-243-8066	<a href="https://www.livinghoperedding.com">https://www.livinghoperedding.com</a>	Tuesday and Thurs at noon (except mid – Nov. through Jan.1), Sunday – Hot lunch at 2 pm.
Valley Christian Fellowship	Free lunch	3180 Rancho Rd., Redding	530-221-0107	<a href="https://www.vcfamily.org">https://www.vcfamily.org</a>	Sundays at Caldwell Park 12:30 to 1:30 pm