

Lassen County Nutrition and Health Services

Nutrition Education

Dairy Council of California (877) 324-7901
Network for a Healthy California—Sierra Cascade Region (530) 345-2483

BIEBER

Senior Nutrition

Lassen Senior Services: Big Valley Nutrition Site (530) 294-5745

DOYLE

Senior Nutrition

Lassen Senior Services: Doyle Senior Center (530) 827-2572

SUSANVILLE

Emergency Food

Lassen Indian Health Center (530) 257-2542

Senior Nutrition

Lassen County Council on Aging (530) 257-4884
Lassen Senior Services (530) 257-2113

Government Health Services

Food Stamp Program—Lassen County Dept. of Health & Human Services (530) 251-8152
WIC—Northeastern Rural Health Clinics, Inc. (530) 257-7094

WESTWOOD

Senior Nutrition

Lassen Senior Services: Westwood Senior Nutrition Center (530) 256-3009

Modoc County Nutrition and Health Services

Nutrition Education

Dairy Council of California (877) 324-7901
Network for a Healthy California—Sierra Cascade Region (530) 345-2483

ALTURAS

Emergency Food

Modoc Emergency Food Bank (530) 233-3111

Food Banks

T.E.A.C.H., Inc. (530) 233-3111

Nutrition Education

Modoc County Health Services Department (530) 233-6311 or (800) 762-3003

Senior Nutrition

Modoc Senior Citizens (530) 233-4438

Government Health Services

Food Stamp Program—Modoc County Department of Social Services (530) 233-6501

Sierra County Nutrition and Health Services

Nutrition Education

Dairy Council of California (877) 324-7901
Network for a Healthy California—Sierra Cascade Region (530) 345-2483

LOYALTON

Health

Prenatal Care and Guidance (530) 993-6700

Senior Nutrition

INC Senior Citizens of Sierra County (530) 993-4770

Government Health Services

Food Stamp Program—Sierra County Public Health Department (530) 993-6790
WIC—Sierra County Public Health Department (530) 993-6790

Lassen County Physical Activity Resources

National Park

Lassen National Park (530) 595-4444

Physical Activity Resources

Network for a Healthy California—Sierra Cascade Region (530) 345-2483

SUSANVILLE

Community College

Lassen Community College (530) 257-6181

Community Outdoor Activities

Lassen Land and Trails Trust (530) 257-3252

Parks and Recreation

City of Susanville Parks and Recreation (530) 257-1031

Special Olympics

Lassen County Special Olympics (530) 257-2500

Youth

4-H Youth Program (530) 251-8285

WESTWOOD

Youth

Westwood Boys and Girls Club (530) 256-2832

Modoc County Physical Activity Resources

Physical Activity Resources

Network for a Healthy California—Sierra Cascade Region (530) 345-2483

ALTURAS

National Forest

Modoc National Forest (530) 233-5811

Pool

Alturas Municipal Pool (530) 233-4299

Youth

T.E.A.C.H., Inc. (530) 233-3111

Sierra County Physical Activity Resources

Physical Activity Resources

Network for a Healthy California—Sierra Cascade Region (530) 345-2483

DOWNIEVILLE

Youth

Sierra Nevada Children's Services (530) 289-3666

LOYALTON

Youth

Sierra Nevada Children's Services (530) 993-1288



This material was funded by USDA's Food Stamp Program through the California Department of Public Health's *Network for a Healthy California*. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483.