

# Nevada 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  
UC Cooperative Extension Placer-Nevada Counties (530) 889-7385

## GRASS VALLEY

### **Food Bank**

Food Bank of Nevada County (530) 272-3796

### **Senior Nutrition**

Community Resource Center (530) 273-4961

## NEVADA CITY

### **Government Health Services**

*Food Stamp Program—Nevada County Department of Social Services* (530) 265-1635  
*WIC—Nevada County Public Health Department* (530) 265-1450 or (530) 265-1454

# Plumas 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

## BLAIRSDEN

### **Senior Nutrition**

Senior Nutrition and Senior Transportation (866) 375-3570

## CHESTER

### **Senior Nutrition**

Senior Nutrition and Senior Transportation (866) 375-3570

## GREENVILLE

### **Emergency Food**

Salvation Army (530) 284-7552

### **Food Banks**

Indian Valley Food Pantry (530) 284-6353

### **Senior Nutrition**

Senior Nutrition and Senior Transportation (866) 375-3750

## PORTOLA

### **Food Banks**

E.P.C.A.N. Food Bank (530) 832-4570

## QUINCY

### **Emergency Food**

Community Assistance Network (CAN) (530) 283-0262

Salvation Army (530) 283-3632

### **Senior Nutrition**

Plumas County Department of Social Services (530) 283-6350

Senior Nutrition and Senior Transportation (530) 283-3546 or (866) 375-3570

### **Government Health Services**

*Food Stamp Program—Plumas County Department of Social Services* (530) 283-6350

*WIC—Plumas Rural Services* (530) 283-4093

# Nevada County Physical Activity Resources

## **Physical Activity Resources**

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

## **State Parks**

Empire Mine State Park (530) 273-8522

Malakoff Diggins State Park (530) 265-2740

South Yuba River State Park (530) 432-2546

## **GRASS VALLEY**

### **Community College**

Sierra College (530) 274-5300

### **Senior Physical Activity Classes**

Gold Country Community Center of Grass Valley (530) 273-4961

### **Youth Physical Activity Classes**

Sierra Nevada Children's Services (530) 272-8866

## **NEVADA CITY**

### **National Forests**

Tahoe National Forest (530) 265-4531

## **TRUCKEE**

### **Community College**

Sierra College (530) 550-2225

### **Youth Physical Activity Programs**

Sierra Nevada Children's Services (530) 587-5960

### **Recreation and Park District**

Truckee-Donner Recreation and Park District (530) 582-7720

# Plumas County Physical Activity Resources

## **Physical Activity Resources**

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

## **State Parks**

Plumas-Eureka State Park (530) 836-2380

## **CHESTER**

### **Recreation and Park District**

Almanor Recreation and Park District (530) 258-4280

## **GREENVILLE**

### **Recreation and Park District**

Indian Valley Recreation and Park District (530) 284-1560

## **PORTOLA**

### **Recreation Commission**

Portola Area Recreation Commission (530) 832-4182

## **QUINCY**

### **Recreation District**

Central Plumas Recreation District (530) 283-3278



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.