

Shasta County Nutrition and Health Services

Nutrition Education Resources

Dairy Council of California	(877) 324-7901
<i>Network for a Healthy California—Sierra Cascade Region</i>	(530) 345-2483
Shasta County Office of Education-Nutrition Services	(530) 225-2992
Shasta County Public Health Department	(530) 245-6857
UC Cooperative Extension of Shasta County	(530) 224-4900

ANDERSON

Emergency Food

Anderson Cottonwood Christian Assistance	(530) 365-4220
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Government Health Services

WIC—Shasta County Department of Public Health	(530) 225-5168
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Senior Nutrition

Frontier Senior Center	(530) 365-3254
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BURNEY

Government Health Services

Food Stamp Program—Shasta County Department of Social Services	(530) 335-5576
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WIC—Shasta County Department of Public Health	(530) 225-5168
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FALL RIVER MILLS

Emergency Food

Fall River Mills Community Food Pantry	(530) 336-5304
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Government Health Services

WIC—Shasta County Department of Public Health	(530) 225-5168
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MONTGOMERY CREEK

Government Health Services

WIC—Shasta County Department of Public Health	(530) 225-5168
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REDDING

Emergency Food

Good News Rescue Mission Food Bank	(530) 241-5754
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Living Hope	(530) 243-8066
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Loaves & Fishes	(530) 242-1492
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People of Progress	(530) 243-3811
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The Salvation Army—Compassion Food Ministry	(530) 222-2207
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Government Health Services

Food Stamp Program—Shasta Co. Dept. of Social Services	(530) 225-5767 or (530) 225-5000
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WIC—Shasta County Department of Public Health	(530) 225-5168
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Senior Nutrition

Shasta Senior Nutrition Programs	(530) 226-3071
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SHASTA LAKE CITY

Emergency Food

Shasta Lake United Methodist Church	(530) 275-2720
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Government Health Services

WIC—Shasta County Department of Public Health	(530) 225-5168
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SHILGLETOWN

Emergency Food

Brown Bag Program and Commodities Distribution	(530) 226-3071
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Grassroots Emergency Food Closet	(530) 474-4200
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Government Health Services

WIC—Shasta County Department of Public Health	(530) 225-5168
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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.

Shasta County Physical Activity Resources

Physical Activity Resources

Network for a Healthy California—Sierra Cascade Region (530) 345-2483
Shasta County Office of Education-Nutrition Services (530) 225-2992
Shasta County Public Health Department (530) 245-6857

State Parks and National Recreation Areas

Ahjumawi Lava Springs State Park (530) 335-2777
Castle Crags State Park (530) 235-2684 or (530) 225-2065
Lava Beds National Monument (530) 667-8104
McArthur-Burney Falls State Park (530) 335-2777
Shasta State Historic Park (530) 243-8194
Weaverville Joss House State Park (530) 623-5284 or (530) 225-2065
Whiskeytown National Recreation Area (530) 246-1225

ANDERSON

Parks and Recreation

City of Anderson Recreation Division (530) 378-6656

Senior Resources

Anderson River Park Walking Club (530) 378-1591
Frontier Senior Center (530) 365-3254

BURNEY

Community Group

Ride, Roll & Stroll Burney (530) 335-6702

Senior Walking Group

Burney Senior Walking Group (530) 335-4938

COTTONWOOD

50 Years and Above Walking Group

Cottonwood Walking Group (530) 347-5269

LAKEHEAD

Senior Walking Group

Lakehead Senior Walking Group (530) 238-8227

REDDING

50 Years and Above Walking Groups

Sacramento River Trail (530) 242-6748
Shasta County Public Health Active Aging Program (530) 245-6457
Senior Citizens of Shasta County (530) 246-3042

Community College

Shasta-Tehama-Trinity Joint Community College District (530) 242-7500

Physical Activity Classes

Senior Citizens of Shasta County (530) 246-3042
Shasta Family YMCA (530) 246-9622

Recreation Department

City of Redding Recreation Division (530) 225-4095

Walking Groups

Mercy Mall Walkers (530) 246-3729
Shasta Sundial Strollers/American Volkssport Association (530) 246-4130

SHILGLETOWN

Youth Sports

Grassroots for Kids (530) 474-4220