

# Tehama County Nutrition and Health Services

## **Nutrition Education Resources**

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

## **CORNING**

### **Senior Nutrition**

Passages Adult Resource Center (530) 824-4727

## **LOS MOLINOS**

### **Senior Nutrition**

Passages Adult Resource Center (530) 824-4727

## **RED BLUFF**

### **Food Bank**

Tehama County Gleaners (530) 527-6159

### **Government Health Services**

*Food Stamp Program—Tehama County Department of Social Services* (530) 527-1911

*WIC—Tehama County Health Services Agency* (530) 527-8791

### **Nutrition Education**

UC Cooperative Extension of Tehama County (530) 527-3101

### **Senior Nutrition**

Passages Adult Resource Center (530) 824-4727 or (530) 527-2414

# Glenn County Nutrition and Health Services

## **Nutrition Education Resources**

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

## **HAMILTON CITY**

### **Food Banks**

Hamilton City Resource Center (530) 934-1586 or (800) 287-8711 x1586

## **ORLAND**

### **Food Banks**

Glenn County Human Resource Agency (530) 865-1165

### **Government Health Services**

*Food Stamp Program—Glenn County Human Resource Agency* (530) 865-1165

*WIC—Glenn County Public Health Department* (530) 865-8791

### **Nutrition Education**

UC Cooperative Extension of Glenn County (530) 865-1107

### **Senior Nutrition**

Orland Senior Center (530) 865-1136

## **WILLOWS**

### **Food Banks**

Glenn County Human Resource Agency (530) 934-6514

### **Government Health Services**

*Food Stamp Program—Glenn County Human Resource Agency* (530) 934-6514

*WIC—Glenn County Public Health Department* (530) 934-2418

### **Senior Nutrition**

Willows Senior Center Holy Trinity Hall (530) 934-6573

# Tehama County Physical Activity Resources

## **Physical Activity Resources**

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

### **State parks**

William B. Ide Adobe State Historic Park (530) 529-8599

Woodson Bridge State Park (530) 839-2112

## **RED BLUFF**

### **Parks and Recreation Department**

Parks and Recreation Department of Red Bluff (530) 527-8177

# Glenn County Physical Activity Resources

## **Physical Activity Resources**

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

## **ORLAND**

### **Parks and Recreation District**

Orland Recreation Department (530) 865-1610

## **WILLOWS**

### **Parks and Recreation District**

Willows City Recreation Department (530) 934-7043

### **Swimming Pool**

Willows Public Swimming Pool (530) 934-9922



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.