

# PARENT NEWSLETTER



## April 2022

### Principal's Message

Meadow Lane Parents,

I have loved seeing everyone's smiling faces now that the mask mandate has been lifted! The students handled the pandemic well even though it was hard.

We have an assembly on April 6<sup>th</sup>, Mr. Brown is coming to speak. Mr. Brown has been a motivational speaker for over twenty years. Mr. Brown's presentation is "I Can Do Hard Things." You can review his website at [www.hellomisterbrown.com](http://www.hellomisterbrown.com). Mr. Brown will also be able to interact with the students and help facilitate playground games during recess and lunch.

This month we will be working on the character trait of courage. Courage is the willingness to do something that is hard or challenging. Teachers and staff will be handing out positive referrals and golden tickets for students displaying the character trait. Monthly awards are also given for students who are exceptional in their ability to demonstrate courage.

If you have any questions or concerns please contact the school office to make an appointment. I value and appreciate feedback regarding your child's education. Have a wonderful April!

Tamara Kendall  
Principal



### School Information

**Campus Opens at 7:30 am**

**School Hours: 8:00 am - 2:15 pm**

**Minimum Day Dismissal is at 1:15 pm**

#### School Holidays & Breaks

4/11-18 Spring Break

5/30 Memorial Day

6/9 Last Day of School

#### Student Absences & Late Arrivals

If your child is going to be absent please call the school office at (530) 378-7030. If your child is going to be absent for more than three days or you have a planned vacation lasting 3 or more days your child may qualify for Independent Study.

School begins at 8:00 am, if your student arrives after 8:00 am, please have them check in at the office to be marked present and for a pass to class. Thank you for your cooperation, it is important to have accurate attendance for student safety.

**JUST A LITTLE**  
*Reminder*

**4/5 Parent Booster Club Meeting 6:00**

**4/6 Minimum Day - Out at 1:15**

**4/8 5th Grade Social 5:30-7:00pm**

**4/11-15 Spring Break - NO School**

**4/18 Staff Development Day - NO School**

**4/26 Open House 5:30-6:30pm**

**5/6 School Color Run**

# APRIL SCHOOL NEWS



## Now Accepting TK/Kindergarten Registration

Our round up was a great success on March 10th. If you missed it please register your student online at [sis.cuesd.com/enrollment/](https://sis.cuesd.com/enrollment/) or stop by the school office and pick up a registration packet.

## Preschool Pre-Enrollment

Meadow Lane State Preschool and Soaring Eagles Private Pay Aftercare is now accepting pre-enrollment. Children with birthdates between September 2, 2017 and December 1, 2019 can pre-enroll for the 2022-2023 school year now. Please enroll online at [sis.cuesd.com/enrollment/](https://sis.cuesd.com/enrollment/) or pick up registration paperwork in the school office. Please see enclosed flyer for more information.

## Spring Picture Proofs

Don't worry if you missed the opportunity to purchase Spring pictures. Spring Proof forms will be sent home as soon as the office receives them from Lifetouch. Information on how to order will be included.

## Spelling Bee

Congratulations to our Spelling Bee Winners!



**1st** Karyah Galba,

**2nd** Kaycee Fargo

**3rd** Atticus Goryushko

Karyah and Kaycee went on to compete in the Shasta County Spelling Bee on March 22nd. It was quite the experience and all the students who participated from our district were surprised at how tough those words were to spell. **Thank you Ms. Lafferty** for organizing the Spelling Bee!

## Open House is April 26th

We are so excited to host in person our Open House. Please join us on Tuesday, April 26th from 5:30-6:30 pm. You may visit your child's classroom and teacher to see first hand what they've been working on this year. Let's Talk About how amazing your student is! Your family is invited to join us for Taco Tuesday, provided by Meadow Lane. Don't forget to stop by our Book Fair in the cafeteria which will be open until 8:00 pm.

## Summer School at AMS

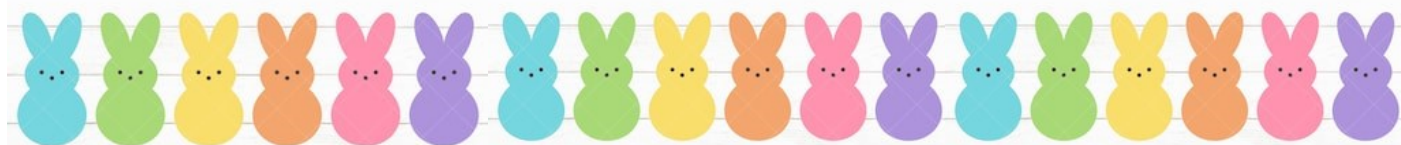
Anderson Middle School is hosting an Expanded Learning Opportunity for grades TK-5th that will include academic support and activities. Dates are June 21st through July 29th. Please watch for more information to be sent out, registration will be available online through Project Share. The Cascade School District is partnering with Project Share and Anderson Parks & Recreation for summer school. There will be swimming, sports camps, and field trips to Anderson River Park Splash Pad.

## CAASPP State Testing

The California Assessment of Student Performance and Progress is schedule to begin on May 2nd and continue through to the 20th. All 3rd through 5th graders will be assessed. To ensure your child's success please make sure they arrive to school on time, try to schedule all appointments after school, and try to attend daily during that time frame and are not picked up early. Please see enclosed "Tips for Parents".

## Teacher Requests

Classroom Placement Forms will be available for parents to pick up in the office April 25th-April 29th. We welcome your input regarding the placement needs of your child. We strive to consider all variables when creating balanced classes. The deadline to turn requests in to the office is 3:00 pm on Friday, April 29th, there will be no exceptions.





# APRIL SCHOOL NEWS

## Project Share

Applications for the 2022-23 school year will be ready soon. They are busy finalizing details. We will communicate more information through an email and on our Meadow Lane Elementary School Facebook. Please watch for a registration link coming soon.

Summer Project Share Program applications should be available after our Spring Break. Our summer program will be held at Anderson Middle School. The program is expected to fill up fast.

## Color Run

Meadow Lanes Parent Booster Club is hosting a Color Run on May 6th. They will be selling white cotton t-shirts the week before the event before and after school. There is a small supply of about 130 shirts in sizes 4T to 14/16 available. More information will follow. Watch our Facebook page and website for posts and updates. The Parent Booster Club will be planning the color run at this month's meeting on April 5th.



## Lost and Found

Our Lost and Found is full again. It is amazing how quickly items are added to our racks, 30 items by 10:00 am! Any items remaining in Lost & Found will be donated during Spring Break, so please stop by and look for your child's lost clothing. Encourage your child to stop and look as well.

## Kindness Tuesday

Please continue to show your school spirit on Fridays, wear your Meadow Lane Eagles t-shirts or school colors with pride. Wear a shirt on Kindness Tuesday with a positive message to promote kindness all over our campus!



## 5th Grade Social

Meadow Lane is throwing a 5th Grade Social on Friday, April 8th from 5:30 to 7:00 pm. Save the Date and pick out a colorful outfit! Dress comfortable so you can play corn hole, dance, eat a snow cone and have fun visiting with your classmates. School dress code and rules apply, no cell phones will be allowed. This FREE event is for 5th graders only, no siblings please.



## Excerpt from 50 Questions To Ask Your Kids Instead of Asking "How Was Your Day"

- What made you smile today?
- Can you tell me an example of kindness you saw/showed?
- Does everyone have a friend at recess?
- Did anyone do anything silly to make you laugh?
- What did you do that was creative?
- What is the most popular game at recess?
- What was the best thing that happened today?
- Did you help anyone today?
- Did you tell anyone "thank you?"
- Who did you sit with at lunch?
- What made you laugh?
- Did you learn something you didn't understand?
- Who inspired you today?
- Was anyone in your class gone today?
- What is something you heard that surprised you?
- What is something you saw that made you think?
- Who did you play with today?



# APRIL SCHOOL NEWS

## Character Award Recipients

March 2022

Abram Murgia  
Adam Lee  
Adeline Mason  
Aiden Andersen  
Asa Costa  
Ashton Haught  
Audrey Jacobs-Fisher  
Braedyn Everett  
Brielle Lankins  
Cadence Jensen  
Callie Rich  
Chelsea Armstrong  
Domiñiq Pimlott  
Ellie Brincat  
Emily Rincon  
Hope Jenkins  
Isaac Jump  
Izzy Long  
Jaxon Bruner  
Jonathan Posada  
Logan Saephan  
Mayra Melendez  
Mazzie Obar-Fischer  
Miah Mendoza-Lopez  
Myson Emmrich  
Nadia Sanders  
Nicolas Key Escobar  
Nolan Robinson  
Perla Ruiz  
Rachel Yang  
Rocky Ericsson  
Sakaree Perry  
Samuel Cano  
Sapheria French  
Sawyer Chaney  
Scarlett Duckett  
Selena Castro  
Teagan Mason  
William Johnson

# CHARACTER

Meadow Lane's Character trait for  
April is Courage

Courage is a noun meaning the is the willingness to do something that is hard or challenging

Teachers and staff will be looking for students showing this trait. Please talk to your child about what courage looks like for you and your family as well as ways they can show courage at school.

Each teacher nominates students from their class who have been "caught" showing the character trait of the month often. These students will receive a reward from our Principal and Vice Principal

Check out this YouTube video on Courage.

[https://youtu.be/rkg-ffNGv\\_E](https://youtu.be/rkg-ffNGv_E)

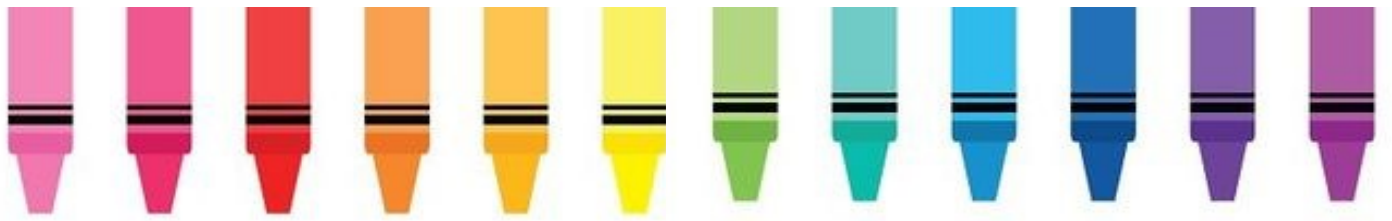
## SOCIAL EMOTIONAL learning

We have started our small social skills groups. These are fun groups that help students get really good at using social skills. We will be working on making and keeping friends, conflict resolution, collaborative problem solving and more. If you would like your child to participate in one of my small groups and you do not receive a permission slip please call me at 530-276-3906.

Have a great month!

Ms. Kimmi





Please join us!

Meadow Lane Elementary

OPEN HOUSE



Let's TACO 'BOUT  
How Amazing your  
Student is!



Scholastic  
Book Fair  
In the Cafeteria



**Tuesday, April 26th • 5:30-6:30**

Parents are invited to come on campus and visit your child's classroom! See what your student has been working on this year. Let's Talk About How Amazing your Student is!

It's TACO Tuesday!

Meadow Lane will be providing a Taco Dinner this evening and your family is invited to join us.

# NOW ACCEPTING PRE-ENROLLMENT PAPERWORK

## Meadow Lane State Preschool & Soaring Eagles Private Pay Aftercare

Daily our Preschool Teachers and Staff nurture and provide opportunities for the children to learn through discovery, exploration, investigation, choice, problem solving, and engaging hands-on-activities. Our program focuses on developing the whole child in the areas of cognition, language, physical development, as well as social-emotional growth and well-being.



Children with birthdates between 9/2/2017-12/1/2019 can pre-enroll for the 2022-2023 Meadow Lane State Preschool. This is an income based program. We will review all enrollment forms in early August and begin our registration soon after for the 2022-23 school year. Enrollment forms are available in the elementary school office or you can enroll online at [sis.cuesd.com/enrollment/](https://sis.cuesd.com/enrollment/)

OUR PRESCHOOL VISION  
ALL CHILDREN CAN LEARN  
TOGETHER WE MAKE THE DIFFERENCE

Meadow Lane Elementary School  
& Sponsored by Parent Club

FREE

# 5th Grade Social

Friday, April 8th

5:30 pm - 7:00 pm

Come Have **FUN** with Friends!

Eat A Yummy **SNOWCONE**

**DANCE** Like No One is Watching!

Social will take place at the front of the school.

School Dress Code & School Rules Apply

NO CELL PHONES

**5TH GRADERS ONLY- NO SIBLINGS PLEASE**





## CAASPP

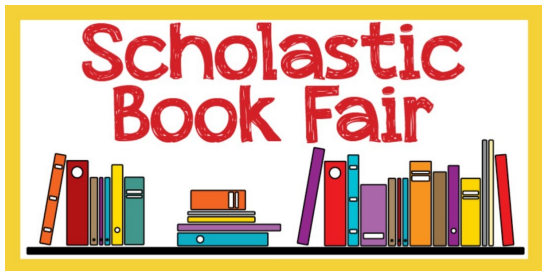
California Assessment of Student Performance and Progress

**Scheduled Testing Dates are May 2-20th**

**2nd through 5th Grades**

### TESTING TIPS for PARENTS

- Make sure appointments are not scheduled during the testing time frame that would require students to arrive late or be picked up early.
- Make sure your child attends school regularly. Remember, tests do reflect children's overall achievement. The more effort and energy a child puts into learning, the more likely they will do well on tests.
- Make sure that your child is well rested on school days and especially the days of a test.
- Give your child a well-rounded diet. A healthy body leads to a healthy, active mind.
- Provide a good breakfast, including a protein.
- Encourage your student to do their best.



*The Scholastic Book Fair  
Is Coming to Meadow Lane!*

Book Fair Opens on Tuesday, April 26th through Friday, April 29th  
Stop in on Tuesday, April 26th during our Open House. The Book Fair  
will remain open until 8:00 pm that evening.

Hours : 7:30 am to 4:00 pm daily

If sending your child to school with money to purchase books please:

- Send it in a sealed envelope
- Please put your child's name on the envelope
- Child should let their teacher know they have Book Fair Money in the morning





# Community Information & News



## APRIL 2022 ANDERSON LIBRARY STORYTIME

### April 7 - **DRIVE THRU EVENT 3:00- 5:00 P.M.** –

Celebrate the “Week of the Young Child” with “An Ocean of Books”

**DRIVE THRU** event! You will be greeted by Landon Salmon from the **Coleman National Fish Hatchery**. Each child will receive a book, educational toy, sticker project and snack crackers. **Shasta County WIC** and **Public Health** will have booths with something for each child. Sponsored by **First 5 Shasta, Anderson Rotary, and Friends of the Shasta County Libraries**. Enter the Drive-Thru event using the main library entrance located at 3200 West Center Street, Anderson.

### April 14 - **STORYTIME 3:30 P.M.** – Celebrate our Easter event with lots of fun bunny stories. Each child will receive Play-Do Easter eggs and a related sticker project. Provided by **First 5 Shasta**.

### April 21 - **STORYTIME 3:30 P.M.** – Celebrate National Parks Week with Park Rangers from **Whiskeytown National Recreation Area**. Learn about the animals that live in the Park, hiking trails, and the swimming opportunities that Whiskeytown Lake has to offer. Pick up a new beach towel provided by **First 5 Shasta**. Sticker project too!

### April 28 - **STORYTIME 3:30 P.M.** – Come join **Teacher Mr. Wold** and **Anderson High School FFA** students as they present a “mini” petting zoo. Farm animal stories, stickers and craft - all provided by **First 5 Shasta**.

**(530) 365-7685**

**ANDERSON BRANCH LIBRARY**

# CASCADE UNION ELEMENTARY SCHOOL DISTRICT

## School Calendar 2021-2022

July 2021						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

August 2021						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

10/10

September 2021						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8*	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

21/31

October 2021						
S	M	T	W	T	F	S
					1	2
3	4	5*	6*	7	8	9
10	11	12	13*	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

21/52

November 2021						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17*	18	19	20
21	22	23	24	25	26	27
28	29*	30*				

15/67

December 2021						
S	M	T	W	T	F	S
			1*	2*	3*	4
5	6	7	8*	9	10	11
12	13	14	15	16	17*	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

13/81

Board Approved: 02/22/2021

School starts August 18th  
 School ends June 9th

Collaboration Days

**HOLIDAYS/RECESSES/NON-ATTENDANCE DAYS**

Labor Day Sept 6  
 Veteran's Day Nov 11-12  
 Thanksgiving Break Nov 22-26  
 Winter Break Dec 20 – Jan 3  
 Martin Luther King Day Jan. 17  
 President's Day Feb 21  
 Lincoln's Day Feb 22  
 Non-Attendance Days Feb 23-25  
 Spring Break April 11-18  
 Memorial Day May 30

★ MINIMUM DAYS	
<i>School dismisses one hour early</i>	
September	8 <sup>th</sup>
October	5 <sup>th</sup> – 6 <sup>th</sup> , 13 <sup>th</sup>
November	17 <sup>th</sup> , & 29 <sup>th</sup> – 30 <sup>th</sup>
December	1 <sup>st</sup> – 3 <sup>rd</sup> , 8 <sup>th</sup> & 17 <sup>th</sup>
January	12 <sup>th</sup>
February	9 <sup>th</sup>
March	9 <sup>th</sup> , & 15 <sup>th</sup> - 16 <sup>th</sup>
April	6 <sup>th</sup>
May	11 <sup>th</sup>
June	9 <sup>th</sup>

**TRIMESTER END DATES**

1<sup>st</sup> Trimester Nov. 5<sup>th</sup>  
 2<sup>nd</sup> Trimester March 4<sup>th</sup>  
 3<sup>rd</sup> Trimester June 9<sup>th</sup>  
**TOTAL DAYS 180**

**# Emergency Day:**  
 April 18 & June 10  
 If needed

January 2022						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12*	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

10/90

February 2022						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9*	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

15/114

March 2022						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9*	10	11	12
13	14	15*	16*	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

23/137

April 2022						
S	M	T	W	T	F	S
					1	2
3	4	5	6*	7	8	9
10	11	12	13	14	15	16
17	18#	19	20	21	22	23
24	25	26	27	28	29	30

15/153

May 2022						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11*	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

21/173

June 2022						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9*	10#	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

7/180

SPRING 2022

## CELEBRATE SPRING

A NEWSLETTER OF THE  
CHILD HEALTH AND DISABILITY  
PREVENTION PROGRAM

2650 Breslawer Way, Redding CA 96001 (530) 225-5122 or (800) 300-5122

### Play date for littles!

The Week of the Young Child (WOYC) is an annual celebration of young children taking place April 2-9.

Kids enjoy decorating paper dolls, a grasshopper bug run, homemade cardboard vehicle races, creativity through crafts and dance, and more.

Visit [First5Shasta.org](http://First5Shasta.org) to see this year's calendar of events for children, families and community members.



### Farmers Markets offer fresh produce

#### Redding Market

Saturday, April 2 – Dec. 10

7:30 a.m. – Noon

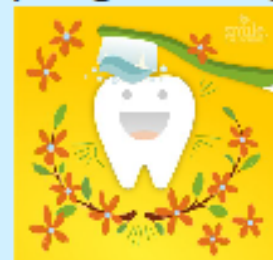
Redding City Hall

777 Cypress Ave., Redding

**Opening in early June:** Market by Sundial Bridge, Marilyn Miller Market, Burney Market and Anderson Market.

For details, visit [healthyshasta.org/eat-healthy/farmers-markets/](http://healthyshasta.org/eat-healthy/farmers-markets/)

### Spring cleaning!



Seen a dentist yet this year? Visit [SmileCalifornia.org](http://SmileCalifornia.org) or call (530) 225-5122 to find a dentist near you. Schedule today! [smilecalifornia.org](http://smilecalifornia.org)

### Test for lead to help brains grow healthy



Eating or breathing in lead can harm your child. Lead poisoning can make it hard for your child to learn, pay attention and behave. Most children who have lead poisoning do not look or act sick.

Ask your child's doctor about testing for lead poisoning at 12 and 24 months. Testing after these ages is a good idea, too!

A blood test is free when your child gets a check-up if you have Medi-Cal or the Child Health and Disability Program (CHDP). Health insurance plans will also pay for this test.

### Camps & ballgame signups begin

Junior Giants, a free, noncompetitive, co-ed baseball and softball program, offers equipment, uniforms, program incentives and coach training. Anyone can play!



For more on this and other summer camps, check out Redding Recreation: [cityofredding.org/departments/parks-and-recreation](http://cityofredding.org/departments/parks-and-recreation)



Shasta County  
Health & Human  
Services Agency

# Community Information & News

## R.E.A.D. to Prescription Pets

Come read to a therapy dog (or cat!) and work on reading and communication skills.

Every 1st and 3rd Thursday at 10:15am

Every 3rd Saturday at 10am

Redding Library Children's Dept.



## Pregnant and uninsured?

If you are uninsured and pregnant, you can still get prenatal care, even if you have not yet applied for Medi-Cal or are still awaiting approval.

Call (800) 300-5122 for more information.

## Free health exams & immunizations

Uninsured or no preventive care insurance?

The Child Health and Disability Program (CHDP) provides FREE children's health exams and immunizations.

Call to find out if you qualify:

(530) 225-5122 or  
(800) 300-5122



## CATCH UP ON CHECKUPS AND ROUTINE VACCINES

As opportunities for in-person learning and play grow, it's important for your child to catch up on checkups and recommended vaccines to protect their health now and in the future.

The Centers for Disease Control and Prevention (CDC) recommends children continue to see their doctor for regular checkups and routinely recommended vaccinations, even during COVID-19.



The MLK Center, at 1815 Sheridan St., Redding, hosts these free programs with a meal provided, Mondays through May 23.

Visit the city of Redding Parks and Recreation page at [cityofredding.org](http://cityofredding.org).

### Positively Girls Club

Girls ages 8 to 12 find their voice and leadership style, learn how young women around the world impact their communities, formulate ideas and create a final project.

### King's Brotherhood

Youth ages 8 to 12 learn positive mentorship and break down social-cultural barriers, put-downs, personal rights, assumptions about male power, and more.

## Healthy You in 2022 Community Health Fair

Saturday, April 9, 2022

7:30 to 11:30 a.m.

Ingram Hall,  
Inter-Mountain  
Fairgrounds, McArthur



# Community Information & News

## Ongoing Assistance

The programs below are intended to supplement your food budget so you and your family have enough nutritious food to eat each month. Commodities are also available (see back).



### CalFresh (formerly Food Stamps)

CalFresh helps people with low or no income buy healthy food. Apply for CalFresh benefits:

- by telephone: 1-877-652-0731
- online at [www.CAYourself.com](http://www.CAYourself.com)
- in person at any Shasta County regional office. Call 2-1-1 for a location near you.

### Women, Infants and Children (WIC)

WIC helps pregnant women, mothers with infants, and young children eat well. WIC provides:

- checks to buy healthy foods
- breastfeeding support
- nutrition and health education
- referrals

Call 225-5168 and find out if you qualify.

### Shasta Food Group

(530) 605 - 1091

Find us on Facebook or at [www.shastafoodgroup.org](http://www.shastafoodgroup.org)

## USDA Commodities

### USDA Commodities

Government surplus commodities are distributed monthly at the following locations:

**Anderson**, 2nd Friday of month, 9 - 10 am, Anderson River Park

**Burney**, 3rd Friday of month, 10:30 - 11:30 am, Veteran's Hall

**Cottonwood**, 1st Friday of month, 9 - 10 am, Community Center

**Happy Valley**, 2nd Thursday of month, 9:30 - 10:30 am, Community Center

**Lakehead**, 1st Thursday of month, 9 - 10 am, Lakehead Lions Club

**Redding**, call 226-3071 for date, 9 - 10 am, Redding Convention Ctr.

**Round Mountain**, 3rd Friday of month, 9:30 - 10:30 am, Community Center

**Shasta Lake City**, 2nd Tuesday of month, 9 - 10 am, First Baptist Church

**Shingletown**, 2nd Monday of month, 9:30 - 10:30 am, Black Butte Jr. High School gym

Learn more about commodities, call 226-3071 or visit [snpweb.org](http://snpweb.org)



Shasta Food Group

## Emergency Food Banks & Assistance Programs

*fighting hunger in Shasta County*

## Need A Meal Today?

### Good News Rescue Mission

3075 Veda Street, Redding, 244-6810

- Breakfast: 6:30 am
- Lunch: Noon, Mon.– Sat., Sundays 1 pm
- Dinner: 5:45 pm.

### Second Baptist Church

2560 Bunker Street, Redding, 222-4041

- Dinner: Sundays 7-8 pm after service

### Shasta Senior Nutrition Programs

100 Mercy Oaks Dr., Redding, 226-3071

- Low or no-cost senior dining centers throughout Shasta County.
- Meals on Wheels home delivery

### Solid Rock Four Square Food Pantry

20343 Tamarack Ave. Burney,

335-4300 or 949-4379

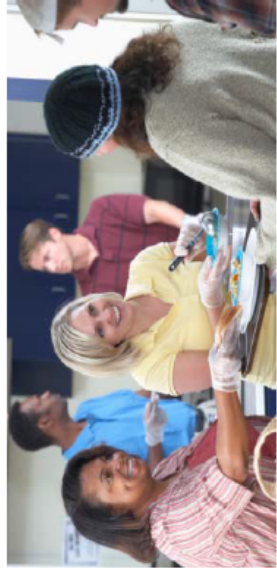
- Dinner and emergency food:  
4th Thursday of month, 4 - 6 pm

### Twin View Church

621 Twin View Blvd. Redding, 241-0551

(serving kids age 6-14 yrs)

- Dinner: Wednesdays, 5:30 - 6:15 pm



## Where To Find Emergency Food

### Hill Country Health & Wellness Center

29632 Hwy.299E., Round Mountain  
337- 6243

- Monday– Friday, 9 am - 5 pm
- Food box available 2 times per year.
- Call for an appointment.

### Anderson-Cottonwood Christian

#### Assistance (ACCA)

2979 East Center St. Anderson, 365-4220

- Tuesday & Friday, 10 am - 2pm
- Proof of address, picture ID required
- After hours, please call 604 - 5503

### Fall River Mills Community Food Pantry

43504 Hwy 299E, Fall River Mills

336 - 5304 or 336 - 5127

- Emergency food bags available for residents from Pit One Grade to Day Rd.

### Good News Rescue Mission

3075 Veda Street, Redding, 241-5754

- Food bank Fridays, 8 –10 am - arrive early
- Bread available everyday

### Living Hope Compassion Ministries

1043 State Street, 243-8066

- Food Co-op Program.  
Call 243-8066 for more information.

### People of Progress

1242 Center Street, Redding, 243-3811

- Emergency food Mon.– Fri., 10 am - 1 pm.,  
Saturday by appt.
- SS# and Identification requested.

### The Salvation Army

2691 Larkspur Lane, Redding, 222-2207

- Food bank on Mon., Wed. and Thurs.  
9 - 11:30 am.
- Proof of age, address & income

### Shasta Lake Community Food Pantry

1501 McConnell Ave., City of Shasta Lake  
275-3568 or 275-8052

- Food bank on last Friday on the month,  
9 - 10 am

### Shasta Senior Nutrition Programs

100 Mercy Oaks Dr., Redding, 226-3071

(not just for seniors)

- Food bank on 1st and 3rd Fridays,  
8 - 9 am, limit one distribution per month
- Picture ID and proof of address required.

### Shepard's Heart Community Food Bank

3320 Brush St. Cottonwood, 347-3691

- 2nd & 4th Tuesdays
- 9am - noon

### Shingletown Grassroots Food Pantry

7752 Ponderosa Way, Shingletown (Black  
Butte Elementary School, room 19),  
474 - 4220

- Food bank on Wednesdays,  
9:00 am - 4:00 pm or by appt.

### St. Francis of Assisi Catholic Church

37474 Juniper Ave., Burney, 335-2372

- Last Friday of month, 1– 3 pm
- First come, first served

### Tri County Community Network

37477 Main St., Burney (Intermountain  
Community Center), 335-4600

- Nutrition on a Budget class every Wed.  
from 10 am—noon w/ \$25 food gift card.
- Available every 6 months.

### Valley Christian Fellowship

3180 Rancho Rd., Redding, 243 -7479

- Lunch in Caldwell Park every Sunday

# Community Information & News

## Food Assistance List

Resource Information Provided by People of Progress

POP helps 14,000 people annually with food for 290,000 meals, etc.

### • FOOD BANKS

#### People of Progress Resource Center & Food Bank

1242 Center St. Redding 243-3811 Mon - Fri 9 to 12:00 (clothing 9 - 9:30)

Weekday afternoons & Saturday morning food bank by appointment only.

Emergency help for people in Shasta County. Food, clothing, information. (SS# required. ID requested. Call first if you can't arrive during program hours)

#### Anderson Cottonwood Christian Assistance

2979 East Center Street Anderson 365-4220 10 - 1:45 Tues. & Fri.

(ID & proof of Anderson/Cottonwood/Happy Valley/Shingletown address required.

Redding services limited to addresses south of Knighten road only.)

#### Good News Rescue Mission. No Food Bank. Bread Only.

3100 S. Market St. Redding 241-5754 Bread available every day after 10:00

#### Redding Loaves & Fishes 1180 Industrial St. (behind Grocery Outlet)

241-1108 Saturdays 9-1:00 Photo ID, SS#, and proof of address required

#### The Salvation Army - Compassion Food Ministry - Closed Tues & Fri

2691 Larkspur Redding 222-2207 Food: Mon, Wed & Thurs. 9 - 11:30

Monthly food for seniors & families with kids. Weekly perishables for anyone.

All other assistance (clothing, utilities, etc.) is by appointment on M, W, TH, afternoons. (Photo ID., SS#, address, age and income verification required)

#### Shasta Senior Nutrition Program -- Friday Food Bank

NOT JUST FOR SENIORS 100 Macey Oaks Dr. Redding 226-3071

1st & 3rd Fridays 8 - 9:00 a.m. for all low income persons. Photo ID, proof of address

#### Bread of Life Food Pantry Redding, 227-3827 (Wednesday 9 a.m.)

Fall River Mills Community Food Pantry 336-5304 336-5127

Hill Country Health & Wellness Center, Round Mountain 337-6243

St. Francis of Assisi Catholic Church, Burney 335-2372 335-4741

Shasta Lake Community Pantry (also breakfast & clothing) 275-3568 275-8052

Shasta Lake United Methodist Church (by appointment) 241-5000 or 275-2720

Shepherd's Heart Community Food Bank, Cottonwood 347-3691

Shingletown Grassroots Emergency Food Closet 474-4220

Solid Rock Four Square Church, Burney 335-4300

Tri County Community Network, Burney 335-4600

### • MONTHLY FOOD

**CALFRESH (FOOD STAMPS) ELIGIBILITY IS BROADER FOR FOOD STAMPS THAN FOR OTHER PUBLIC ASSISTANCE PROGRAMS.**

You can get CALFRESH even if you are working. You do not need to be on CALWORKS or General Assistance to qualify. Call toll-free 1-877-652-0731 for info -- or you can apply online at [www.C4Yourself.com](http://www.C4Yourself.com) or visit an HHS Regional Office in Anderson, Burney, Downtown Redding, Enterprise or Shasta Lake.

#### USDA COMMODITIES: NOT JUST FOR SENIORS

Pick up free food monthly -- easier eligibility than food stamps!

For all low or no income individuals and families, working or not. Operated by Shasta Senior Nutrition Program and available at nine locations throughout Shasta County. 226-3071

#### PREGNANT WOMEN, INFANTS, CHILDREN: Shasta County WIC

Nutritional counseling and food vouchers given for pregnant women and their children up to 5 years old. 1220 Sacramento St., Redding, 225-5168 2801 Silver Street, Anderson 225-3715 Call for other locations.

Living Hope Food Co-op 1043 State St. Redding 243-8066

### • MEALS

#### Good News Rescue Mission -- 3100 South Market St. Redding

241-5754 Everyone is welcome for meals seven days a week whether they stay overnight or not: Breakfast - 6:30, Lunch - 12:00 (on Sundays at 1:00)

Dinner - 5:15 Be there by 6:30 to stay in the shelter for men, women & children.

Twin View Church Redding, Wed. Dinners for Kids age 6-14 241-0551

Solid Rock Four Square Church, Burney, Dinners 4th Thurs. 335-4300

Valley Christian Fellowship Sunday lunch in Caldwell Park 243-7479

**SENIORS** -- contact Shasta Senior Nutrition Program about low cost meals

served at four centers; their Meals on Wheels home delivery program; and their Brown Bag program (groceries twice per month). 226-3071

## Easy Ways to Eat 5 Servings of Fruits & Vegetables a Day

**Breakfast** -- eat half a banana or half an apple along with whatever else you normally have for breakfast.

**Lunch** -- eat a medium carrot or half an apple mid-morning. Have two cups of dark leafy green lettuce in a salad with lunch.

**Dinner:** snack before dinner on a carrot or half an apple then have a vegetable or fruit side dish with your meal.

- *The size of one serving is half a cup - so a large apple counts as two!*
- *Fiber in beans, vegetables and fruit help keep your heart healthy.*
- *Fresh, frozen or canned? These all have about equal nutrition value. Rinse fruits if in heavy syrup and choose "light syrup" for less calories.*
- *Carrots, celery, onions, oranges and apples last a long time after you buy them so they are easy to keep on hand in your kitchen.*
- *Whenever you make canned soup at home, you can add in extra fresh, frozen or canned vegetables to boost the nutrition. Or grate a zucchini or carrot in the soup -- small pieces can't be tasted.*
- *For healthier pizza, ask them to put on only half the cheese and give you the rest to use later. Tastes about the same -- but with about half the fat!*
- *Get Take-and-Bake pizzas and then boost the nutrition by adding thin-sliced zucchini or onion, or chopped bell peppers at home before baking.*

## Tasty, Quick, Easy & Healthy

### Pumped Up Mac & Cheese

Make mac and cheese then stir in one can tuna and some canned green beans or peas -- an instant casserole in your pot!

### Instant Pizza

Spread tomato paste (more flavor and nutrition than tomato sauce) directly on bread or a flour tortilla or pita bread. Sprinkle on italian seasoning and top with chopped leftover meats or lunch meat and a sprinkle of grated cheese. Heat in toaster oven. Use less cheese -- still delicious but way less calories!

### Breakfast Wrap

Cut a slice of lunch meat and a slice of cheese in half and line them all up in the center of a corn or flour tortilla. Microwave for 15 seconds. Then add salsa if you like and roll it up! (whole wheat tortillas are most nutritious)

### Kids' Carrot Salad

If you get them to try this, they will love it. Peel and grate some carrots. Add raisins and/or chopped apples. Stir in just enough low-fat sour cream or plain or vanilla yoghurt to moisten. Add just a little bit of frozen concentrated lemonade to sweeten. Add a pinch of cinnamon for a flavor-punch.

### Easiest Fruit Salad -- Everyone Loves It

Use any combination of fruit you have. Apples, oranges, bananas, pears, grapes, etc. For the "dressing," use a tablespoon of frozen orange juice concentrate and a pinch of cinnamon. Stir. Kids absolutely love it and the orange juice keeps fruit from turning brown overnight if you have leftovers.

### Sneaky Snack Cake

Use a spice cake mix. Follow directions but instead of oil, use applesauce in the same amount. Add two cups grated carrots and/or a cup of raisens. Bake a little longer than the directions call for. Sneaky Snack Cake is delicious and moist without frosting and "sneaks" in some fruits and vegetables.

### Rice and Beans Make a Protein Equal to Meat

When eaten in the same meal, rice and beans or tortillas and beans combine to make a complete protein. If you soak beans or rice overnight or for a few hours, you can then cook them covered, and with water, in a microwave.

NOTE: Programs may change times or day of service. Information is correct 3/1/14. Some programs request or require photo ID, proof of address and income. None require referrals. Most programs that are not located in Redding only serve people living in their own community or area. This flyer provided by People of Progress Copyright © 2014 Redding, CA USA. Please copy & distribute with this credit line.