

# Shasta County 2022

## Food Assistance & Thrift Stores

### Food Programs

**Program Availability: D=Daily W=Weekly M=Monthly**

**Anderson Cottonwood Christian Assistance (Food Distribution) W/M**  
2979 East Center St, Anderson, 530-365-4220. Tuesdays 10-1:45. Photo I.D. & proof of Anderson/Cottonwood/Happy Valley/Shingletown address required. Redding service limited to address south of Knighton Rd only.

**CalFresh (Food Stamps) M**  
Helps people with low/no income buy food. Call 877-652-0731, or apply online at [BenefitsCal.com](https://www.benefitscal.com), or visit an HHSA regional office.

**Dignity Health Connected Living (Food Distribution) D**  
100 Mercy Oak Dr., Redding, 530-223-6034. For families and individuals with low income: 1<sup>st</sup> and 3<sup>rd</sup> Friday 8-9am. For seniors (60+): call for dates and times for locations throughout Shasta County.

**Good News Rescue Mission (Food Distribution) D**  
3100 S. Market St. Redding, 530-241-5754. Fridays, 8-10am.

**Our Lady of Mercy Parish (Food Distribution) D**  
2600 Shasta View Dr. Redding, 530-222-3424. Mon-Fri, 8-10am. Call and leave message for Emergency Food appointment after hours.

**Shingletown Emergency Food & Outreach Center (Food Distribution) D**  
530-474-4220. Serves Shingletown, Manton, and Viola residents. Call to make appointment. Offers delivery to seniors in Shingletown.

**The Salvation Army Redding Corps (Food Distribution) W/M**  
2691 Larkspur Ln, Redding, 530-222-2207. Food pantry Tue/Thu, 9-11:30am. Wed 9:30-11am for Veterans. Food box every three months for seniors & families with kids. Call for other services. Requires photo I.D., SS#, proof of address, and income verification.

**USDA Commodities (Food Distribution) M**  
For individuals with low or no income, working or not. Available at locations throughout Shasta County: Redding, Anderson, Burney, Cottonwood, Happy Valley, Lakehead, Round Mountain, Shasta Lake, and Shingletown. Call 530-226-3071 or find schedule on website, [connectedlivingnorthstate.org](https://connectedlivingnorthstate.org).

**WIC - Pregnant Women, Infants, Children ages 0-5 M**  
Nutritional counseling & food vouchers for pregnant women & children up to 5 years old. Call 530-229-8446 for appt. Offices in downtown Redding, Anderson, Burney, McArthur, Shasta Lake, and Shingletown.

**Burney Food Co-Op: Burney, 530-515-1384**

**Living Hope Membership Food CO-OP: Redding, 530-243-8066**

**Hill Country Health & Wellness Center: Round Mountain, 530-337-6263**

**Redding Loaves & Fishes: Redding, 530-241-1108 (long wait list)**

**St. Vincent de Paul Society: Burney, 530-249-8641**

**Shasta Lake Food Closet: 530-275-8052 (last Friday of month, 9-10am)**

**Sunshine Food Closet: Shasta Lake, 530-275-6353**

**Tri-County Community Network: Burney, 530-335-4600 (take class)**

**Whitmore Community Food Bank: Whitmore residents, 530-472-3216**

**Pet Food available at:**

Shingletown Emergency Food & Outreach Center (see above)

The Salvation Army Redding Corps (see above)

Tails of Rescue: Palo Cedro, 530-448-7444

**Walking & Biking Trails  
& Farmers Markets:  
[www.healthvshasta.org](http://www.healthvshasta.org)**

## Meals

### Dignity Health Connected Living

Low-cost meals for seniors (60+) served in Rdg, Anderson, Burney: 530-226-3071. Meals on Wheels home delivery program: 530-226-3061.

### Good News Rescue Mission

3100 S. Market St. Redding, 241-5754. Meals daily: Breakfast 6:30am, Lunch 12pm (Sun 1pm), Dinner 5pm.

### Burney Food Co-op

One must join the co-op and participate to help in the production of the food one receives. Meets the 2nd and 4th Thursday of the month. 530-515-1384.

### Bethel Kitchen Ministry:

935 College View Drive, Redding. 530-246-6000.  
Email [kitchen@bethel.com](mailto:kitchen@bethel.com).

## Thrift Stores

### All Saints Thrift Shop – All Saints Episcopal Church

3268 Bechelli Ln, Redding. 530-223-2523. Mon-Thurs 10-4pm, Fri 10-1pm.

### American Cancer Society Discovery Shop

1313 Hartnell Ave. Redding. 530-221-3970. Mon-Sun, 10-6pm.

### Clothes That Work! (NVCSS)

2400 Washington Ave. 3<sup>rd</sup> Floor, Redding. 530-247-3320. Mon-Fri, 10-2pm.

### Clothing Exchange

2960 Churn Creek Rd, Redding. 530-921-6133. Mon-Fri 10-6pm, Sat 10-4pm.

### The Discovery Shop

1313 Hartnell Ave, Redding. 530-221-3970. Daily 10am-6pm.

### ETC. Thrift Shop

2965 E Center St., Anderson. 530-365-2533. Mon-Fri, 10-4pm.

### Goodwill

1643 Hilltop Dr. Redding 530-351-7600, Mon-Sun, 8-8pm

### Salvation Army Thrift Store

4460 Westside Rd, Rdg (Hwy 273 & Breslauer). 530-244-2296.  
76 Lake Blvd, Redding. 530-768-1029. Mon-Sat 10-7pm.

### Second Helpings - First Christian Church

2636 Churn Creek Rd. Suite #B, Redding. 530-226-8000.  
Tue-Sat, 12noon-4:30pm.

### Superior Thrift Store

62 Lake Blvd, Redding. 530-229-0955. Mon-Sat, 10-6pm.

### Resource Information Provided by: United Way of Northern California

Note: This flyer was last updated 5/24/2022. [Programs are subject to change](#). Some programs request or require photo ID, proof of address, and income. Programs listed do not require referrals. Most programs that are not located in Redding only serve people living in that community or area. This flyer is provided by United Way of Northern California ©2022 Redding, CA. Feel free to copy and distribute.

# Shasta County 2022 Key Services

For any questions or  
additional resources please  
visit [www.211norcal.org](http://www.211norcal.org).  
Or dial **2-1-1** and speak with  
someone today!

**Shelter:** Men's Shelter & Women's Shelter: GNRM 530-241-5754 (both shelters accommodate children) • Domestic Violence Shelter: One SAFE Place 530-244-0117

**Showers & Laundry:** GNRM 530-241-5754 (showers daily 9am-2pm, closed 12-1pm) • YMCA 530-246-9622 (showers \$12/day pass) • Live Laugh Love Laundry 530-223-1499 (3rd Mon, 9:30-12)

**Information:** Call 2-1-1 or visit [www.211norcal.org](http://www.211norcal.org) • Veterans: 530-225-5616 • Seniors: 530-223-6034 • 24/7 Domestic Violence: 530-244-0117 • People with Disabilities: 530-242-8550 • Ages 0-5: First 5 Shasta 530-646-3780 • Parents/kids/teens: Pathways to Hope for Children 530-241-5816

**Cell Phones:** SafetyNet: 888-224 3213, safetynetwireless.com (free cell phones) • InTouch America 800-500-0066 (discount phones & service)

Need Help to Quit Smoking?  
800-NO-BUTTS

**Clothing:** GNRM: 530-241-0449 (M, T, W, F 7:30-2) • Hill Country Health & Wellness 530-337-5750 (Round Mountain) • Shasta Lake Food Closet: 530-275-8052 (last Friday of month, 8:30-9am) • NVCSS (work clothes) 530-247-3320 • Redding Rancheria: 530-224-2700 (Native Americans)

**Employment & Income:** EDD Workforce Services 530-225-2185 • The SMART Business Resource Center 530-246-7911 (job listings, resumes) • Tri-County Community Network 530-335-4600 (Burney) • CALWORKs 877-652-0731 (for families with children, temporary cash aid and job finding services; for those who qualify, may pay for motel, rent and utility deposits) • CalFresh Employment & Training 530-245-7626 (for those on CalFresh) • General Assistance (GA) 877-652-0731 (temporary cash aid, must be paid back) • AARP (seniors 55+) 530-768-5252 • Department of Rehabilitation (people with disabilities) 530-224-4708

**Mental Health:** 24/7/Suicide Crisis Line 800-273-TALK • Drop-In Crisis/Pre-Crisis Centers: Shasta County Mental Health 530-225-5200 (Crisis Center, Mon-Fri 8:30am-4:30pm) • Hill Country CARE Center 530-691-4446 (Pre-Crisis Center, Mon-Fri 12noon-9pm, Sat-Sun 11am-9pm) • Mobile Crisis Urgent Response 530-238-7133 • Counseling: NVCSS: 530-241-0552 • Shasta County Mental Health: (direct services and referrals) 530-225-5200 • Hill Country Health & Wellness Center: 530-691-4446 (Rdg & Round Mountain) • Centers for those with chronic mental health challenges: Sunrise Mtn Wellness Center 530-440-4097 (Rdg) • Circle of Friends Wellness Ctr 530-335-4222 (Burney)

**Drug & Alcohol Treatment:** Shasta County HHSA 530-225-5200 • Wellness & Recovery Program (for those with Partnership HealthPlan of California) 855-765-9703

**Medical & Health Services:** Medi-Cal 877-652-0731 • HOPE Van 530-246-5765 (Mobile Medical & Dental) • Shasta Community Health Center 530-246-5710 (Medical & Dental) • Mercy Medical Center 530-225-6000 • Shasta Regional Medical Center 530-244-5400 • Hill Country Health & Wellness Center (Rdg & Round Mtn) 530-337-5750 (Medical & Dental) • Shingletown Medical Center 530-474-3390 • Redding Rancheria 530-224-2700 (Native Americans -Medical & Dental) • Churn Creek Healthcare 530-768-2436 • VA Outpatient Clinic 530-226-7555 (Veterans) • Shasta County Public Health 530-225-5252 • Women's Health Specialists 530-221-0193 (Health check-ups & birth control for men & women) • Planned Parenthood 530-351-7100 (Health check-ups & birth control for men & women) • IHSS 530-225-5507 (Personal care, domestic services - Medi-Cal)

**Legal Help/Info:** Legal Services of Northern California 530-241-3565 (Housing, Benefits, Medical, Utilities, Seniors, etc.) • Senior Legal Hotline 800-222-1753 • Family Law Facilitator/Self Help Center 530-245-6900 (Free legal information & education)

**Housing & Utilities:** Subsidized Housing or Low-Interest Loans: Shasta County Housing Authority 530-225-5160 • City of Redding Housing Authority 530-225-4048 • NVCSS 530-241-0552 • Utilities: Ask utility company for payment options & referrals • Salvation Army 530-222-2207 (City of Shasta Lake and PG&E customers) • Veterans: Nation's Finest 530-223-3211 • Families with Children: NVCSS 530-241-0552 • One-time rent, deposits, and utility assistance for families on or eligible for CALWORKs 877-652-0731 • People with Disabilities: Disability Action Center 530-242-8550 • NVCSS 530-241-0552 • Seniors: DHCL 530-223-6034 • Ages 16-21 formerly in Foster Care: Northern California Youth & Family Programs 530-365-9197

**Transportation:** RABA 530-241-2877 (monthly passes; discounts for seniors & people with disabilities) • ShastaConnect 530-226-3075 (rides for all; rides for seniors & people with disabilities) • Ask organizations for bus passes

**Shasta County Health & Human Services Agency (HHSA) - CalFresh, CalWORKs, GA, WIC & more**  
Offices in Redding, Anderson, Burney, & Shasta Lake 877-652-0731  
**Dignity Health Connected Living (DHCL)**  
100 Mercy Oaks Dr. 530-223-6034  
**Disability Action Center**  
2453 Athens Avenue 530-242-8550  
**Employment Development Dept (EDD)**  
1325 Pine Street 530-225-2185  
**Family Law Facilitator**  
1500 Court St, Rm 115 530-245-6900  
**First 5 Shasta**  
393 Park Marina Circle 530-646-3780  
**Good News Rescue Mission (GNRM)**  
3100 South Market St. 530-241-5754  
**Goodwill**  
1643 Hilltop Drive 530-351-7600  
**HOPE Van** 530-246-5765  
**Hill Country Health & Wellness Ctr**  
Round Mountain & Rdg 530-337-5750  
• CARE Center 1401 Gold Street, Rdg  
**In Home Supportive Service (IHSS)**  
2640 Breslauer Way 530-225-5507  
**Legal Services of Northern California (LSNC)**  
1370 West St. 530-241-3565  
**Live Laugh Love Laundry**  
1072 Lake Blvd 530-223-1499  
**Living Hope Bike Repair**  
1043 State Street 530-243-8066  
**Mercy Medical Center**  
2175 Roseline Ave. 530-225-6000  
**Nation's Finest**  
153 Hartnell Ave. #100 530-223-3211  
**Northern Valley Catholic Social Service (NVCSS)** 530-241-0552  
2400 Washington (off Park Marina)  
**One SAFE Place**  
24-hour Crisis Line 530-244-0117  
Client Services: 2250 Benton Drive  
**Pathways to Hope for Children**  
2280 Benton Dr, Bdg C, Suite B 530-241-5816  
**Planned Parenthood**  
2935 Bechelli Ln, Ste C 530-351-7100  
**RABA (public transit)**  
1530 Yuba Street 530-241-2877  
**Redding Housing Authority**  
777 Cypress Avenue 530-225-4048  
**Redding Rancheria Health Clinic**  
1441 Liberty Street 530-224-2700  
**The Salvation Army**  
2691 Larkspur Lane 530-222-2207  
**Shasta Connect** 530-226-3075  
**Shasta Community Health Center**  
1035 Placer Street 530-246-5710  
**Shasta County Housing Authority**  
1450 Court St., # 108 530-225-5160  
**Shasta County Mental Health**  
2640 Breslauer Way 530-225-5200  
**Shasta County Public Health**  
2650 Breslauer Way 530-225-5252  
**Shasta Family YMCA**  
1155 N. Court Street 530-246-9622  
**Shasta Regional Medical Center**  
1100 Butte Street 530-244-5400  
**Shingletown Medical Center**  
31292 Alpine Meadows 530-474-3390  
**SMART Employment Center**  
1201 Placer Street 530-246-7911  
**Sunrise Mountain Wellness Center**  
1300 Hilltop Drive 530-440-4097  
**VA Outpatient Clinic**  
3455 Knighton Road 530-226-7555  
**Veterans Service Office**  
1855 Shasta Street 530-225-5616  
**Women's Health Specialists**  
1901 Victor Avenue 530-221-0193