

FOOD AND NUTRITION

*"Those who forget the pasta are condemned to reheat it."
-Unknown*

Commodities and Supplemental Food

The following resources are available to people in need of supplemental foods. Some programs distribute government commodities on specific days, others offer emergency meals, or groceries. Call the organizations in your area to find out current service hours and available resources.

Arcata

Arcata Community Center

321 Community Center, Arcata, CA 95521
(707) 825-2027

Distributes emergency food once a month to low income persons. Distributes commodities to Arcata, Bayside, Indianola and Manila residents.

Arcata Endeavor

501 9th Street, Arcata, CA 95521
(707) 822-5008

Distribute emergency food once a month to low income persons.

Bridgeville

Bridgeville Community Center

P.O. Box 3, Bridgeville CA 95526
(707) 777-1775

Crescent City

Community Assistance Network (CAN)

355 Standard Veneer Road
Crescent City, CA 95531
(707) 464-9190

E-Mail: can1995@charterinternet.com

One box of food and one visit to clothing bank per individual or family per month. Food days are Tuesdays, Wednesdays and Fridays from 12-3:45pm.

Commodity Supplemental Food Program

Del Norte Senior Center

1765 Northcrest Drive
Crescent City, CA 95531

4th Tuesday of every month 1- 3 pm.
Photo I.D. required.

Rural Human Services

286 M Street, Crescent City, CA 95531
(707) 464-7441

Web Site: www.ruralhumanservices.org

Commodities distribution. Hours may vary during summer months when fresh produce is available.

Yurok Food Distribution Program

190 Nelson Road, Crescent City, CA 95531
(707) 464-1852

Commodities for Native Americans on or near reservations.

Eureka

Food for People

307 West 14th Street, Eureka, CA 95501
(707) 445-3166

Web Site: www.foodforpeople.org

Assists with a variety of food programs including commodities, food pantries, home-delivered food bags, emergency food, community gardens, Senior Brown Bag programs. Call for services in your area.

Humboldt Senior Resource Center

1910 California Street, Eureka, CA 95501
(707) 443-9747

Food commodities to low income seniors.

Ferndale

Ferndale Community Church

712 Main Street, Ferndale, CA 95536
(707) 786-4475

Food commodities to low income seniors.

Food and Nutrition

Fortuna

Fortuna Community Services

2331 Rohnerville Road, Fortuna, CA 95540
(707) 725-1166

Commodities to low income individuals.
Food and clothing are free with interview on a walk-in basis.

St Joseph's Pantry Shelf

2292 Newburg Road, Fortuna, CA 95531
(707) 725-1148

Garberville

Presbyterian Church Food Bank

Locust & Maple, Garberville, CA 95542
(707) 923-2275

Food commodities to low income seniors.

Hoopa

Hoopa Food Distribution

P.O. Box 498, Hwy. 96 Hoopa, CA 95546
(530) 625-4646

Food commodities. Native Americans only.

McKinleyville

Grace Good Shepherd Church

1450 Hiller Road, McKinleyville, CA 95519
(707) 839-3726

Food commodities to low income seniors.

Orick

Orick Community Resource Center

120918 Hwy.101, Orick CA
(707) 488-2403

Redway

Healy Senior Center of So. Humboldt

456 Briceland Road, Redway, CA
(707) 923-2399

Food commodities 2nd Thursdays at 12:30pm.

Rio Dell

Emergency Food Bank

Assembly of God Church

95 Belleview, Rio Dell, CA
(707) 764-5460

Available Monday-Thursday 9:00-12:00

Rio Dell Community Resource Center

(707) 764-5239

Directs people to local food programs. Free lunch program for kids during the summer. No congregate meals.

Trinidad

Trinidad Lion's Club Food Pantry

409 Trinity Street, Trinidad, CA 95570
(707) 677-0223

Commodities distribution and food pantry.

Emergency Dining Facilities

Crescent City

Our Daily Bread

1135 Harrold Street, Crescent City, CA 95531
(707) 464-7111 or (707) 954-9477

Daily meals together for low income and homeless. Showers and laundry available.

Eureka

Eureka Rescue Mission

110 2nd Street, Eureka, CA 95501
(707) 443-4551

Emergency housing and meals for men, women, and families. Emergency breakfast, 5:30 am Monday thru Friday, 6 am Sunday. Dinner 6:30 pm Mon- Fri, Sunday 3:30 pm.

St. Vincent De Paul Dining Center

35 West Third Street, Eureka, CA 95501
(707) 445-9588

Seven days a week, 11am - 1pm including holidays.

Food Delivery Services

Door Step Lunches

1910 California Street, Eureka, CA 95501
(707) 443-9747 ext 264

Fee for service program delivers mid-day meals to anyone in their service area regardless of mobility or health. Order by 3 pm the day before.

Ray's Food Place

3460 Broadway, Eureka, CA 95503
(707) 442-9261

Grocery delivery in Greater Eureka Area.

1500 Anna Sparks Way, McKinleyville
(707) 839-4413

Groceries in McKinleyville area with approval.

Myrtle Avenue Market and Deli

2500 Myrtle Avenue, Eureka, CA 95501
(707) 442-7407

\$5 delivery charge plus grocery charge.
Must make prior arrangements.

Food's Here

(707) 441-0775

Delivers meals from any of 12 restaurants.
\$6 charge plus restaurant expense.
Delivers to Greater Eureka area only.

Recommendations for Protein Intake

Adequate Protein Helps:

- Prevent Falls
- Improve Balance
- Strengthen Bones
- Increase Muscle Mass
- Prevent Type II Diabetes

To Increase your Protein Intake:

- Include a high protein food with every meal
- Poor appetite - Eat small amounts several times a day
- Add 1/3 C dry powdered milk to 1 cup of fluid milk, refrigerate before serving. Tastes Great!
- Try Instant Breakfast

Food Stamps

Food Stamps help low-income people buy the food they need for good health. For most households, food stamps are only part of their food budget; they must spend some of their own cash along with their food stamps benefits in order to buy enough food for a month.

If you are receiving SSI/SSP, you cannot receive food stamp benefits in California. However, other family members may be eligible to receive Food Stamp benefits. Contact the Department of Social Services for complete eligibility and application information.

County Departments of Health and Human Services

929 Koster Street, Eureka, CA 95501
(707) 269-3590

727 Cedar Street, Garberville, CA 95542
(707) 923-2759

1200 Airport Road, Hoopa, CA 95546
(530) 625-4251

880 Northcrest Dr., Crescent City, CA 95531
(707) 464-3191

Nutrition Sites

Nutrition sites in Humboldt and Del Norte Counties offer a variety of meal choices. Some meal programs are offered along with other types of services, such as socializing, recreational activities, and health checks. Most programs request a donation.

Generally, the senior must be age 60 or over or be the spouse of a senior who is eligible. Meals are typically served within an hour of the noon hour. Reservations are usually required for congregate meals, and an application process is required for home delivered meals. Special diets are not available, but the meals are well balanced, low in fat and salt. At some sites, transportation may be available to those who require it. Call sites for specific information first.

Home Delivered Meals

Humboldt

Blue Lake Rancheria

428 Chartin Road, Blue Lake, CA 95525

(707) 668-5101

E-Mail: blrt@tidepool.com

Hot meals delivered in Blue Lake.

Frozen meals delivered to outlying areas.

Ferndale Senior Resource Agency

(707) 786-4141

Home delivered meals 5 days a week.

Call for reservations.

Humboldt Senior Resource Center

Arcata, Eureka, Fortuna, McKinleyville & Trinidad

1910 California Street, Eureka, CA 95501

(707) 443-9747 ext. 221

Nutritionally balanced meal delivered 5 days a week. Special diets not available.

Healy Senior Center of Southern Humboldt

456 Briceland Road, Redway, CA 95542

(707) 923-2399

Home delivered meals to seniors in Southern Humboldt.

K'ima:w Medical Center

P.O. Box 1288, Hoopa, CA 95546

(530) 625-4834

Rohnerville Rancheria

27 Bear River Drive, Loleta CA 95551

(707) 733-1900

Home delivered meals Monday- Friday until 1:00 p.m. Hot meals to residents, frozen meals to outlying areas.

Karuk Senior Center

459 Asip Road, Orleans CA

(530) 625-4834

Home delivered meals.

Del Norte

Del Norte Senior Center

1765 Northcrest Drive, Crescent City, CA

(707) 464-5511

Provides a nutritionally balanced meal delivered 5 days a week. Frozen meals delivered to outlying areas.

Elder Nutrition Programs

Crescent City, Smith River & Klamath

(707) 487-4463

Home-delivered meal programs Monday-Friday. Restricted to Native Americans.

Howonquet Lunch Site

101 Indian Court, Smith River, CA

(707) 487-4463

Home-delivered and congregate meals served 5 days a week at noon.

Healthy Advice from the New Food Guide Pyramid

Your food and physical activity choices each day affect your health—how you feel today, tomorrow, and in the future.

These tips and ideas are a starting point. Choose a change that you can make today, and move toward a healthier you:

- Half of all grains consumed should be WHOLE grains
- Vary the types of vegetables you eat
- Eat a variety of fruits. Go easy on fruit juice
- Eat fat free or low fat dairy products, such as milk and cheese
- Eat lean cuts, seafood and beans. Avoid frying
- Adults should get at least 30 minutes of physical activity a day. 60-90 minutes to sustain or lose weight
- Fats should be from fish, nuts and vegetable oils
- Limited solid fats such a butter and margarine
- Keep consumption of trans fats, saturated fats and sodium low

Lunch Sites

Arcata Lunch Site- HSRC

321 Community Parkway, Arcata, CA 95521
(707) 825-2027

Group dining and activities for seniors.
Reservations requested.

Blue Lake Rancheria

428 Chartin Road, Blue Lake, CA 95525
(707) 668-5101

E-Mail: blrt@tidepool.com

Lunch served on site.

Bridgeville Community Center

P.O. Box 3, Bridgeville, CA 95526
(707) 777-1775

Web Site: www.ruralbridgeville.com

Senior lunch on Tuesdays (reservations requested); transportation can be arranged if person phones first.

Del Norte Senior Center

1765 Northcrest Drive
Crescent City, CA 95531
(707) 464-3069

Offers a congregate meal Monday - Friday.

Eureka Lunch Site - HSRC

1910 California Street, Eureka, CA 95501
(707) 442-1181

Group dining and activities for seniors.
Reservations requested.

Ferndale Senior Resource Agency

Ferndale Community Center

End of Main Street, Ferndale, CA
(707) 786-4141

Low cost congregate meals for seniors. Priority given to residents of Ferndale. Offered 1st and 3rd Thursday of month, except July and August. Transportation available.

Fortuna Lunch Site - HSRC

2130 Smith Lane, Fortuna, CA 95540
(707) 725-6245

Senior lunch site. Social activities including bingo and cards. Reservations requested.

Healy Senior Center of Southern Humboldt

456 Briceland Road, Redway, CA 95560
(707) 923-2399

E-Mail: senior@starstreamcable.com

Web Site: www.humboldt.net/~senior

Congregate meal program, Monday, Wednesday and Thursday. Reservations requested.

Howonquet Lunch Site

101 Indian Court, Smith River, CA
(707) 487-4463

Home-delivered and congregate meals served 5 days a week at noon.

Karuk Senior Center

459 Asip Road, Orleans, CA
(530) 627-3056

Monday - Friday, noon - 12:30 pm.

K'ima:w Medical Center

Hoopa Senior Center Loop Road
Hoopa, CA 95546
(530) 625-4834

Congregate and home delivered meals available.

Mateel Meal Program

59 Rusk Lane, Redway, CA 95560
(707) 923-3368

Community lunches at noon. Call for days available.

McKinleyville Senior Center

1620 Pickett Road, McKinleyville, CA 95521
(707) 839-0191

Congregate meals offered second Wednesday and last Friday of the month. Reservations requested the day before. \$3 fee.

Rohnerville Rancheria

27 Bear River Drive, Loleta, CA 95551
(707) 733-1900

Lunch site for Native Americans only.

Silvercrest Residence (HSRC)

2141 Tydd Street, Eureka, CA 95501
(707) 442-6143

Reservations requested.