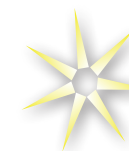




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Food Resource Guide March 2015



produced by
Area 1 Agency on Aging
 707-442-3763

dining centers

2

NAME OF ORGANIZATION	DESCRIPTION OF SERVICES	PHONE NUMBER	LOCATION
Arcata Lunch Site Humboldt Senior Resource Center	Served Tuesday through Friday from 11:30am - 12:15pm. Reservations suggested. Donation of \$3.50 suggested for people age 60+, but no one is denied a meal if unable to donate. Cost is \$6 for people age 59 and under.	707-825-2027	321 Martin Luther King Jr. Parkway, Arcata
Blue Lake Rancheria	Congregate meals Monday through Friday from 12pm - 1pm. Donation of \$4 requested.	707-668-5101	428 Chartin Road, Blue Lake
Eureka Lunch Site Humboldt Senior Resource Center	Served Tuesday through Friday from 11:30am - 12:15pm. Reservations suggested. Donation of \$3.50 suggested for people age 60+, but no one is denied a meal if unable to donate. Cost is \$6 for people age 59 and under.	707-443-9747	1910 California Street, Eureka
Ferndale Senior Resource Agency	Low-cost congregate meals served on the first and third Thursdays of each month from 12:30pm - 1:30pm. \$4 for Ferndale residents, \$6 for others.	707-786-4141	100 Main Street, Ferndale
Fortuna Lunch Site Humboldt Senior Resource Center	Served Tuesday through Friday from 12pm - 12:30pm. Reservations suggested. Donation of \$3.50 suggested for people age 60+, but no one is denied a meal if unable to donate. Cost is \$6 for people age 59 and under.	707-725-6245	2130 Smith Lane, Fortuna
Healy Senior Center	Lunches served every Monday, Wednesday and Thursday at 12:30pm. Reservations are required. Donation of \$6 requested for 55+ and cost for non-seniors is \$8.	707-923-2399	456 Briceland Road, Redway
Karuk Senior Center	Lunch available Monday through Friday from 12pm - 12:30pm except federal holidays. Suggested donation \$3 for age 60+. Cost is \$6 for non-seniors.	530-627-3056	459 Asip Road, Orleans
K'ima:w Medical Center	Congregate meals served Monday through Friday from 12pm - 1pm.	530-625-4834	732 Loop Road, Hoopa (meal site)
Mateel Community Lunch	Free community lunches Tuesdays, Wednesdays and Thursdays from 12pm - 1pm.	707-923-3368	59 Rusk Lane, Redway
McKinleyville Senior Center	Luncheon on last Wednesday of the month by reservation. Suggested donation of \$4. Homemade soup every Thursday from 11am - 1pm for \$2. Mini-meals available on some Thursdays for \$2 to \$3.	707-839-0191	1620 Pickett Road, McKinleyville
St. Vincent de Paul Dining Center	Open Monday - Friday to public from 11am - 12:30pm, including holidays.	707-445-9588	35 West Third Street, Eureka

farmers markets

3

NAME OF FARMERS MARKET	SCHEDULE (DAYS OPEN)	SEASON	LOCATION (ADDRESS)	PHONE NUMBER
Arcata Plaza Farmers Market	Saturdays 9am - 2pm (Winter Hours 10am - 2pm)	Main Season April - Nov. (Winter Season Dec. - March)	Arcata Plaza, 8th and 9th Streets between G and H Streets	707-441-9999
Arcata Wildberries	Tuesdays 3:30pm - 6:30pm	June - Oct.	747 13th Street, Arcata	707-441-9999
Fortuna Farmers Market	Tuesdays 3pm - 6pm	June - Oct.	10th and L Streets (off Main Street), Fortuna	707-499-2150 707-764-2161
Garberville Town Square	Fridays 11am - 3pm	May - Oct.	436 Church Street (next to Chautauqua Natural Foods), Garberville	707-786-9460
Henderson Center Farmers Market	Thursdays 10am - 1pm	June - Oct.	Henderson and F Streets, Eureka	707-441-9999
McKinleyville Farmers Market	Thursdays 3:30pm - 6:30pm	June - Oct.	1514 City Center Road, McKinleyville Shopping Center	707-441-9999
Miranda Farmers Market	Tuesdays 2pm - 5pm	May - Oct.	Across from Miranda Gardens Resort	707-786-9460
Old Town Eureka Farmers Market	Tuesdays 10am - 1pm	June - Oct.	2nd and F Streets, Eureka	707-441-9999
Potawot Community Food Garden	Tuesday, Friday 12pm - 2pm	May - Oct. (and some winter days)	1600 Weeot Way, Arcata	707-826-8476
Shelter Cove Farmers Market	Tuesdays 11am - 3pm	May - Oct.	Machi Road, Motel parking lot, Shelter Cove	707-786-9460

Most farmers markets listed accept Electronic Benefit Transfer, Senior Farmers Market Nutrition Program coupons, and participate in Market Match. Check with each market for details.

GROW YOUR OWN FRUITS AND VEGETABLES. Contact North Coast Community Garden Collaborative, a support network for more than 40 community gardens in Humboldt, Del Norte and Trinity counties. For more information, go to www.northcoastgardens.org or contact Debbie Perticara at DebbieP@nrsrcaa.org, 707-269-2071.

food delivery

4

doorstep meals (local & non-local)

NAME OF ORGANIZATION	DESCRIPTION OF SERVICES	COST	PHONE NUMBER	LOCATION
Food's Here	Delivers meals from any of 12 select Eureka area restaurants. Primarily delivers around Eureka, Humboldt Hill, Cutten, Fields Landing, King Salmon, Samoa, Indianola, KOA 101.	\$7 per delivery in addition to the food order.	707-499-2592	1801 Fairfield Street, Eureka
Mom's Meals	Meals delivered by UPS or FedEx ready to heat and eat. Features diverse menu and special diets.	\$6.49 to \$7.49 a meal plus \$14.95 shipping and handling per order.	866-971-6667	3210 SE Corporate Woods Dr., Ankeny, Iowa 50021
Schwan's	Provides flash-frozen foods. Serves Humboldt via mail-order only (no local routes).	Large variety of food available. Orders can be done by phone, or online http://www.schwans.com/ .	888-724-9267	115 West College Drive, Marshall, Minnesota, 56258
St. Vincent de Paul	Food boxes can be delivered depending on volunteer availability and inventory.	No cost.	707-845-3709 707-498-7192	N/A

grocery delivery

NAME OF ORGANIZATION	DESCRIPTION OF SERVICES	PHONE NUMBER	EBT	STREET ADDRESS
Eureka Grocery Delivery	Delivery in Eureka area for \$20 base fee up to \$100; then 20 percent of bill from \$100 to \$300. Covers from Fieldbrook to Fortuna.	707-672-3812	No	EurekaGroceryDelivery@gmail.com
Food for People Senior Brown Bag Program	Provides monthly bag of groceries for up to 400 low-income people age 60+. Home delivery as resources permit.	707-445-3166	Yes	307 West 14th Street, Eureka
Food for People Homebound Delivery Program	Provides monthly bag of groceries for people under age 60 too ill or disabled to leave homes. Free. Mon. - Fri. 9am - 4:30pm.	707-445-3166	Yes	307 West 14th Street, Eureka
Ray's Food Place (McKinleyville)	Grocery delivery within McKinleyville area free with \$50 purchase or \$5 fee. Available Tuesdays and Fridays.	707-839-4413	Yes	1500 Anna Sparks Way, McKinleyville
Valley Grocery	Free grocery delivery in Ferndale for age 60+ or disabled. Call day before. No minimum purchase.	707-786-9515	Yes	339 Main Street, Ferndale

(continued on next page)

home delivered meals (eligibility-based)

NAME OF ORGANIZATION	DESCRIPTION OF SERVICES	COST	BUSINESS HOURS	PHONE NUMBER	LOCATION
Blue Lake Rancheria	Frozen meals delivered to outlying areas Tuesday and Wednesday for eligible seniors.	Free for Native Americans; \$18.75 week for non-natives. Donations accepted.	Monday - Friday 8am - 4:15pm	707-668-5101	428 Chartin Road, Blue Lake
Ferndale Senior Resource Agency	Nutritional meals, Monday through Friday, delivered to seniors and disabled persons living in zip 95536.	Cost of \$4.00 per meal.	Call ahead.	707-786-4141	100 Main Street, Ferndale
Healy Senior Center	Freshly prepared meals delivered every Monday, Wednesday and Thursday to disabled, homebound and/or diabetic adults in Southern Humboldt area.	Donation of \$6 -\$8 requested.	Monday, Wednesday & Thursday 9:30am - 3:30pm	707-923-2399	456 Briceland Road, Redway
Humboldt Senior Resource Center	Delivers nutritionally-based meals to eligible homebound people age 60+.	\$3.50 donation suggested, not required.	8:30am - 4:30pm	707-443-9747	1910 California Street, Eureka
Karuk Senior Center	Home-delivered meals five days a week in Orleans area for eligible seniors. Intake from medical provider needed.	Donations accepted, not required.	8:30am - 5pm	530-627-3056	459 Asip Road, Orleans
K'ima:w Medical Center	Home-delivered meals for homebound seniors Monday - Friday in Hoopa Valley.	Donations accepted, not required.	8am - 3:30 pm	530-625-4834	PO Box 1288, Hoopa, CA
Rohnerville Rancheria	Home-delivered meals Monday - Friday to residents and limited frozen meals to outlying areas for Native Americans.	Donations accepted, not required.	Monday - Friday 8am - 4pm	707-733-1900	37 Bear River Drive, Loleta

food pantries

6

NAME OF ORGANIZATION	DESCRIPTION OF SERVICES	PHONE NUMBER	LOCATION
Arcata Senior Lunch site Humboldt Senior Resource Center	Serving primarily seniors. 3rd Thursday from 10:30am – 11am.	707-825-2027	321 Martin Luther King Jr. Parkway, Arcata
Assembly of God Church Emergency Food Bank	Food commodities available Tuesday and Thursday from 8:30am - 11:30am.	707-764-5460	95 Bellevue, Rio Dell
Blue Lake Community Resource Center	Emergency food pantry Monday from 9am - 3pm (appointment only). Tuesday, Wednesday, from Friday 9am - 3pm (no appt) and Thursday from 9am - 6pm (no appt).	707 668-4281 707 668-5239	111 Greenwood Avenue, Blue Lake
Bread for Life	3rd Thurs. 10am -12pm, following Friday 10am - 12pm.	707-764-5239	143 Main Street, Scotia
Bridgeville Community Center	The Friday after the third Thursday of the month from 10am – 4pm.	707-777-1775	38717 Kneeland Road, Bridgeville
Campbell Creek Connexion	Every Saturday from 10am - noon.	707-826-1000	76 13th Street, Arcata
Ferndale Community Church	Food commodities to low-income individuals on third Thursday from 1pm - 2:30pm.	707-786-4475	712 Main Street, Ferndale
Food for People (Choice Pantry)	Provides a variety of food programs.	707-445-3166	307 West 14th Street, Eureka
Food For People (CSFP) (Commodity Supplemental Food Program)	For income-eligible seniors 60+. Income for singles must be below \$1,265 per month. Check http://foodforpeople.org or call for other income thresholds and for information about income verification requirements.	707-445- 3166	207 W. 14th Street, Eureka
Food for People (CSFP) Arcata	Fourth Tuesday of the month from 12:30pm -1:30pm.	707-445- 3166	811 I St , Arcata Coop Kitchen
Food for People (CSFP) Eureka	First Thursday of the month from 11am - 2pm.	707-445- 3166	207 W. 14th Street, Eureka
Food for People (CSFP) Fortuna	Second Tuesday of the month from 12:30pm - 1:30pm.	707-445- 3166	2130 Smith Lane, Fortuna
Food for People (CSFP) McKinleyville	Third Thursday of the month from 11:30am - 1pm.	707-445- 3166	1450 Hiller Road, (Grace Good Shepherd Church), McKinleyville
Food for People (CSFP) Trinidad	Third Tuesday of the month from 12pm - 12:30pm.	707-445- 3166	400 Janis Court (library parking lot), Trinidad

(continued on next page)

food pantries *(continued from previous page)*

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NAME OF ORGANIZATION	DESCRIPTION OF SERVICES	PHONE NUMBER	LOCATION
Fortuna Community Services	Food and clothing available with interview on a walk-in basis Tuesday and Wednesday from 9:30am - 11:30am.	707-725-1166	2331 Rohnerville Road, Fortuna
Garberville Presbyterian Church	Wednesdays from 2pm - 4pm and Tuesdays and Thursdays from 10:30am - 12pm.	707-923-3295 (Church)	437 Maple Lane, Garberville
Humboldt Senior Resource Center	3rd Thursday from 8:30am - 10am.	707-443-9747 x 1228	1910 California Street, Eureka
Loleta Community Church	3rd Thursday from 3pm - 5pm.	707-733-5751 (Church)	218 Church Street, Loleta
McKinleyville Family Resource Center	Tuesday and Friday from 11am - 1pm by appointment.	707-840-0905	1450 Hiller Road, McKinleyville
Orick Community Resource Center Pantry	3rd Thursday from 1:30pm - 2:30pm.	707-488-2403	120918 Hwy 101, Orick
Rio Dell Community Resource Center	Monday - Friday from 9am - 4pm.	707-764-5239	99 Wildwood Ave., Rio Dell
Salvation Army	Provides emergency food Monday - Thursday from 9am - 12pm. Clothing may also be available.	707-442-6475	2123 Tydd Street, Eureka
St. Joseph's Pantry Shelf	Food pantry available Monday, Wednesday and Friday from 10am - 12pm.	707-725-1216 707-725-1148	2292 Newburg Rd, Fortuna
St. Vincent De Paul	Food commodities on an as-needed basis	707-443-8676	528 2nd Street, Eureka
Trinidad Lion's Club Pantry	3rd Wednesday from 10:30am - 12:30pm.	707-677-0223	Trinidad Town Hall-409 Trinity Street, Trinidad
Westside Family Resource Center	Emergency food pantry available. Call for more information.	707-497-6280	1000 B Street, Eureka
Willow Creek Community Resource Center Pantry	Main distribution: 3rd Thursday from 8:30am - 1pm. Brown Bag Program for enrolled people age 60+ on 3rd Wednesday from 8:30am - 1pm. Commodities available every Thursday from 8:30am - 1pm. Call for office hours.	530-629-3141	38883 Hwy 299, Willow Creek
Willow Creek Family Health Center Food Pantry	Monday - Friday from 8:30am - 12pm and 1pm - 5pm.	530-629-3111	38883 Hwy 299, Willow Creek



Area 1 Agency on Aging partners with the Humboldt County Department of Health and Human Services to raise awareness, improve access, and alter attitudes around CalFresh, the state name for the federally funded Supplemental Nutrition Assistance Program.

This Food Resource Guide will help people age 60+, people with disabilities, their families and caregivers access a variety of food resources.

IMPORTANT FACTS

- Currently, the income limit is \$2,622 for a household of two and \$1,945 for a one-person household.
- These gross income limits don't apply to seniors, many of whom have health care expenses and other adjustments considered. In many cases the value of property, vehicles, savings and retirement accounts does not prevent CalFresh eligibility.
- Seniors, people with disabilities, and those living on tribal land recertify every two years.
- Each month, benefits are automatically loaded onto an electronic benefit card. It can be used at stores and farmers markets in the same way debit and credit cards are swiped.
- Fingerprinting is not required and applications can be requested by phone.
- People receiving Supplemental Security Income are not eligible for CalFresh.

For more information or to request a paper application, call the DHHS Call Center at 1-877-410-8809 and follow the prompts to reach a live voice. For additional assistance, contact A1AA's Information & Assistance staff at 442-3763.



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