PARENT NEWSLETTER

March 2022

Principal's Message

Meadow Lane Parents,

I hope you all had a great February break, it was great to see students back on campus ready to finish out Trimester 2!

Transitional Kindergarten/Kindergarten Round Up is scheduled for March 10th at 5:30. Please bring your child dressed in super hero attire! You will be able to meet our District Superintendent, Teachers, Para Educators and tour our campus.

Report cards will be sent home on March 11th or during parent conferences. Parent conferences on March 15th and 16th are for Title 1 students so not every child will have a conference scheduled. If you do not have a conference scheduled and have questions for your child's teacher please contact them.

This month we are working on the character trait of trustworthiness. Trustworthiness is the ability to be relied on as honest or truthful. Monthly awards are also given for students who are exceptional in their ability to demonstrate the character trait.

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

Tamara Kendall
Principal

School Information

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 you 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 . They will receive credit for their absences upon returning assigned work on their first day back.

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

3/8	**Parent Booster Club Meeting 6:00**
3/10	**Kindergarten Round-Up 5:30**
3/9, 15, 16	**Minimum Days - Out at 1:15**
3/11	**Report Cards Go Home**
3/15-16	**Parent Conferences**
3/16	**School Spelling Bee 9:30am**
3/17	**Spring School Pictures**

MARCH SCHOOL NEWS

TK/Kindergarten Round Up

Save the date! Join us on March 10th to meet our Super Hero's in disguise. Our Superintendent, Principals, Teachers and Para Educators will be on campus and you can tour the school. Flyer is attached for more information. Please share with your friends and neighbors who have little ones ready to start school in the Fall. We can't wait to see everyone.

Spring School Pictures

Lifetouch will be here on March 17th to take Spring Photos of Students. Order before Picture Day at mylife-touch.com with your Student's School ID. Picture Order Forms will be sent home the week before.

Parent Conferences

Title 1 student parent conferences will be held on March 15th and 16th. Teachers will be sending notices home the first week of March. If you don't receive a conference form but have questions for your child's teacher please contact them.

Summer School at AMS

Anderson Middle School is hosting an Expanded Learning Opportunity for grades TK-5th that will include academic support and sports camps. Dates are June 21st through July 29th. Please watch for more information to be sent out, registration will be available online through Project Share.

5th Grade Basketball

Congratulations to all who made the boys and girls teams. Please find a game schedule attached.

Spelling Bee

Our Spelling Bee will be held at 9:30am on Wednesday, March 16th at Meadow Lane for 4th and 5th graders. The top two spellers will move on to compete in the Shasta County Spelling Bee on March 22nd at 1:00pm at the Shasta College Theater. It is amazing to watch these talented spellers in action. If your child would like to participate, there is still time. Please have them pick up a permission slip from Ms. Lafferty in room #9. Spelling Bee practice will be on Tuesdays and Thursdays.

Valentine's Grams were a Big Hit

The Parent Booster Club sold almost 300 Valentine Grams . We all enjoyed our students smiles on Valentine's Day. The money raised will be used this month to create a St. Patrick's Day Scavenger Hunt on the school campus for classes to find their Pot O' Gold. We are so thankful for such an active and supportive booster club.

Meadow Lane Website

Have to looked at our website lately? It has been updated to help you find the information you need easier. Calendar events are listed in the **SCHOOL EVENTS** section so you can see what's coming up. All events and flyers have been added to the **SCHOOL NEWS** section and our Facebook page has been linked as well.

Lost and Found

Our Lost and Found is full again. Please stop by and look for your child's lost sweatshirt, jacket, etc. The garment racks are located on our garment racks across from the office.

MARCH SCHOOL NEWS

Character Award Recipients

February 2022

Kaspyn Michaels
Adeline Hammeken
Amelia Smith-Mitchell
Amina Latchford
Andrew Salas
Audrey Jacobs-Fisher
Bailous Smith
Brayden Cruz
Brody Reager
Brooklyn Suvia
Brooklynn Olson-Epley
Brynlee Robinson
Callie Rich
Carter Johnson
Charity Duckett
Estefany Pena-Bugarin
Gracie Lyon
Jack Dederer
Jazlyn Balbini
JD Gallegos
Julieta Gonzalez
Karalei Broome
Katelyn Pollan
Keirana Wolf
Kennydi Clifford
Layla Garcia
Luke Fotovat
Lyric Garnes
Malachi Smith-Mitchell
Mayra Melendez
Michael Berton
Quintin Ramirez
Romell Garnes
Ryder Thomas
Scarlett Williams
Shaylin Stevenson
Troy Woodcook
Tyson Hinkle
Walter Williams

Meadow Lane's Character trait for March is ***Trustworthiness***

Trustworthiness is a noun meaning the ability to be relied on as honest or truthful.

Teachers and staff will be looking for students showing this trait. Please talk to your child about what ***trustworthiness*** looks like for you and your family as well as ways they can show ***trustworthiness*** 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 ***Trustworthiness***.
https://youtu.be/mKbRaaJ0Mm8

The permission slips that were supposed to go out last month will be going out this next week.
I am sorry for the delay .

This month I will be sending out invites and permission slip for students to participate in small group social skills. These are fun groups that help students get really good at using socials 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

KINDERGARTEN ROUND-UP

Join Us on March 10th, 5:30pm - 6:30pm

Kindergarten

Must be 5 years old on or before

Transitional Kindergarten

Must be 5 years old by February 2, 2023

Come Join the Fun!

- Meet our Superintendent, Principals, Teachers and Para Educators
- Tour classrooms and school campus
- Learn about Rigorous Academics, Behavior Expectations, Technology, Library, PE, Transportation and Project Share
- Enrollment Station
- Students will receive a Special Treat!

Documents Needed To Register:

To finalize your child's enrollment application please turn in the following documents ***with*** their registration packet. Thank you.

Required Documents:

1. Completed Registration Paperwork (Online or Paper)
2. Birth or Hospital Certificate
3. All Required Immunizations

We Encourage You to Register Online March 1-31, 2022

Cascade Union Elementary School District
Inspire - Believe - Achieve

Apply online and submit all required documents at:

sis.cuesd.com/enrollment/

KINDERGARTEN ROUND-UP

Redondeo para inscripcion de Kinder

Acompáñenos el 10 de Marzo de 5:30pm - 6:30pm

Jardin de niños (Kinder)

Debe tener 5 años de edad en o antes

Jardin de infancia de transición

Debe tener 5 años antes del 2 de febrero 2023

Ven y unite a la diversion!

- Conozca a nuestro superintendente, directores, maestros y paraeducadores (ayudantes)
- Recorra los salones de clases y el campus de la escuela
- Aprende sobre académicos rigurosos, expectativas de comportamiento, tecnología, la biblioteca, educación física, transportación y cuidado despues de escuela (Project Share)
- Estación de inscripción
- Los estudiantes recibiran un premio especial!

Documentos necesarios pare registrarse:

Para finalizer la aplicación de inscripcion para su niño por favor entregue los sigientes documentos ***con*** su paquete de registración. Gracias.

Documentos Requeridos:

1. Papeleo de registro completado (en línea o papel)
2. Certificado de Nacimiento o de hospital
3. Todas Las Vacunas Requeridas

Prueba de Domicilio

Lo alentamos a registrarse en línea del 1 al 31 de marzo, 2022

Cascade
Union Elementary School District
Inspire - Believe - Achieve

Aplique en línea y envie todos los documentos requeridos en:

sis.cuesd.com/enrollment/

MARCH SCHOOL NEWS

5th Grade BASKETBALL
GAME SCHEDULE
Boys and Girls

***Boys Game @ 4:00pm
***Girls Game @ 5:00pm

Date	Location
3-1-22	West Cottonwood Jr, High
3-3-22	Happy Valley Elementary
3-8-22	Anderson Middle
3-10-22	Evergreen Middle
3-15-22	Pacheco Middle
3-17-22	Anderson Middle
3-22-22	Anderson Middle
3-24-22	Anderson Middle
3-29-22	Anderson Middle

Community Information & News

MARCH 2022
ANDERSON LIBRARY STORYTIME
THURSDAYS – 3:30 P.M.

March 3 - It's a Dr. Seuss Celebration presented by **Anderson New Technology High School Drama Students**. Come join these delightful students for a reading and presentation of some of your favorite Dr. Seuss stories. Stickers and Seuss craft projects all provided by **First 5 Shasta**.

March 10 - Sing along with **Jamie**! Bring your singing voice and plan on moving with energetic Jamie, local Anderson resident. Sticker project and pick a prize out of the "surprise box" – provided by **First 5 Shasta**!

March 17 - It's a Spring storytime event with flowers donated by **Anderson Safeway**! Come make a "mini" bouquet to take home. Flower sticker project provided by **First 5 Shasta**.

March 24 - The **West Valley High School National Honor Society** will read *"If You Give a Moose a Muffin"* using an adorable puppet! And listen to the story *"If You Give a Mouse a Cookie"*. Each child will receive the mouse stuffed animal that goes with the story and participate in a craft project. Both provided by **First 5 Shasta**.

March 31 - Listen to stories, and participate in a craft project. Each child will take home a complimentary book provided by **First 5 Shasta.**

ANDERSON BRANCH LIBRARY
365-7685

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: 03/23/2021

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

TRIMESTER END DATES

1st Trimester	Nov. 5th
2nd Trimester	March 4th
3rd Trimester	June 9th
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					

19/99

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

Community Information & News

Self-Isolation Instructions for Individuals Who Have or Likely Have COVID-19

COVID-19 is very contagious. If you have tested positive or have symptoms of COVID-19, you should self-isolate to prevent spreading the disease to your family, friends, and community.

How long should I self-isolate?

You should self-isolate for at least 5 full days after your symptoms start (or after your first positive test date if no symptoms). You can end isolation after 5 days if you test negative (antigen test preferred) on Day 5 or later–as long as you have no fever and your symptoms are improving. If you don't test, isolate for 10 full days, continuing until any fever resolves. Day 1 is the day *after* symptoms start (or *after* the day of your first positive test, only if you never have symptoms). Count from Day 1 and test on Day 5 (or later), to see if you can end isolation *after* Day 5. Wear a well-fitting mask around others – especially when indoors – for 10 days, even if you stop isolating earlier. See Get the Most Out of Masking for more information.

How do I self-isolate?

- Stay home except to get medical care. Do not have any visitors.
- Wear a well-fitting mask when around others, including at home, especially around anyone unvaccinated, with a weak immune system, or at higher risk for serious COVID-19 illness.
- Wash your hands often; otherwise use hand sanitizer with at least 60% alcohol.
- Disinfect any surfaces you touch frequently. Use a separate bathroom or disinfect a shared bathroom after each use.
- Avoid being in the same room as other people, especially those more likely to get sick, such as people who:
  - Are over age 65, pregnant, or severely overweight.
  - Have a chronic disease (like cancer, diabetes, heart/lung disease).
  - Have a weak immune system.
- If you must be in a shared space, open windows when possible (or use portable air cleaners and exhaust fans) and ensure everyone is wearing a well-fitting mask.

How can I care for myself at home?

Proper home care (like resting and drinking fluids) helps most people get better without the need for hospitalization. You can take over-the-counter medications as directed on the bottle to provide relief from fever and pain. Contact your healthcare provider about treatment and any questions about your care, especially if you are at higher risk for serious illness or your symptoms worsen.

Call 911 if you start to have emergency warning signs:

- Difficulty breathing
- Pressure or pain in chest
- Bluish lips or face
- Confused or hard to wake
- Other serious symptoms

If you call 911, tell the dispatch personnel that you have COVID-19.

Scan the QR code to see the interactive links on this flyer.

California Department of PublicHealth

January 2022 • © 2022, California Department of Public Health

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 telphone:
  1-877-652-0731
- online at **www**.C4Yourself.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

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

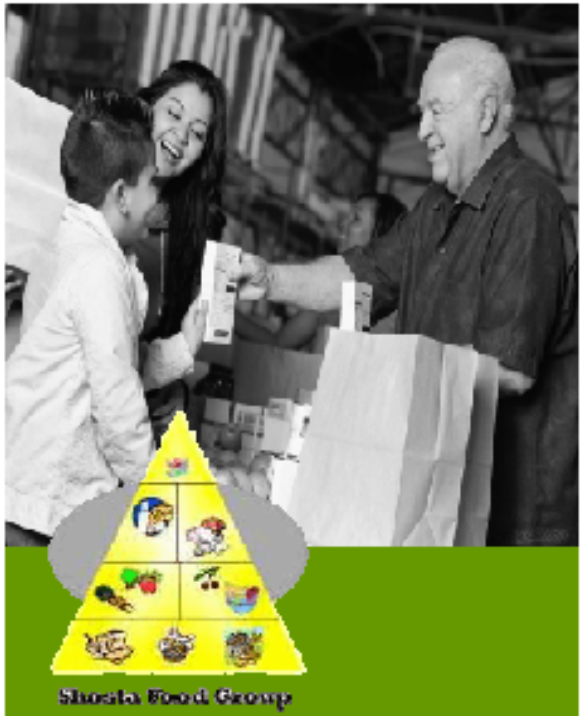
Redding, call 226-3071 for date,
9 - 10 am, Redding Convention Ctr.

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 ssnpweb.org



Emergency Food Banks & Assistance Programs

fighting hunger in Shasta County

Community Information & News

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

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 I.D., SS#, address, age and income verification required)

Shasta Senior Nutrition Program -- Friday Food Bank
NOT JUST FOR SENIORS 100 Mercy 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 or visit an HHSA 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
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