

★ **FREE!**

★ **CONFIDENTIAL**

★ **24 Hours a Day / 7 Day a Week**



2-1-1 Shasta is an easy-to-remember telephone number for FREE, 24-hour information on community, health and social services.

2-1-1 is free, confidential and available 24 hours a day, seven days a week in multiple languages.

WHO CAN BENEFIT FROM 2-1-1?

- Families seeking services
- Laid-off workers
- Seniors
- Local business owners who want to help their employees
- Disaster victims
- Teachers, clergy and service providers seeking help for clients
- YOU

GET HELP OR GIVE IT

- Food
- Health Care
- Mental Health
- Alcohol and Drug Treatment Resources
- Employment Resources
- Utility Assistance
- Clothing
- Affordable Childcare
- Transportation
- Legal Services
- Disaster Information Volunteer Information
- & More!



The CalFresh Program issues monthly electronic benefits that can be used to buy most foods at many markets and food stores. The CalFresh Program helps to improve the health and well-being of qualified households and individuals by providing them a means to meet their nutritional needs.

WHO IS IT FOR?

CalFresh is for people with low-income who meet federal income eligibility rules and want to add to their budget to put healthy and nutritious food on the table.

HOW TO APPLY?

Apply online: BenefitsCal.org or to find out how to apply for benefits in your county, please call the toll free number 1-877-847-3663.

