

Learning About Community Help in Fortuna
When someone asks for help, there are resources available.

The Pantry Shelf

One answer is through the Pantry Shelf operated by St. Joseph Church at 2292 Newburg Road. The Pantry is open every Monday, Wednesday and Friday from 10 am to 12 noon. Anyone in need is most welcome to come and ask for a food box. Each family is limited to one box per month.

Some of the food that is given out is supplied by FEMA, the Federal Emergency Management Agency. For this reason, some federal income guidelines have to be met in order to qualify. People can “self-certify,” that is there is no income verification required. But a form has to be completed and there are people at the Pantry Shelf to help with that.

Fortuna Community Services

Another answer is through Fortuna Community Services at 2331 Rohnerville Road. Hours are 8am to 4pm, Monday through Thursday. Food and clothing are available. Some income documentation may be required. Donations are always welcome. Call 725-1166 ext. 207 to make arrangements. Other types of services are available at this location such as temporary housing, information & referral, and counseling.

Eel River Ministerial Association

There is also the Eel River Ministerial Association. This is a fund made up of contributions from the variety of faith groups in the Eel River Valley. The Fortuna Police Department gives out vouchers to those in need of food, lodging or gasoline to people who are traveling through our area and find themselves without the basic necessities of life. Local clergy make referrals to the Police Department, where the vouchers are then distributed.

Humboldt Co Mobile Services Unit

Humboldt County has a Mobile Outreach Program with a van that visits our area every month including the communities of Fortuna, Carlotta and Rio Dell. Services include help in signing up for Cal Fresh, Covered California, General Relief, Case Management and counseling referrals. Click on <http://www.humboldt.gov/383/Mobile-Outreach-Program> for an up to date schedule of days, times and places.

Home Delivered Meals

Home delivered meals are available in the Fortuna area. Call Kathy Denbow at the Senior Resource Center in Eureka at 445-9747, extension 221. She will do both a telephone and home visit assessment. The recipient needs to be age 60, have no one to prepare meals for them, and be home bound. Currently up to 7 frozen meals can be delivered once a week. Donations are accepted but no one is denied service for lack of a donation.

Senior Lunches

The senior lunch site in Fortuna is located at 2130 Smith Lane, in the Mountain View Village. Lunches are served daily and provided by the Humboldt Senior Resource Center. For information call 725-6245.

Senior Housing

Housing may be available for low income individuals and families for one-bedroom and studio apartments at the Newburg Retirement Center. Applications can be picked up at 2130 Smith Lane #24 or call 725-5923 for information. This is subsidized housing managed by the Lutheran Home for the Aging.

Fortuna Senior Bus

Transportation is available for people age 50 and older Monday through Friday, 8:30 am to 4 pm and Saturday, 9 am to 3:30 pm within the Fortuna city limits. The fare is \$1.25 per ride or purchase a punch card for \$20 good for 20 trips. Call 725-7625 to schedule a ride.

St. Francis Church Food Basket

On the 3rd Sunday of each month we will bring our food and other commodity items to the altar for a blessing. These items are given to the Wood Street Chapel Food Ministry, located at 1649 Wood Street, Fortuna, across the street from the Toddy Thomas school playground. The Wood Street Chapel Food Pantry likes basics. Rice and beans, preferably in large bags so they can repackage, but small packages are OK. Not everybody can carry a big bag of rice or beans; canned food (both veggies and meat), packaged dry food (mac & cheese, ricearoni, etc.), packaged pasta. Peanut butter, boxed meals, cans of tuna. Cans or jars of fruit. Food distribution days are twice monthly, on Saturdays, from 10 AM to Noon. For months with 4 Saturdays, food distribution is on the 2nd & 4th Saturdays. For months with 5 Saturdays food distribution is on the 3rd & 5th Saturdays.

Free Farmers' Market-Style Produce Distributions

Food for People sponsors four locations of free farmers' market-style produce distributions throughout Humboldt County (Eureka, Garberville, Fortuna and Redway) from May through October. This program is available thanks to partnerships with California Association of Food Banks' Farm to Family program, Foodlink, and thanks to grant funds that offset costs. Farm to Family supplies Food for People and other California food banks with fresh produce directly from the fields of the Central Valley.

Nutrition Education staff is available at each market to answer questions about nutrition or cooking with the fresh produce available and to provide free healthy recipes and taste tests of recipes using fresh fruits and vegetables. There will also be information about CalFresh, and Outreach staff will help interested households apply for the program. CalFresh is a nutrition assistance program that helps income-eligible households afford to purchase healthy food. CalFresh benefits can also be spent at local farmers' markets on food and plants and seeds that produce food.