



FOR NEVADA

Nutritional Resource Directory



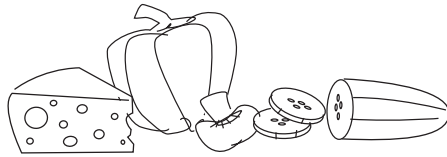
Southern Nevada Health District
Office of Chronic Disease Prevention & Health Promotion
P.O. Box 3902
Las Vegas, NV 89127
(702) 759-1270; Fax (702) 759-1416
www.GetHealthyClarkCounty.org
www.VivaSaludable.org
www.SouthernNevadaHealthDistrict.org

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**Low income eligibility requirement*





This directory is available on disk, in print and on the Southern Nevada Health District's Get Healthy Clark County website.

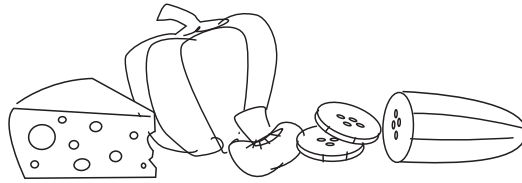
Please call the health district at (702) 759-1273:

- if you know of a nutrition resource that is not listed in this directory,
- if the information listed is not accurate, or
- for more information about this resource.

Feel free to make copies of this directory and distribute to those in need.





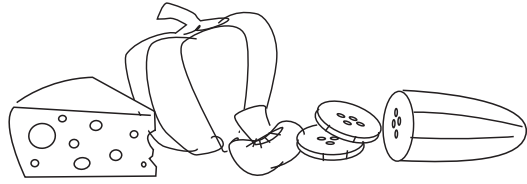


Nevada 211 for Essential Services

Nevada 2-1-1 is a statewide number for non-emergency information and referrals. Information can be accessed by calling 2-1-1 or through the internet at www.nevada211.org. Information that can be accessed includes:

- Basic human services: food, clothing, shelter, rental assistance
- Physical and mental health resources: medical information lines, crisis intervention, support groups, counseling, drug and alcohol treatment, Medicaid/Medicare, maternal health, children's health, insurance
- Employment support services: unemployment benefits, financial assistance, job training, transportation assistance, education programs
- Support for seniors and persons with disabilities: home healthcare, adult day care, meal services, respite care, transportation, homemaker services
- Programs for children, youth and families: childcare, after school programs, Head Start, family resource centers, recreation, programs, mentoring, tutoring, protective services
- Volunteer opportunities and donations: support for crisis or disaster recovery





Where to Get Food

The following list includes agencies that provide food or hot meals to people in need.

Food Pantry

A food pantry distributes food to those in need throughout the community. The food that is distributed comes from a food bank. For up-to-date pantry information such as locations, times and dates, contact the food bank closest to you.

Food Banks

Northern Nevada

THE FOOD BANK OF NORTHERN NEVADA

Donald W. Reynolds Regional Food Distribution Center

550 Italy Dr.

McCarran, NV 89434

(775) 331-3663; Fax: (775) 331-3765

www.fbnn.org

Southern Nevada

THREE SQUARE FOOD BANK

4190 N. Pecos Rd

Las Vegas, NV 89115

(702) 644-3663; Fax: (702) 365-6574

www.threesquare.org

Hot Meals

Many organizations offer free or reduced priced meals to people in need. For up-to-date information, call the agency directly.

Carson City

THE FISH EMERGENCY REFERRAL SERVICES PROGRAM, INC.

138 E. Long St.

Carson City, NV 89706

(775) 882-3474

Clark County

CATHOLIC CHARITIES IN SOUTHERN NEVADA

1502 N. Main St.

Las Vegas, NV 89101

(702) 385-2662

CENTRAL CHRISTIAN CHURCH

1001 New Beginnings Dr.

Henderson, NV 89011

(702) 735-4004

CHRIST EPISCOPAL CHURCH

2000 S. Maryland Pkwy.

Las Vegas, NV 89104

(702) 735-7655

FRIENDS IN THE DESERT FOUNDATION

Saint Timothy's Church

43 W. Pacific Ave

Henderson, NV 89015

(702) 565-8742

GREATER NEW JERUSALEM

1100 N. "D" St.

Las Vegas, NV 89106

(702) 648-8438

LIVING WORD MINISTRY

976 Hassel Ave.

Las Vegas, NV 89106

(702) 642-2004

Washoe County

CATHOLIC CHARITIES OF NORTHERN NEVADA

325 Valley Rd.

Reno, NV 89513

(775) 329-5363





Food Assistance Programs

These programs are designed to help people purchase or gain access to healthy food.

Supplemental Nutrition Assistance Program (SNAP)

Helps low-income individuals and families buy food to supplement diet and maintain health. Provides households with electronic benefits that are placed on an EBT card that can be used like cash at most grocery stores. To apply for these benefits, contact your local Welfare Office or refer to the closest food bank for assistance in filling out the application.

For more information about the program and eligibility, call (800) 992-0900 or visit <http://www.fns.usda.gov/snap/>.

Three Square works with community partners to help people in need apply for SNAP. Nevada currently ranks among the lowest states in food assistance participation. To access the SNAP Outreach Calendar, visit <http://www.threesquare.org/programs/snap> for a list of times and locations to apply for benefits.

To find authorized SNAP retailers, visit <http://snap-load-balancer-244858692.us-east-1.elb.amazonaws.com/index.html>

To find out if you are eligible to receive SNAP benefits, try the pre-screening tool at <http://www.snap-step1.usda.gov/fns/>

Welfare Locations in Nevada

For up-to-date Welfare office locations, visit https://dwss.nv.gov/index.php?option=com_content&task=view&id=122&Itemid=319

Northern Nevada

CENTRAL OFFICE

1470 College Pkwy.
Carson City, NV 89706
(775) 684-0500

CARSON CITY DISTRICT OFFICE

2533 N. Carson St., Ste. 200
Carson City, NV 89706
(775) 684-0800; Fax: (775) 684-0844

ELKO / WINNEMUCCA DISTRICT OFFICE

1020 Ruby Vista Dr., Ste. 101
Elko, NV 89801
(775) 753-1233; Fax: (775) 777-1601

ELY DISTRICT OFFICE

725 Ave. "K"
Ely, NV 89301
(775) 289-1650; Fax: (775) 289-1645

FALLON DISTRICT OFFICE

111 Industrial Way
Fallon, NV 89406
(775) 423-3161; Fax: (774) 423-1450

HAWTHORNE DISTRICT OFFICE

1000 "C" St.
P.O. Box 1508
Hawthorne, NV 89415
(775) 945-3602; Fax: (775) 945-5714

NORTHERN NEVADA INVESTIGATIONS & RECOVERY UNIT

680 S. Rock Blvd.
Reno, NV 89502
(775) 448-5298; Fax: (775) 448-5250

PROFESSIONAL DEVELOPMENT CENTER

680-690 S. Rock Blvd.
Reno, NV 89502
(775) 448-5240

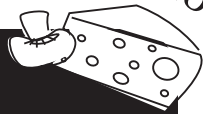
RENO DISTRICT OFFICE

3697 Kings Row
Reno, NV 89503
(775) 684-7200; Fax: (775) 448-5094



DID YOU KNOW?

**276,523 (1 of 10)
Nevada residents
are SNAP recipients.**



Southern Nevada

BELROSE DISTRICT OFFICE

700 Belrose St.
Las Vegas, NV 89107
(702) 486-1646; Fax: (702) 486-1628

CAMBRIDGE CENTER

3900 Cambridge St., Ste. 202
Las Vegas, NV 89119
(702) 486-9400; Fax: (702) 486-8790

CANNON CENTER

3330 Flamingo Rd., Ste. 55
Las Vegas, NV 89121
(702) 486-9400; Fax: (702) 486-9575

COMMUNITY ASSISTANCE CENTER

Flamingo District Office
3330 Flamingo Rd., Ste. 55
Las Vegas, NV 89121
(702) 486-9400; Fax: (702) 486-9401 or 486-9540
Senior Services: (702) 486-9500

HENDERSON DISTRICT OFFICE

520 Boulder Hwy.
Henderson, NV 89015
(702) 486-5000; Fax: (702) 486-1270

NELLIS DISTRICT OFFICE

611 N. Nellis Blvd.
Las Vegas, NV 89110
(702) 486-4828; Fax: (702) 486-4737

OWENS DISTRICT OFFICE

1040 W. Owens Ave.
Las Vegas, NV 89106
(702) 486-1899; Fax: (702) 486-1802

PAHRUMP DISTRICT OFFICE

1840 Pahrump Valley Rd.
Pahrump, NV 89048
(775) 751-7400; Fax: (775) 751-7404

PROFESSIONAL DEVELOPMENT CENTER

701 N. Rancho Dr.
Las Vegas, NV 89121
(702) 486-1429; Fax: (702) 486-1438

Nevada Special Supplemental Nutrition Program for Women Infants & Children (WIC)

Assists low-income, at risk women, infants and children up to the age of 5 by providing supplemental foods, nutrition education and health care referrals. To apply for benefits, visit the center closest to you.

For more information about the program, eligibility requirements and office locations, call (800) 863-8942 or visit <http://www.fns.usda.gov/wic/>

For up-to-date locations of WIC programs in Nevada, visit <http://health.nv.gov/WIC/Locations.htm>

To find authorized WIC stores, visit <http://health.nv.gov/WIC.htm>

Northern Nevada WIC Offices

BATTLE MOUNTAIN

470 S. Broad St.
Battle Mountain, NV 89820
(775) 635-2881; Fax: (775) 635-2366

CALIENTE

360 Lincoln St.
Caliente, NV 89008
(775) 726-3123; Fax: (775) 726-3874

CARSON CITY HEALTH

900 E. Long St.
Carson City, NV 89706
(775) 887-2190; Fax: (775) 887-2248

DAYTON

170 Pike St.
Dayton, NV 89403
(775) 246-6326; Fax: (775) 246-6327

ELKO

1401 Ruby Vista Dr.
Elko, NV 89801
(775) 738-9420; Fax: (775) 777-9102

ELY

435 S. 13th St., Bldg. B
Ely, NV 89301
(775) 289-1688; Fax: (775) 289-6209



FALLON

295 E. Williams Ave., Ste. B
Fallon, NV 89406
(775) 423-7067; Fax: (775) 428-1752

FERNLEY

460 W. Main St., Ste. 109
Fernley, NV 89408
(775) 835-6221; Fax: (775) 575-3373

GARDNERVILLE

1528 Hwy 395, Ste. 220
Gardnerville, NV 89410
(775) 782-8410; Fax: (775) 392-1100

HAWTHORNE

701 "E" St.
Hawthorne, NV 89415
(775) 945-2471; Fax: (775) 945-2499

LOVELOCK

775 Cornell St.
Lovelock, NV 89419
(775) 273-7338

RON WOOD FAMILY RESOURCE

2621 Northgate Ln., #62
Carson City, NV 89706
(775) 884-2269; Fax: (775) 283-4437

SILVER SPRINGS

2965 Fort Churchill Rd.
Silver Springs, NV 89429
(775) 577-0904; Fax: (775) 577-5211

ST MARY'S HEAD START

1100 E. 8th St.
Reno, NV 89512
(775) 770-7500; Fax: (775) 770-6110

ST MARY'S NEIGHBORHOOD CLINIC

3915 Neil Rd.
Reno, NV 89502
(775) 770-7500; Fax: (775) 770-6110

ST. MARY'S SPARKS

921 12th St., Ste. C
Sparks, NV 89431
(775) 770-7500; Fax: (775) 770-6110

ST MARY'S SUN VALLEY

5295 Sun Valley Blvd., Ste. 8
Sun Valley, NV 89433
(775) 770-7500; Fax: (775) 770-6110

ST MARY'S WIC ON WHEELS

Various locations
(775) 770-7500; Fax: (775) 770-6110

ST MARY'S WOOSTER

1950 Villanova Rd.
Reno, NV 89502
(775) 770-7500; Fax: (775) 770-6110

TONOPAH

1 Frankee Ave.
Tonopah, NV 89049
(775) 482-6659

WASHOE HAWC

1055 S. Wells Ave.
Reno, NV 89502
(775) 336-3027; Fax: (775) 328-2501

WASHOE INCLINE

865 Tahoe Blvd., Ste. 202
Incline Village, NV 89451
(775) 828-6600; Fax: (775) 828-6607

WINNEMUCCA

26 E. Haskell St., Ste. B
Winnemucca, NV 89445
(775) 625-2722; Fax: (775) 625-2755

YERINGTON

26 Neving Way, #5
Yerington, NV 89447
(775) 463-6583; Fax: (775) 463-6534

Southern Nevada WIC Offices**CATHOLIC CHARITIES HENDERSON**

215 Palo Verde
Henderson, NV 89015
(702) 558-3129; Fax: (702) 564-1635

CATHOLIC CHARITIES OWENS

1511 Las Vegas Blvd., North
Las Vegas, NV 89101
(702) 366-2069; Fax: (702) 366-9551

CATHOLIC CHARITIES NELLIS AFB

4349 Duffer Dr.
Las Vegas, NV 89191
(702) 643-3465; Fax: (702) 643-3464

NEVADA HEALTH CENTERS ARVILLE

4601 W. Sahara Ave., Ste. I
Las Vegas, NV 89102
(702) 220-9944; Fax: (702) 364-9945

NEVADA HEALTH CENTERS BONANZA

5001 E. Bonanza Rd., Ste. 104
Las Vegas, NV 89110
(702) 220-9930; Fax: (702) 438-1262



NEVADA HEALTH CENTERS CAMBRIDGE

3900 Cambridge St., Ste. 101
 Las Vegas, NV 89119
 (702) 220-3394; Fax: (702) 369-2511

NEVADA HEALTH CENTERS GOWAN

3650 N Rancho Dr., Ste. 106
 Las Vegas, NV 89130
 (702) 220-9926; Fax: (702) 631-4394

NEVADA HEALTH CENTERS MCDANIEL

2320 McDaniel St., Ste. C
 Las Vegas, NV 89030
 (702) 220-6096; Fax: (702) 399-3692

NEVADA HEALTH CENTERS MLK

1700 Wheeler Peak
 Las Vegas, NV 89106
 (702) 220-9928; Fax: (702) 293-0482

NEVADA HEALTH CENTERS TROPICANA

5225 E. Tropicana Ave.
 Las Vegas, NV 89122
 (702) 220-9929; Fax: (702) 433-7823

PAHRUMP

250 N. Hwy 160, Ste. 6
 Pahrump, NV 89060
 (775) 727-4884

ST ROSE-HENDERSON

100 N. Green Valley Pkwy., Ste. 330
 Henderson, NV 89074
 (702) 616-4905; Fax: (702) 616-4909

ST. ROSE-WEST

7220 S. Cimmaron Rd., Ste. 195
 Las Vegas, NV 89113
 (702) 616-4910; Fax: (702) 616-4921

SUNRISE MESQUITE

312 Mesquite Blvd., #10
 Mesquite, NV 89027
 (702) 346-3030; Fax: (702) 346-6607

SUNRISE NORTH LAS VEGAS

3601 N. Las Vegas Blvd., Ste. 102
 Las Vegas, NV 89115
 (702) 643-2515; Fax: (702) 643-3030

SUNRISE RANCHO

2917 W. Washington Ave.
 Las Vegas, NV 89107
 (702) 646-5600; Fax: (702) 646-0069

DID YOU KNOW?



74,526 Nevada residents are WIC recipients.

SUNRISE SAHARA

1000 E. Sahara Ave., Ste. 101
 Las Vegas, NV 89104
 (702) 385-2100; Fax: (702) 385-2668

URBAN LEAGUE-EASTERN

2340 E. Tropicana Ave., #37
 Las Vegas, NV 89119
 (702) 476-9561; Fax: (702) 476-9794

URBAN LEAGUE-FLAMINGO

6480 W. Flamingo Rd., Ste. B
 Las Vegas, NV 89103
 (702) 227-1573; Fax: (702) 227-3923

The Senior Farmer's Market Nutrition Program

Provides low-income seniors with coupons that can be exchanged for eligible foods at Nevada certified farmers' markets. The purpose of this program is to increase the consumption, production and distribution of fresh, locally grown fruits and vegetables and to supplement the nutritional needs for Nevada seniors.

For more information about this program, visit: <http://www.fns.usda.gov/wic/SeniorFMNP/SFMNPmenu.htm> or http://www.purchasing.state.nv.us/com_food/sfmnp.htm

This program is seasonal, and the dates are:

- Northern Nevada, June through September
- Southern Nevada, April through July

For a list of Nevada farmer's markets, visit <http://www.nevadagrown.com>

Note: Not all farmer's markets accept the coupons.

To apply, contact your local senior center or the State Food Distribution Program.



NEVADA STATE FOOD DISTRIBUTION PROGRAM

Trish Newman, Program Specialist I
(775) 684-1837
tnewman@purchasing.state.nv.us
Bernadette DeMars, Program Specialist I
(775) 684-1836
bernie@purchasing.state.nv.us

**Senior Congregate Meals/
Meals on Wheels**

Many organizations offer free or reduced priced meals to seniors. Listed are organizations that either offer group meals or deliver meals directly to you.

For up-to-date information on programs and availability, call (800) 677-1116 or visit: <http://www.mowaa.org/Page.aspx?pid=253> or <http://www.mealcall.org/meals-on-wheels/nv/>

Carson City County

CARSON CITY SENIOR CITIZEN CENTER
911 Beverly Dr.
Carson City, NV 89706
(775) 883-0703

NEVADA DIVISION FOR AGING SERVICES
3900 Cambridge St., Ste. 202
Carson City, NV 89410
(775) 687-4210

Churchill County

CHURCHILL COUNTY SENIOR CENTER
310 E. Court St.
Fallon, NV 89406
(775) 423-7096

FALLON PAIUTE SHOSHONE SENIOR CENTER
1885 Agency Rd.
Fallon, NV 89406
(775) 423-7569

Clark County

BOULDER CITY SENIOR CENTER
813 Arizona St.
Boulder City, NV 89005
(702) 293-3320

CATHOLIC CHARITIES OF SOUTHERN NEVADA

531 N. 30th St.
Las Vegas, NV 89101
(702) 385-5284

CENTENNIAL HILLS ACTIVE ADULT CENTER

6601 N. Buffalo Dr.
Las Vegas, NV 89131
(702) 229-1702

CLARK COUNTY SENIOR CITIZENS

51 N. 1st St.
Mesquite, NV 89027
(702) 346-5290

CORA COLEMAN SENIOR CENTER

2100 Bonnie Ln.
Las Vegas, NV 89156
(702) 455-7617

DERFELT SENIOR CENTER

3343 W. Washington Ave.
Las Vegas, NV 89107
(702) 229-6601

DOOLITTLE SENIOR CENTER

1950 "J" St.
Las Vegas, NV 89106
(702) 229-6125

EAST LAS VEGAS COMMUNITY AND SENIOR CENTER

250 N. Eastern Ave.
Las Vegas, NV 89101
(702) 229-1515

GOLDBERG SENIOR CENTER LAS VEGAS SENIOR LIFELINE

2309 B-Renaissance Dr.
Las Vegas, NV 89119
(702) 933-1191

HENDERSON SENIOR CENTER

27 E. Texas Ave.
Henderson, NV 89015
(702) 267-4150

HERITAGE PARK SENIOR FACILITY

300 Racetrack Rd.
Henderson, NV 89015
(702) 267-2950



HOWARD LIEBURN SENIOR CENTER

6320 Garwood Ave.
Las Vegas, NV 89107
(702) 229-1600

LAS VEGAS SENIOR CITIZENS CENTER

451 E. Bonanza Rd.
Las Vegas, NV
(702) 229-6454

LAUGHLIN SENIOR CENTER

1975 Arie St.
P.O. Box 32055
Laughlin, NV 89029
(702) 298-2592

MARTIN LUTHER KING SENIOR CENTER

2420 N. Martin Luther King Blvd., #B
North Las Vegas, NV 89032
(702) 636-0064

MESQUITE SENIOR CENTER

102 W. Old Mill Rd.
P.O. Box 840
Mesquite, NV 89024
(702) 346-5290

MOAPA VALLEY SENIOR CENTER

325 Cooper St.
Overton, NV 89040
(702) 397-8002

NORTH LAS VEGAS SENIOR CENTER

1638 N. Bruce St.
North Las Vegas, NV 89030
(702) 636-1600

NORTHWEST SENIOR CENTER

6841 W. Lone Mountain Rd.
Las Vegas, NV
(702) 229-4794

SEARCHLIGHT SENIOR CENTER

575 S. Hwy. 95
P.O. Box 915
Searchlight, NV 89046
(702) 297-1614

SENIOR CITIZENS PROGRAMS

749 Veterans Memorial Dr.
Las Vegas, NV 89101-1945
(702) 229-6297

**SOUTHERN NEVADA TRANSIT COALITION
- SILVER RIDER**

260 E. Laughlin Civic Dr.
Laughlin, NV 89029
(702) 298-4435

WEST FLAMINGO SENIOR CENTER

6255 W. Flamingo Rd.
Las Vegas, NV 89103
(702) 455-7742

WHITNEY SENIOR CENTER

5712 Missouri Ave.
Las Vegas, NV 89122
(702) 455-7576

Douglas County

DOUGLAS COUNTY SENIOR SERVICES

2300 Meadow Ln.
Gardnerville, NV 89410
(775) 782-8267

TAHOE DOUGLAS SENIOR CENTER

885 Hwy. 50
Zephyr Cove, NV
(775) 623-6211

WASHOE TRIBE SENIOR CENTER

919 Hwy. 395 South
Gardnerville, NV 89410
(775) 285-8600

Elko County

CARLIN OPEN DOOR SENIOR CENTER

320 Chestnut St.
P.O. Box 123
Carlin, NV 89822
(775) 754-6465

ELKO SENIOR ACTIVITY PROGRAM, INC.

1795 Ruby View
Elko, NV 89801
(775) 738-3030

ELKO BAND SENIOR CENTER

511 Sunset St.
Elko, NV 89801
(775) 738-3030

ELKO INDIAN COLONY

1530 Silver Eagle Dr.
Elko, NV 89801
(775) 738-0425



DUCK VALLEY SENIOR CENTER
P.O. Box 219
Owyhee, NV 89832
(775) 757-3174

SILVER SAGE SENIOR CENTER
213 First St.
P.O. Box 136
Wells, NV 89835
(775) 752-3280

Eureka County

FANNY KOMP SENIOR CENTER
728 7th St.
P.O. Box 211072
Crescent Valley, NV 89821
(775) 468-0466

EUREKA SENIOR CENTER
20 W. Gold St.
P.O. Box 278
Eureka, NV 89316
(775) 235-5597

Humboldt County

FT. MCDERMITT PAIUTE SHOSHONE SENIOR CENTER
111 N. Reservation Rd.
P.O. Box 457
McDermitt, NV 89421
(775) 532-8259

WINNEMUCCA SENIOR CENTER
1480 Lay St.
Winnemucca, NV 89445
(775) 623-6211

Lander County

AUSTIN SENIOR CENTER
P.O. Box 211
Austin, NV 89310
(775) 964-2338

BATTLE MOUNTAIN SHOSHONE BAND COUNCIL
37 Mountain View Dr., #C
Battle Mountain, NV 89820
(775) 635-2004

LANDER COUNTY SENIOR CITIZENS CENTER
365 E. 4th St.
Battle Mountain, NV 89820
(775) 635-5311

YOMBA TRIBAL COUNCIL
HC 61, Box 6275
Austin, NV 89310
(775) 964-2463

Lincoln County

ALAMO SENIOR CENTER
20 Airport Rd.
P.O. Box 316
Alamo, NV 89001
(775) 725-3340

OLSON SENIOR CITIZEN CENTER
240 Front St.
P.O. Box 322
Fallon, NV 89406
(775) 423-7569

Lyon County

DAYTON SENIOR CENTER
320 Old Dayton Valley Rd.
P.O. Box 612
Dayton, NV 89403
(775) 246-6210

FERNLEY SENIOR CENTER
1170 W. Newlands Dr.
Fernley, NV 89408-8924
(775) 575-3370

LYON COUNTY HUMAN SERVICE
P.O. Box 1141
Silver Springs, NV 89429
(775) 577-5009

SILVER SPRING SENIOR CENTER
2945 Ft. Churchill Rd.
Silver Springs, NV 89429
(775) 577-5014

YERINGTON PAIUTE TRIBE ELDER CENTER
171 Campbell Ln.
Yerington, NV 89447
(775) 883-8334



YERINGTON SENIOR CITIZENS CENTER

117 Tilson Way
Yerington, NV
(775) 463-6550

Mineral County

MINA SENIOR CENTER

821 8th St.
P.O. Box 195
Mina, NV 89422
(775) 573-2344

MINERAL COUNTY CARE & SHARE

975 "K" St.
P.O. Box 1058
Hawthorne, NV 89415
(775) 945-5519

WALKER RIVER SENIOR CENTER

P.O. Box 220
Schurz, NV 89427
(775) 773-2224

Nye County

AMARGOSA SENIOR CENTER

443 E. Desert Senior Ln.
Amargosa Valley, NV 89020
(775) 372-5413

BEATTY SENIOR CENTER

150 "A" Ave., South
P.O. Box 453
Beatty, NV 89003
(775) 553-2954

NYE COUNTY SENIOR NUTRITION PROGRAM

2 Frankee St.
Tonopah, NV 89049
(775) 482-7300

PAHRUMP VALLEY SENIOR CENTER

1370 W. Basin Ave.
Pahrump, NV 89060
(775) 727-5008

TONOPAH SENIOR CENTER

1 Senior Center Dr.
P.O. Box 392
Tonopah, NV 89049
(775) 487-7300

Pershing County

PERSHING COUNTY SENIOR CENTER

P.O. Box 838
Lovelock, NV 89419
(775) 273-2291

Storey County

STOREY SENIOR CITIZENS CENTER

100 N. East St.
Virginia City, NV
(775) 847-0957

Washoe County

AGING SERVICES DIVISION

445 Apple St., #104
Reno, NV 89502
(775) 688-2964

GERLACH SENIOR CENTER

385 E. Sunset Blvd.
P.O. Box 69
Gerlach, NV 89412
(775) 557-2206

NUMAGA SENIOR CENTER

P.O. Box 256
Nixon, NV 89424
(775) 574-0180

SENIOR DIMENSIONS SERVICE CENTER

Reno, NV 89406
(775) 826-1161

SPARKS SENIOR CENTER

97 Richards Way
Sparks, NV 89431-2374
(775) 353-3110

SUN VALLEY SENIOR CENTER

115 W. 6th Ave.
Sun Valley, NV 89433-7374
(775) 673-9417

WASHOE COUNTY SENIOR SERVICES

1155 E. 9th St.
Reno, NV 89512
(775) 328-2575

White Pine County

DUCKWATER ELDER CENTER

P.O. Box 140068
Duckwater, NV 89314
(775) 863-0155



DID YOU KNOW?



As of July 2009,
the number of
seniors in Nevada total
339,189 (or 12.8% of the total
population)

ELY SHOSHONE ELDERS CENTER

250 Heritage Dr.
Ely, NV 89301
(775) 289-6907

WHITE PINE SENIOR CENTER

1000 Campton St.
Ely, NV 89301
(775) 289-2742

School Meals Program

For general information about these programs, visit: <http://www.fns.usda.gov/cnd/>

- **National School Lunch Program** is a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. It provides nutritionally balanced, low-cost or free lunches to children each school day. To apply for this program, visit your child's school cafeteria for an application.
- **School Breakfast Program** provides cash assistance to States to operate nonprofit breakfast programs in schools and residential childcare institutions. Children enrolled receive nutritious breakfast at free or reduced cost. **If you qualify for free or reduced lunch, you probably qualify for the School Breakfast Program.** Inquire at your child's school cafeteria for an application.

To see what your child is eating, refer to your child's school district below. These are Nevada school websites which provide breakfast and lunch menus.

Nevada School District Lunch Menus

CARSON CITY SCHOOL DISTRICT

<http://www.carsoncityschools.com/Depts/NS/>

CHURCHILL COUNTY SCHOOL DISTRICT

<http://bit.ly/gQmbn4>

CLARK COUNTY SCHOOL DISTRICT

<http://ccsd.net/foodservice/>

DOUGLAS COUNTY SCHOOL DISTRICT

<http://bit.ly/hl8mNt>

ELKO COUNTY SCHOOL DISTRICT

<http://www.elko.k12.nv.us/kitchen/>

ESMERALDA COUNTY SCHOOL DISTRICT

<http://esmeralda.k12.nv.us/>

EUREKA COUNTY SCHOOL DISTRICT

<http://bit.ly/fr5qmL>

HUMBOLDT COUNTY SCHOOL DISTRICT

<http://www.humboldt.k12.nv.us/foodservice/>

LANDER COUNTY SCHOOL DISTRICT

<http://www.lander.k12.nv.us/>

No lunch menus available online

LINCOLN COUNTY SCHOOL DISTRICT

<http://www.lincoln.k12.nv.us/>

LYON COUNTY SCHOOL DISTRICT

<http://bit.ly/lhWqAG>

MINERAL COUNTY SCHOOL DISTRICT

<http://www.mineral.k12.nv.us/>

NYE COUNTY SCHOOL DISTRICT

<http://bit.ly/hZLC3A>

PERSHING COUNTY SCHOOL DISTRICT

<http://bit.ly/mzl55x>

STOREY COUNTY SCHOOL DISTRICT

<http://www.storey.k12.nv.us/scsd-main.htm>

No lunch menus available online

WASHOE COUNTY SCHOOL DISTRICT

<http://www.washoe.k12.nv.us/parents/nutrition-services/menu>

WHITE PINE COUNTY SCHOOL DISTRICT

<http://www.whitepine.k12.nv.us/>



Backpacks for Kids

Provides free, nutritious, easy-to-prepare weekend meals for elementary school children. **If you are homeless or in need, your child may be eligible to receive a food backpack.**

To learn more, contact your closest food bank or your child's school administration.

Kids Café

A program of Feeding America which provides meals for children involved in afterschool activities and/or programs.

To learn more, contact your closest food bank or your child's school administration.

Summer Food Service Program

Provides free nutritious meals and snacks to low-income children ages 18 or younger during the summer when school is out. For more information, call (702) 486-7902 or visit www.doe.nv.gov/SFSP.htm

- For Northern Nevada Summer Food Sites, visit <http://www.doe.nv.gov/ChildNutrition/NorthernSummerOPENFeedingSites11.pdf>
- For Southern Nevada Summer Food Sites, visit <http://www.doe.nv.gov/ChildNutrition/SouthernSummerOPENFeedingSites11.pdf>

Commodity Supplemental Food Program (CSFP)

Works to improve the health of low-income pregnant and breastfeeding women, new mothers up to one year postpartum, infants, children up to age 6, and people age 60 years and older. CSFP participants must meet federal and state eligibility criteria in order to receive monthly food packages. You may not receive WIC and CSFP at the same time. However, you may receive SNAP benefits and CSFP.

Northern Nevada CSFP Agencies

FOOD BANK OF NORTHERN NEVADA
(Washoe, Carson, Churchill, Mineral and Storey Counties)

550 Italy Dr.

McCarran, NV 89434

(775) 331-3663 or toll Free: (877) 302-3663

FRIENDS IN SERVICE HELPING

(Elko County)

821 Water St.

Elko, NV 89801

(775) 738-3038

Southern Nevada CSFP Agencies

EAST VALLEY FAMILY SERVICES

3900 Cambridge St., Ste. 106

Las Vegas, NV 89119

(702) 631-7098

NEVADA STATE OFFICE

Trish Newman, Program Specialist I

(775) 684-1837

tnewman@purchasing.state.nv.us

Bernadette DeMars, Program Specialist I

(775) 684-1836

bernie@purchasing.state.nv.us

Food Distribution on Indian Reservations (FDPIR)

Federal program that provides commodity foods to low-income households, including the elderly, living on Indian reservations, and to Native American families residing in designated areas near reservations and in the State of Oklahoma. You may not receive FDPIR benefits and SNAP benefits at the same time. To apply, contact one of the following:

NEVADA FOOD DISTRIBUTION PROGRAM

Pam Hopkins, Program Specialist

2250 Barnett Way

Reno, NV 89512

(775) 684-1832; Fax: (775) 688-1503

phopkins@purchasing.state.nv.us

- Areas of Operation: Dresslerville Colony, Duckwater Reservation, Battle Mountain (Te-Moak) Indian Colony, Goshute Reservation, Fort McDermitt Reservation,



Pyramid Lake, South Fork Reservation,
Wells Colony, Elko Colony, Ely Indian
Colony, Lone Pine Reservation

SHOSHONE PAIUTE TRIBAL COUNCIL

Steve Pursley, Director
Food Distribution Program
P.O. Box 219
Owyhee, NV 89832

(775) 757-3131; Fax: (775) 757-3132

pursley.steve@shopai.org

- Area of Operation: Duck Valley
Reservation

YERINGTON PAIUTE TRIBE

Marlin Thompson, Manager
Commodity Food Program
171 Campbell Lane
Yerington, NV 89447

(775) 463-4396; Fax: (775) 463-4396

yptcommodities@ypt-nsn.gov

phopkins@purchasing.state.nv.us

- Areas of Operation: Bridgeport Indian
Colony, Benton Reservation, Bishop
Reservation, Big Pine Paiute (Shoshone
Tribe), Fort Independence Reservation,
Fallon Colony & Reservation, Yomba
Colony, Carson Colony, Woodfords
Colony, Lovelock Colony, Reno-Sparks
Colony, Walker River Reservation, Death
Valley Timbisha Tribe

The Emergency Food Assistance Program (TEFAP)

The TEFAP provides non-profit distribution sites with commodities for redistribution to low-income families. This free food is for household consumption, but recipients must meet state and federal guidelines.

To qualify:

- ID and proof of Nevada residency is required for the receipt of USDA food.
- Each household must read the "Self Declaration Assurance" and certify eligibility by signing the issuance sheet that their household income does not exceed 150 percent of the federal poverty guidelines.

Food is distributed during certain months only. Commodities available may be canned juices, canned fruits and vegetables, canned and frozen meats, dry beans, peanut butter, dry milk and pastas.

To find the location nearest you, see the TEFAP Distribution Schedule: <http://bit.ly/jYXLBg> or you may also contact the State office: Wanda Shepherd, Program Specialist II (775) 684-1833, shepherd@purchasing.state.nv.us

CUCUMBER TOMATO SALAD *(Makes 8 servings)*

This delicious and naturally low fat salad needs no dressing as it creates its own wonderful juices.

Ingredients:

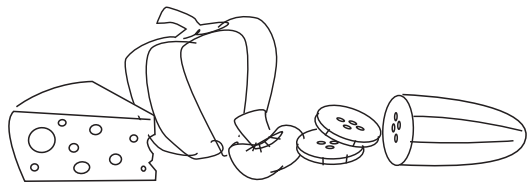
1 1/2 large cucumbers, peeled and sliced
3 large tomatoes, cut in wedges
1 small red onion, chopped
3 teaspoons fresh basil, chopped
(or 1 teaspoon dried basil)
1/4 teaspoon garlic powder
1/8 teaspoon pepper
Salt to taste
1/4 cup feta or other strongly flavored
cheese, crumbled (optional)

Preparation:

1. Combine all vegetables in a large container with a tight fitting lid.
2. Add the garlic powder, basil, pepper, salt and optional crumbled cheese.
3. Cover the container with the tight fitting lid and shake well.
4. Refrigerate for at least 1 hour prior to serving.

Per serving: 35 calories, 1 g total fat, 3 mg cholesterol, 37 mg sodium, 6 g carbohydrates, 2 g protein, 209 mg potassium. Provides nearly 3/4 cup vegetables per serving.





Food and Nutrition Education

There are many programs in place to learn about food and good nutrition. Some programs are especially for low-income people, while others are available to anybody.

Cooperative Extension System

The Cooperative Extension System is a nationwide, non-credit educational network. Each U.S. state and territory has a state office at its land-grant university and a network of local or regional offices. These offices are staffed by experts who provide useful, practical, and research-based information to agricultural producers, small business owners, youth, consumers and others in communities of all sizes.

For up-to-date information about nutrition programs including times and locations, contact the UNCE office in your county. See <http://www.unce.unr.edu/programs/health/>

UNCE County Offices

CARSON CITY/STOREY

2621 Northgate Ln., Ste. 15
Carson City, NV 89706
(775) 887-2252; Fax: (775) 887-2065

CHURCHILL

111 Sheckler Rd.
Fallon, NV 89406-8951
(775) 423-5121; Fax: (775) 423-7594

CLARK

8050 Paradise Rd., Ste. 100
Las Vegas, NV 89123-1904
(702) 222-3130; Fax: (702) 222-3100

CLARK, NORTHEAST

1897 N. Moapa Valley Blvd.
P. O. Box 126
Logandale, NV 89021
(702) 397-2604; Fax: (702) 397-8301

DOUGLAS

P.O. Box 338
Minden, NV 89423-0338
1329 Waterloo
Gardnerville, NV 89410
(775) 782-9960; Fax: (775) 782-9968

ELKO

701 Walnut St.
Elko, NV 89801-5032
(775) 738-7291; Fax: (775) 753-7843

ESMERALDA/NORTHERN NYE

P.O. Box 231
1 Frankie St., Old Courthouse
Tonopah, NV 89049-0231
(775) 482-6794; Fax: (775) 482-5396

EUREKA

P.O. Box 613
701 S. Main St.
Eureka, NV 89316-0613
(775) 237-5326; Fax: (775) 237-5164

HUMBOLDT

1085 Fairgrounds Rd.
Winnemucca, NV 89445-2927
(775) 623-6304; Fax: (775) 623-6307

LANDER

815 N. Second St.
Battle Mountain, NV 89820-2326
(775) 635-5565; Fax: (775) 635-8309

LINCOLN

P.O. Box 728
360 Lincoln St.
Caliente, NV 89008-0728
(775) 726-3109; Fax: (775) 726-3332

LYON

504 S. Main St.
P.O. Box 811
Yerington, NV 89447-0811
(775) 463-6541; Fax: (775) 463-6545

MINERAL

314 5th St.
P.O. Box 810
Hawthorne, NV 89415
(775) 945-3444; Fax: (775) 945-2259



NYE, SOUTHERN (FOR NORTHERN NYE COUNTY, SEE ESMERALDA)

1651 E. Calvada Blvd.
Pahrump, NV 89048
(775) 727-5532; Fax: (775) 727-6199

PERSHING

810 Sixth St.
P.O. Box 239
Lovelock, NV 89419-0239
(775) 273-2923; Fax: (775) 273-7647

STOREY/CARSON CITY

2621 Northgate Ln., Ste. 15
Carson City, NV 89706
(775) 887-2252; Fax: (775) 887-2065

WASHOE

5305 Mill St.
Reno, NV 89502-2315
(775) 784-4848; Fax: (775) 784-4881

WASHOE/INCLINE VILLAGE

855 Alder Ave., Ste. 104
P.O. Box 3912
Incline Village, NV 89450
(775) 832-4150; Fax: (775) 832-4139

WASHOE/PYRAMID LAKE PAIUTE RESERVATION

301 Gerlach Hwy., Room 103
P.O. Box 256
Nixon, NV 89424
(775) 574-0441; Fax: (775) 574-0442

WHITE PINE SCHOOL DISTRICT

995 Campton St.
Ely, NV 89301-0210
(775) 289-4459; Fax: (775) 289-1462

SNAP-Ed

Recipients of Supplemental Nutrition Assistance Program benefits may also be eligible to receive nutrition education. Various agencies, called "SNAP-Ed Implementing Agencies" throughout the state provide nutrition education for the SNAP-Ed program. Call the agency for more information.

SNAP-Ed Implementing Agencies

DUCKWATER SHOSHONE TRIBE

P.O. Box 140668
Duckwater, NV 89314-0068
Contact: Carol Hensley
(775) 863-0222

FOOD BANK OF NORTHERN NEVADA

550 Italy Dr.
McCarran, NV 89434
Contact: Angela Dazey
(775) 331-3663

HELP OF SOUTHERN NEVADA

1640 E. Flamingo Rd., #100
Las Vegas, NV 89119
Contact: Ilona Nagy
(702) 697-3840

SOUTHERN NEVADA HEALTH DISTRICT, OFFICE OF CHRONIC DISEASE PREVENTION & HEALTH PROMOTION

400 Shadow Ln., Ste. #101
P.O. Box 3902
Las Vegas, NV 89127
Contact: Nicole Bungum, MS, CHES
(702) 759-1270

STEP 2

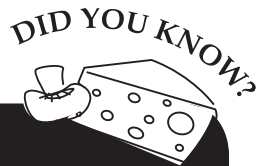
P.O. Box 40647
Reno, NV 89504
Contact: Lisa Hill
(775) 747-5706

TE-MOAK TRIBE OF WESTERN SHOSHONE

525 Sunset St.
Elko, NV 89801
Contact: Sharon Keams or Roberta Sam
(775) 738-4881

UNIVERSITY OF NEVADA

Cooperative Extension
8050 Paradise Rd., Ste. 100
Las Vegas, NV 89123
Contact: Mary Wilson, MS, RD
(702) 257-5507



In 2009, the UNCE provided SNAP-ed programming to 10,355 people.



YERINGTON PAIUTE TRIBE

171 Campbell Ln.
Yerington, NV 89447-9731
Contact: Dede Riddle
(775) 463-4396

SNAP-Ed Programs

- **Duckwater and Yerington Food Distribution Programs on Indian Reservations** give monthly nutrition education programs to its participants.
- **Food Bank of Northern Nevada** offers afterschool program such as **Food Smarts**, **Nutrition Newsletter** in qualifying elementary schools in Washoe County, **Shopping Strategies** classes in community centers to help stretch SNAP benefits, and **Senior Nutrition** program.
- **HELP of Southern Nevada** offers **Baby First**, to moms that are at nutritional risk and are SNAP recipients in Clark County to learn how to plan meals, shop with grocery list and prepare healthier meals.
- **Southern Nevada Health District** offers programs to select schools, including **Produce of the Month** and **TV Turn-Off Week**, and a partnership with select Food4Less grocery stores offering “**Get Healthy**” **Grocery Store Tours** and monthly **Food Demos** in the Produce Section.
- **Step 2** offers **Safe and Sober Eating** (in Washoe County only). Most participants are single heads of families struggling with addiction, poverty and violence. Classes provide food safety, menu planning and how to stretch SNAP benefits when shopping.
- **Te-Moak** has **Healthy Active Kids Program** that promotes increased physical activity and decreases obesity of school age children and their families at four tribal communities in Battle Mountain, Wells and Elko areas.
- **University of Nevada Cooperative Extension** offers many programs including: **All 4 Kids** to encourage preschool aged children and their families to be healthy, happy, active and fit in Clark and Washoe Counties; **An Ounce of Prevention** diabetes prevention and education in Clark County schools, community centers, and health facilities; **Anahuac School and**

Community Engagement Program in specific schools in Clark County; **Calcium, It’s Not Just Milk** in specific Clark County middle schools; **Chefs for Kids** in specific Clark County and Washoe County high need elementary schools; **Eat Smart, Live Strong** for seniors that receive commodity foods at commodity food distribution sites and some senior housing locations; **Food for Health and Soul** and **Cocinando Delicioso y Saludable** teaches and promotes healthier versions of family in Clark County schools, churches, community centers, health facilities, and public housing complexes; **Grow Yourself Healthy** for at-risk 3rd, 4th and 5th grade students at two Washoe County schools in Reno; **Healthy Steps to Freedom** for women in local substance abuse and mental health recovery facilities in Southern Nevada; **Mom’s Special Gift** is a breastfeeding education and support program for Medicaid eligible women in Clark County; **Niks & Knacks: Learning to Prepare Healthy After School Snacks** for adolescent youth in specific afterschool locations in Clark County; **Small Steps for Big Changes** is a Washoe County 4-H Youth development program promoting better food choices and physical activity; **Team Nutrition Smart Choices**, in select schools in Washoe County, increases teachers’ capacity to deliver nutrition lessons; **Veggies for Kids** at Natchez, Owyhee and Hawthorne elementary schools; and **Youth 4 Health** an afterschool nutrition and active living program conducted with Yerington Paiute Reservation elementary and intermediate youth in Lyon County.

Head Start and Early Head Start Centers

Head Start and Early Head Start are programs for low-income pregnant women, infants, toddlers and preschoolers. Head Start programs promote school readiness by enhancing the social and cognitive development of children through the provision of educational, health, nutritional, social and other services to enrolled children and families.

Families and participants receive nutrition education materials and classes. Some information can be found online at <http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/family/For%20Parents>



Head Start and Early Head Start* Locations

Early Head Start locations denoted with an asterisk (*). Location information may also be found at <http://eclkc.ohs.acf.hhs.gov/hslc/HeadStartOffices#map-home>

Carson City

STEWART

465 Clear Creek Ave.
Carson City, NV 89701-8509
American Indian/Alaskan Native

Churchill County

FALLON

340 Venturacci Ln.
Fallon, NV 89406-5718

FALLON HEAD START

8951 Mission Rd.
Fallon, NV 89406-7180
American Indian/Alaskan Native

FALLON MSHS CENTER

77 E. Stillwater Ave.
Fallon, NV 89406
Migrant/Seasonal Head Start

Clark County

ACELERO LEARNING CLARK COUNTY

4366 W. Cheyenne Ave.
North Las Vegas, NV 89032

CECILE WALNUT

3820 Cecile Ave.
Las Vegas, NV 89115

HERB KAUFMAN

4020 Perry St.
Las Vegas, NV 89122

JEFFERSON CENTER

2530 East Carey Ave.
North Las Vegas, NV 89030

MARTIN LUTHER KING CENTER

1555 W. Carey
Las Vegas, NV 89032

MOAPA HEAD START

5 Lincoln St.
Moapa, NV 89025-0004
American Indian/Alaskan Native

OWENS LEARNING CENTER

1260 W. Owens Ave.
Las Vegas, NV 89106

PDC

701 N. Rancho Dr.
Las Vegas, NV 89106

REACH OUT

1522 Pinto Ln.
Las Vegas, NV 89106

REYNALDO MARTINEZ

2901 Harris Ave.
Las Vegas, NV 89101

SCF-HENDERSON EHS CENTER*

180 Westminster Way
Henderson, NV 89015-6120

SCF- LADD EDUCATION CENTER*

2785 E. Desert Inn Rd., Ste. 100
Las Vegas, NV 89121-3638

SCF-SPRING VALLEY EHS CENTER*

2845 Mohawk St.
Las Vegas, NV 89146-6868

STEWART

4301 Stewart Ave
Las Vegas, NV 89110

SUNFLOWER

2660 Caselton St.
Las Vegas, NV 89101

SUNRISE CHILDREN'S FOUNDATION-EHS*

2755 E. Desert Inn Rd., Ste. 200
Las Vegas, NV 89121

YVONNE ATKINSON-GATES CENTER

951 N. Tonopah Ave.
Las Vegas, NV 89106

Douglas County

DRESSLERVILLE

1570 Watasheamu Rd.
Gardnerville, NV 89460-7452
American Indian/Alaskan Native

WASHOE TRIBE OF NEVADA AND CALIFORNIA

919 US Hwy. 395
Gardnerville, NV 89410-8968



Elko County

ELKO HEAD START

1540 Silver Eagle
Elko, NV 89801-5021

American Indian/Alaskan Native

HEAD START OF NORTHEASTERN NEVADA

1280 Golf Course Rd.
Elko, NV 89801

JACKPOT

950 Lady Luck Dr.
Jackpot, NV 89825

OWYHEE HEAD START

New Town Subdivision St.
Rte. 225, P.O. Box 98
Owyhee, NV 89832

American Indian/Alaskan Native

WELLS

518 Dover St.
Wells, NV 89835

WELLS EARLY HEAD START*

580 Dover St.
P.O. Box 688
Wells, NV 89835

Humboldt County

MCDERMITT HEAD START

N. Reservation Rd., #111
McDermitt, NV 89421-0342

American Indian/Alaskan Native

WINNEMUCCA MSHS CENTER

1095 S. Bridge
Winnemucca, NV 89445

Migrant/Seasonal Head Start

Lyon County

FERNLEY

915 Farm District Rd.
Fernley, NV 89408-9464

SILVER SPRINGS

3900 W. Spruce Ave.
Silver Springs, NV 89429

YERINGTON HEAD START

626 Bovard St.
Yerington, NV 89447-2465

American Indian/Alaskan Native

Mineral County

SCHURZ HEAD START

#1 Toh Bah Pah
P.O. Box 69
Schurz, NV 89427

American Indian/Alaskan Native

Pershing County

LOVELOCK HEAD START

117 Etha Dr.
P.O. Box 328
Lovelock, NV 89419

American Indian/Alaskan Native

Washoe County

AGNES RISLEY

1900 Sullivan Ln.
Sparks, NV 89431-1052

BERNICE MATHEWS

2750 Elementary Dr.
Reno, NV 89512-5707

CENTRAL OFFICE

1100 E. 8th St.
Reno, NV 89512-2852

COMMUNITY SERVICES AGENCY

1090 E. 8th St.
Reno, NV 89512-2853

DESERT HEIGHTS

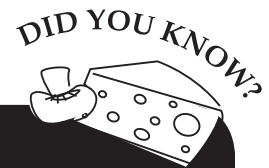
5310 Echo Ave.
Reno, NV 89506

ECHO LODER

650 Apple St.
Reno, NV 89502-3529

INTERTRIBAL COUNCIL OF NEVADA

680 Greenbrae Dr., Ste. 265
Sparks, NV 89431-3100



**In 2008, 2,446
children received
services through Nevada's
Head Start program.**



NEVADA EARLY INTERVENTION SERVICES CENTER*

2667 Enterprise Rd.
Reno, NV 89512

RENO-SPARKS INDIAN COLONY

98 Colony Rd.
Reno, NV 89502-1230

RENO-SPARKS INDIAN COLONY HEAD START

34A Reservation Rd.
Reno, NV 89502

American Indian/Alaskan Native

SMITHRIDGE

4801 Neil Rd.
Reno, NV 89502-5880

SUN VALLEY

115 W. 6th Ave.
Sun Valley, NV 89433-7374

UNR- COMSTOCK CENTER*

Mail Stop 392
Reno, NV 89557-0392

UNR- NELSON CENTER*

Mail Stop 392
Reno, NV 89557-0392

White Pine County

LITTLE PEOPLE'S HEAD START

435 S. 13th St.
Ely, NV 89301-2215

Local Health Districts

Public health organizations can be a great resource for nutrition information, besides offering unique programs designed to improve the health of their population.

Get Healthy Washoe

Tobacco, Nutrition and Physical Activity Programs under the Chronic Disease Prevention Program empowers the Washoe County community to be tobacco free, live active lifestyles and eat nutritiously. For more information, visit <http://www.gethealthywashoe.com/>

Get Healthy Clark County

An initiative launched by the Southern Nevada Health District's Office of Chronic Disease Prevention & Health Promotion designed to help the Southern Nevada community get and stay healthy. For up-to-date information, nutrition education, resources and activities, visit www.GetHealthyClarkCounty.org or call (702) 759-1270. A Spanish mirror website is also available at www.vivasaludable.org.

Programs and free online programs include:

- **Get Healthy Meal Planner:** is an interactive online program that enables you to enter your current meal plans and analyzes the information, to give healthier options for complete balanced nutrition. It even offers pre-planned meals for more convenience.
- **Color Me Healthy:** a program for child care providers to teach preschoolers about physical activity and healthy eating with interactive lessons.
- **Kids Challenge:** An online interactive program, which challenges kids ages 6-11 to eat healthy and get physically active.
- **Get Healthy Clark County Blog:** Offers information about health concerning topics.
- **Nutrition Challenge:** a free online 8 week program designed to help you increase the amount of fruits and vegetables eaten daily.
- **Walk Around Nevada Challenge:** an online program that helps people track daily physical activity and reach physical activities goals.

Parks and Recreation in Nevada

For locations of parks in Las Vegas and Clark County, go to http://www.gethealthyclarkcounty.org/chronic_disease/ptp_lv.html

Following is a list of recreation centers that offer food and nutrition activities and/or classes. For up-to-date information on class availability, contact the center directly.



CHURCHILL COUNTY PARKS AND RECREATION FACILITIES

325 Sheckler Rd.
Fallon, NV 89406
(775) 423-7733

CITY OF HENDERSON PARKS AND RECREATION

650 Apple St.
Reno, NV 89502-3529
<http://bit.ly/eBiYZm>

BLACK MOUNTAIN RECREATION CENTER

599 Greenway Rd.
(at Horizon Dr.)
Henderson, NV 89015
(702) 267-4070

DOWNTOWN RECREATION CENTER

105 W. Basic Rd.
Henderson, NV 89015
(702) 267-4040

HENDERSON MULTIGENERATIONAL CENTER

250 S. Green Valley Pkwy.
Henderson, NV 89012
(702) 267-5800

HERITAGE PARK SENIOR FACILITY

300 Racetrack Rd.
Henderson, NV 89015
(702) 267-2950

SILVER SPRINGS RECREATION CENTER

1951 Silver Springs Pkwy.
Henderson, NV 89074
(702) 267-5720

VALLEY VIEW RECREATION CENTER

500 Harris St.
Henderson, NV 89015
(702) 267-4060

WHITNEY RANCH RECREATION CENTER

1575 Galleria Dr.
Henderson, NV
(702) 267-5850

CITY OF LAS VEGAS PARKS AND RECREATION, LEISURE SERVICES CENTER

<http://bit.ly/eyBdZ1>

BECKER COMMUNITY SCHOOL

9110 Hillpointe Rd.
Las Vegas, NV 89134
(702) 229-2482

BRINLEY COMMUNITY SCHOOL

6150 Smoke Ranch Rd.
Las Vegas, NV 89108
(702) 229-2642
**summer feeding program*

CENTENNIAL HILLS COMMUNITY CENTER

6601 N. Buffalo Dr.
Las Vegas, NV 89131
(702) 478-9622

CHARLESTON HEIGHTS COMMUNITY SCHOOL

6438 Celeste Ave.
Las Vegas, NV 89107
(702) 229-4440
**summer feeding program*

CLARK COMMUNITY SCHOOL

3074 Arville St.
Las Vegas, NV 89102
(702) 229-3686

DOOLITTLE COMMUNITY CENTER

1950 "J" St.
Las Vegas, NV 89106
(702) 229-6125
**summer feeding program*
***senior congregate meals*

GIBSON COMMUNITY SCHOOL

3900 W. Washington Ave.
Las Vegas, NV 89107
(702) 229-5096
**summer feeding program*

HELEN MEYER PARK & CENTER

4525 New Forest Dr.
Las Vegas, NV 89147
(702) 455-7723

JOHNSON COMMUNITY SCHOOL

340 Villa Monterey Dr.
Las Vegas, NV 89145
(702) 229-6175

LIED COMMUNITY SCHOOL

5350 W. Tropical Pkwy.
Las Vegas, NV 89130
(702) 229-5072

LORENZI ADAPTIVE RECREATION CENTER

3339 W. Washington Ave.
Las Vegas, NV 89107
(702) 229-6358



MIRABELLI COMMUNITY CENTER

6200 Hargrove Ave.
Las Vegas, NV 89107
(702) 229-6359

RAFAEL RIVERA COMMUNITY CENTER

2900 Stewart Ave.
Las Vegas, NV 89101
(702) 229-4600
**summer feeding program*

ROBINSON COMMUNITY SCHOOL

4794 Harris Ave.
Las Vegas, NV 89110
(702) 229-2542

STUPAK COMMUNITY CENTER

300 W. Boston Ave.
Las Vegas, NV 89102
(702) 229-2488
**summer feeding program*

CITY OF NORTH LAS VEGAS PARKS AND RECREATION

2750 Elementary Dr.
Reno, NV 89512-5707
<http://bit.ly/fcjSGq>

NEIGHBORHOOD RECREATION CENTER

1638 North Bruce St.
North Las Vegas, NV 89030
(702) 633-1600

SILVER MESA RECREATION CENTER

4025 Allen Ln.
North Las Vegas, NV 89032
(702) 633-2550

VETERANS MEMORIAL LEISURE SERVICE CENTER

101 N. Pavilion Center Dr.
Las Vegas, NV 89144
(702) 229-1100

CLARK COUNTY PARKS AND RECREATION

2601 E. Sunset Rd.
Las Vegas, Nevada 89120
(702) 455-8200
<http://bit.ly/eYSrg1>

CAMBRIDGE RECREATION CENTER

3930 Cambridge St.
Las Vegas, NV 89119
(702) 455-7169

DESERT BREEZE PARK & COMMUNITY CENTER

8275 Spring Mountain Rd.
Las Vegas, NV 89117
(702) 455-8334

HOLLYWOOD CENTER & PARK

1650 S. Hollywood
Las Vegas, NV 89142
(702) 455-0566

MOUNTAIN CREST PARK & CENTER

4701 N. Durango
Las Vegas, NV 89129
(702) 455-1905

PARADISE PARK

4775 McLeod
Las Vegas, NV 89121
(702) 455-7513

PARKDALE PARK & CENTER

3200 Ferndale St.
Las Vegas, NV 89121
(702) 455-7517

WALNUT RECREATION CENTER

3075 N. Walnut
Las Vegas, NV 89115
(702) 455-8402

WEST FLAMINGO PARK & CENTER

6255 W. Flamingo
Las Vegas, NV 89103
(702) 455-7742

WHITNEY PARK & CENTER

5712 E. Missouri
Las Vegas, NV 89122
(702) 455-7560
***senior congregate meals*

WINCHESTER CULTURAL CENTER AND PARK

3130 S. McLeod
Las Vegas, NV 89119
702-455-7340

ELKO PARKS AND RECREATION FACILITIES

723 Railroad St.
Elko, Nevada
(775) 777-7260
<http://www.ci.elko.nv.us> (Click on "Recreation" tab in upper right corner.)



YMCA SOUTHERN NEVADA
Durango Hills Community Center
3521 N. Durango Dr.
Las Vegas, NV 89129
(702) 240-9622



Formal Nutrition Education

The **Commission on Accreditation for Dietetics Education** is American Dietetic Association's accrediting agency for education programs preparing students for careers as registered dietitians or dietetic technicians, registered.

Education Programs in Nevada

TRUCKEE MEADOWS COMMUNITY COLLEGE

7000 Dandini Blvd.
RD MT 334J
Reno, NV 89512-3999
Contact: Janice L. Grover, MS RD, Program Director

(775) 673-8218; Fax: 775/674-4844

jgrover@tmcc.edu

<http://www.tmcc.edu>

Dietetic Technician program

UNIVERSITY OF NEVADA, LAS VEGAS NUTRITION SCIENCES

4505 Maryland Pkwy.
Box 453026
Las Vegas, NV 89154-3026
Contact: Laura Kruskall, PhD RD, Program Director
(702) 895-4985; Fax: (702) 895-2616

laura.kruskall@unlv.edu

<http://go.unlv.edu/>

Didactic Program in Dietetics, Dietetic Internship Program

UNIVERSITY OF NEVADA, RENO NUTRITION SCIENCES

Department of Nutrition
SFB, Mail Stop 142
Reno, NV 89557
Contact: Judith M. Ashley, PhD MSPH RD,
Program Director

(775) 784-6487; Fax: (775) 784-6449

jashley@cabnr.unr.edu

<http://www.cabnr.unr.edu/nutrition/>

Didactic Program in Dietetics, Dietetic Internship Program

Credible Food and Nutrition Information

10 Red Flags to Spot Junk Science:

1. Recommendations that promise a quick fix.
2. Dire warnings of danger from a single product or regimen.
3. Claims that sound too good to be true.
4. Simplistic conclusions drawn from a complex study.
5. Recommendations based on a single study.
6. Dramatic statements that are refuted by reputable scientific organizations.
7. Lists of "good" and "bad" foods.
8. Recommendations made to help sell a product.
9. Recommendations based on studies published without peer review.
10. Recommendations from studies that ignore differences among individuals or groups.

Taken from the American Dietetic Association's "10 Red Flags to Spot Junk Science"

Online Resources

- www.eatright.org, a website of the American Dietetic Association for credible food and nutrition information. Click on the Public tab to enter the website and obtain free useful information relating to food and nutrition.



- <http://www.choosemyplate.gov/>, a government website of the USDA which offers valuable tools to track your food intake and physical activity and offers many other great resources.
- www.nevadard.com, a website of the Nevada Dietetic Association. Designed to help the public obtain reliable nutrition information and find an registered dietitian.
- www.nutrition.gov, a website from the USDA's National Agricultural Library. It provides information to the public about the latest nutrition information.
- <http://fnic.nal.usda.gov/consumer>, a website from USDA's Food and Nutrition Information Center called Consumer's Corner. It provides access a variety of food and nutrition publications that are geared to consumers.
- www.KidsEatRight.org, a website from the American Dietetic Association. A source of scientifically based health and nutrition information for parents and caregivers to help children grow healthy. Includes a shop smart, cook healthy & eat right section.
- <http://recipefinder.nal.usda.gov>, a database of recipes submitted by nutrition and health professionals and organizations. Many different search options are available, including "by ingredient."
- <http://www.benefits.gov>, your path to government benefits.

Body Mass Index Calculator

Body Mass Index is a measure of weight status based on height and weight. It is a good indicator of risk for diseases that are associated with higher amounts of body fat. The higher a BMI, the higher the risk for diseases like type 2 diabetes, heart disease, high blood pressure, some types of cancer, and breathing problems.

The National Heart Lung and Blood Institute, offers a reliable and easy to use BMI calculator, visit http://www.cdc.gov/healthyweight/assessing/bmi/adult_BMI/english_bmi_calculator/bmi_calculator.html

Children need to be measured differently than adults. Visit <http://apps.nccd.cdc.gov/dnpabmi/Calculator.aspx> for an online BMI Percentile Calculator for Child and Teen.

Vitamin and Mineral Supplements

The Office of Dietary Supplements offers free information about dietary supplements including Dietary supplements fact sheets, Vitamin and Mineral facts sheets and Botanical supplements fact sheets. To access this information, visit http://ods.od.nih.gov/Health_Information/Health_Information.aspx

Contact a Registered Dietitian

To find a local Registered Dietitian, go to www.eatright.org, then click on "Find a Registered Dietitian" in the top right hand corner. A registered dietitian is a food and nutrition expert who has met academic and professional requirements including:

- **Earned a bachelor's degree** with course work approved by ADA's Commission on Accreditation for Dietetics Education. Coursework typically includes food and nutrition sciences, foodservice systems management, business, economics, computer science, sociology, biochemistry, physiology, microbiology and chemistry.
- **Completed an accredited, supervised practice program** at a health care facility, community agency or food service corporation.
- **Passed a national examination** by the Commission on Dietetic Registration.



- **Completes continuing professional educational requirements** to maintain registration.

To perform an online credential verification search, visit the Commission on Dietetic Registration website at <https://secure.eatright.org/cgi-bin/lansaweb?procfun+prweb28+p28fn01+prd+eng>

Places to Buy Healthy Food

There are many places to buy healthy foods, such as fruits and vegetables, whole grains, lean sources of protein, and low-fat or non-fat dairy products. Besides shopping at a conventional grocery store, try shopping at your local farmer's market.

- To find **authorized WIC stores**, visit <http://health.nv.gov/WIC.htm>
- To find **authorized SNAP retailers**, visit <http://snap-load-balancer-244858692.us-east-1.elb.amazonaws.com/index.html>
- For **Nevada grown produce**, or a listing of **Farmer's Markets** throughout Nevada, visit <http://www.nevadagrown.com/>
- For a list of **Community Supported Agriculture (CSA)** programs, visit <http://www.localharvest.org/csa/>

Growing Healthy Food

Believe it or not, healthy food can be grown in the state of Nevada. The University of Nevada Cooperative Extension offers horticulture programs to teach homeowners and industry professionals to irrigate wisely, save water, and adopt environmentally friendly landscape techniques. <http://www.unce.unr.edu/programs/horticulture/>. Some of their programs include:

- School Gardens Program
- Producers to Chef
- Master Gardener Program

- UNCE Orchard
4600 Horse Dr.
Las Vegas, NV 89131

<http://www.unce.unr.edu/programs/horticulture/index.asp?ID=116>

SNAP benefits can be used to purchase seeds and plants which produce food for the household to eat.

Community gardens are another place to grow fruits, vegetables and other plants besides helping bring a sense of unity and beautification to a community. They help improve the health of the community by providing access to fruits and vegetables and a way to get physical activity. Community gardens in Nevada include:

BIGGEST LITTLE COMMUNITY GARDEN IN THE WORLD

710 Yori Ave.
Reno, NV 89502

CHURCHILL VILLAGE APARTMENTS COMMUNITY GARDEN

650 N. Maine St.
Fallon, NV 89406

<http://www.facebook.com/pages/Community-Gardeners-Collective-Churchill-County-NV/201492156534196>

DOOLITTLE COMMUNITY GARDEN

1200 Blankenship St.
Las Vegas, NV 89106
(702) 229-6125

It is not open to the public, but it can be visited with an escort from the Doolittle Senior Center. Call for details.

MESQUITE HERITAGE COMMUNITY GARDEN

1059 Hafen Ln.
Mesquite, NV 89027

<http://www.mesquittegarden.org/>

TONOPAH COMMUNITY GARDEN

711 N. Tonopah Dr.
North Las Vegas, NV

<http://tonopahgarden.wordpress.com/>

WINNEMUCCA COMMUNITY GARDEN

151 W. McArthur Ave.
Winnemucca, NV 89445

<http://winnegarden.org/>

