








Living Healthy in Amador County

A resource guide made by the
Amador Connecting HANDS Coalition
(Health, Activity, Nutrition, Directions)

Amador Connecting HANDS Coalition was formed to
efficiently connect nutrition and physical
activity education and resources throughout the Amador
community.



Disclaimer: This resource guide is designed to be updated annually by the Amador Connecting HANDS Coalition (Health, Activity, Nutrition, Directions).

Please refer to the online website links for the most current information for each program and organization.

The list of programs and organizations provided in this guide are just a few resources that have been identified to align with the mission of this coalition. There may be more within the community available for residents of Amador County in the State of California.

Last Updated: August 2025





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CALFRESH



Filing an Application



ONLINE

- Start the application process from anywhere using a secure internet location.
- Sign in using your existing account or sign up for a new account and submit an online application for CalFresh, CalWORKs, or Health Care benefits.

www.benefitscal.com



IN PERSON

- You can pick up an application at our office.
- Completed applications can be turned in to a receptionist or placed in drop box during business hours. If the office is closed, drop the application in the exterior drop box at the building entrance.

10877 Conductor Blvd Ste 200
Sutter Creek, CA 95685



PHONE

- Call our office at 1 (209) 223-6550 or Toll Free 1 (844)835-3685 to request an application by mail or get directions to our office.

Call us at:
1 (209) 223-6550
1 (844) 835-3685



MAIL/FAX

- Fax your completed and signed CalFresh application to **1 (209) 257-0242**
- Send completed and signed applications by mail to: (see below)

Amador County DSS
10877 Conductor Blvd Ste 200
Sutter Creek, CA 95685

Don't Wait to File an Application

If you do not have all of the information to complete the application, just complete what you can! You may leave an incomplete application with just your name, address and signature. An Eligibility Specialist can assist you in finishing the application.

You have a right to receive a paper copy of application information you submit electronically. Ask your worker if you would like a paper copy of your application.



You have a right to file an application on the date you contact the County. The date your application is received can impact when you start receiving benefits for Health Care Programs and how much benefits you receive for CalFresh and CalWORKs.

Not sure which application to complete? Ask the receptionist.

For CalFresh, it can take up to **30 days** to process your application. You may be able to get benefits within 3 calendar days if you meet certain criteria. Your application will be reviewed to see if it meets the criteria to be processed within 3 calendar days. If you think you may meet the criteria to have your application processed within 3 days, please ask an Eligibility Specialist. If an Eligibility Specialist reviews your application and determines you are not entitled to expedited processing, you may ask for a meeting with an Eligibility Supervisor to review this decision.

What is WIC?

The Women, Infants, and Children Program (WIC) is a nutrition education program. WIC helps pregnant women, women who just had a baby, and children up to age 5 eat well, be active, and stay healthy. WIC welcomes dads, grandparents, foster parents, or guardians who care for eligible children. WIC services are provided at no cost to you.

WIC services include:

Nutrition and Health Information

- Prenatal nutrition
- Breastfeeding information
- Healthy eating tips for your family
- Nutritious recipes, plus much more



Monthly Food Benefits to Get Healthy Foods

- Fruits and vegetables
- Whole grain breads, tortillas, pasta, or brown rice, and more
- Dry beans, peas, or lentils
- Peanut butter
- Milk and juice
- Tofu and soymilk
- Yogurt
- Eggs
- Cheese
- Cereal
- Canned fish
- Baby foods and infant formula



Breastfeeding Information and Support

This may include:

- Group classes
- One-on-one support from a peer counselor or lactation specialist
- Breast pump loans for qualifying mothers



Referrals

Help finding healthcare and other helpful community services



Newly pregnant women, working families, including military and migrant families, are encouraged to apply!


Please **arrive** between the following hours:

AMADOR COUNTY

LOCATION	ADDRESS	DATE
PIONEER 8:30-3:30	Faith Lutheran Church 22601 Hwy 88	1st Wednesday (odd months)
JACKSON 8:30-3:45	American Legion Hall 11401 American Legion Drive	3rd Tuesday
IONE 8:45 - 3:30	Memorial Hall 207 S. Amador St	3rd Thursday
PLYMOUTH 11:00-3:30	Plymouth City Hall 9426 Main Street	4th Monday
WIC Main Office 8:15-4:15	430 Sutter Hill Road Sutter Creek	Monday-Friday

CALAVERAS COUNTY

LOCATION	ADDRESS	DATE
SAN ANDREAS 9:00-3:15	Community Covenant 261 Treat Road	1st & 4th Thursday
ANGELS CAMP 9:30-3:30	St. Patricks Church 809 N. Main St.	2nd Tuesday
WEST POINT 9:00-3:00	Community Hall (CBC) 22283 Hwy 26	2nd Wednesday (even months)
MURPHYS 9:30-2:30	1st Congregational Church 509 N. Algiers St.	2nd Thursday (even months)
ARNOLD 9:45-2:30	Chapel In The Pines 2286 Cedar Lane	3rd Wednesday (odd months)
COPPEROPOLIS 9:45-2:30	Lake Tulloch Church 3566 Spangler Lane	3rd Wednesday (even months)
VALLEY SPRINGS 9:00-4:15	Vets Memorial Hall 300 Daphne Street	4th Tuesday

 Call for an appointment. **(209) 223-7685**
 Follow us on **Facebook** to view monthly schedule

Who qualifies for WIC?

- » Women who are pregnant, breastfeeding, or just had a baby in the past 6 months (or pregnancy loss);
- » Children up to 5 years of age including those cared for by mom, dad, a grandparent, foster parent, step-parent or guardian; **and**
- » Families with low to medium income or who receive Medi-Cal, CalWORKS (Cash Aid) or CalFresh (SNAP) benefits; **and**
- » Live in California.



Check out the California WIC App to:

- » Find out if you are eligible
- » Locate WIC offices
- » Find WIC grocers near you
- » Download for free!



Where can I find WIC?

WIC has offices throughout California. Call your local WIC office for an appointment and locations near you. Many WIC offices accept walk-in appointments and are open in the evenings or on Saturdays!

To find the nearest WIC office, visit **myfamily.wic.ca.gov** or call **1-888 WIC-WORKS (1-888-942-9675)** or the local WIC office below:

Your local WIC office is:

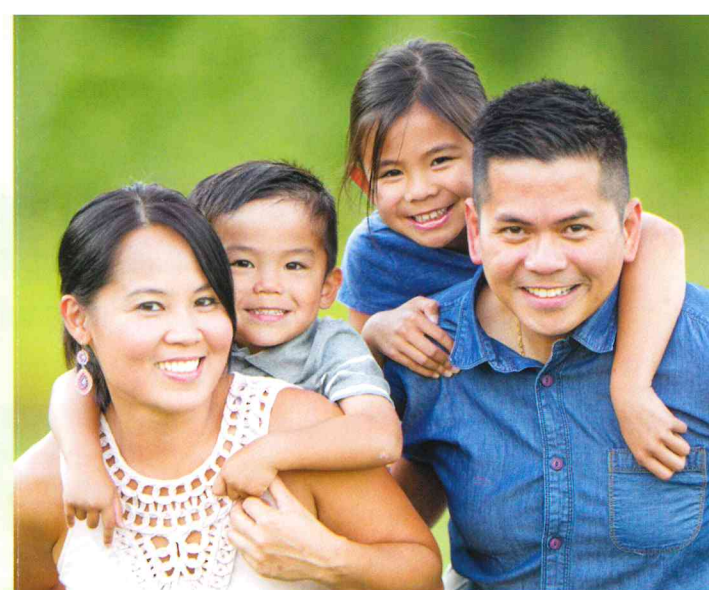
**The Resource Connection
WIC Program**
430 Sutter Hill Rd.
Sutter Creek, CA 95685
(209) 223-7685 • Fax: (209) 223-7687



California Department of Public Health, California WIC Program
This institution is an equal opportunity provider.

1-888-942-9675 | myfamily.wic.ca.gov

#910379 11/19



California 
**Families Grow
Healthy with WIC**



How Can I Help?

Contributions directly support the Amador Senior Center Meals on Wheels program.

Name _____
Address _____
Phone _____
Email _____
Amount Enclosed \$ _____

Mail to:

Amador Senior Center
229 New York Ranch Road
Jackson, CA 95642

Meal Schedule and Menu

- Hot, ready-to-eat meals are offered Monday through Friday.
- Delivery drivers typically deliver meals between 11:30am-1:30pm. For Pioneer and lone routes, delivery is usually between Noon-2pm.
- Menus are usually provided two weeks in advance for the following month.

Changes and Cancellations

- Cancellations and changes to service must be made by Friday before the week of scheduled service. Exceptions may be made in case of emergency.
- Messages should be left at (209) 223-0224 ext. 103.

Emergency Preparedness

- Basic food supplies should be always kept in your home in case of emergency.
- Meal service may need to be suspended due to hazardous weather conditions or other unforeseen circumstances.
- If uncertain whether a delivery will be made, please call us at 209-223-0224.



Meals on Wheels

Fresh Delivered Meals



AMADOR
SENIOR CENTER

Amador Senior Center
229 New York Ranch Road
Jackson, CA 95642
(209) 223-0442

amadorseniorcenter.org



Meals on Wheels - Amador

Eligibility

- Any person 60 years of age or older and is unable to leave home without considerable difficulty and/or assistance; or unable to prepare nutritious meals.
- The spouse or caregiver of an eligible participant (regardless of age).
- In Home Assessment - Program Coordinator will conduct an in-home assessment to determine a client's eligibility for home delivered meals and will reassess clients every 6-months for continuation in the Meals on Wheels program as well as determine eligibility for other services.

Suggested Contribution

- Amador Senior Center Meals on Wheels relies on contributions from its clients and community. A requested participant contribution of \$5.00 for each meal helps to assist in providing meals to clients. Please note that no client will be denied service if a contribution is not provided.
- Each month clients receive a copy of the planned menu.
- Contributions may be mailed in or given to the delivery driver in a sealed envelope.

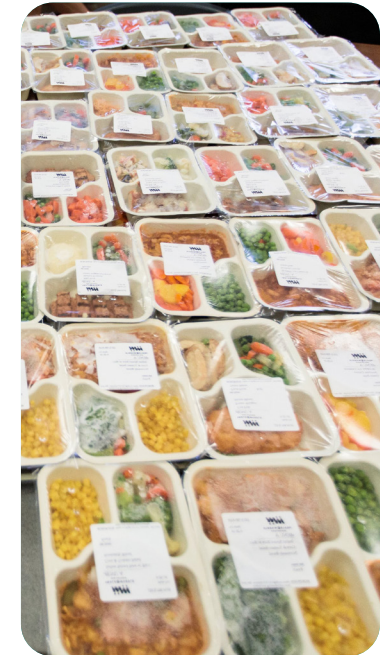
Meals on Wheels - Amador Private

Eligibility

- Any person 60 years of age or older
- Fee per meal is income based.

Meal Fee

- Amador Senior Center Private Meal Program fee per meal is based on client's monthly income. Fees per meal will be either \$6, \$7, or \$8.
- Each month clients will receive a copy of the planned menu. Simply select desired meals on the menu and multiply the number of meals by the meal fee to get a total owed.
- All meals must be prepaid prior to delivery.
- Your meal payment can be given to the delivery driver in a sealed envelope.



Meal Information

- Amador Senior Center provides a single-serving well-balanced nutritious hot meal daily.
- Each meal provides a balance of protein, carbohydrates, and fats to ensure a well-rounded diet. Protein sources include lean meats, poultry, fish, and dairy. Carbohydrates are provided through whole grains, fruits, and vegetables, while healthy fats come from sources such as nuts, seeds, and vegetable oils.
- Our meals are designed to meet one-third of the Recommended Dietary Allowances (RDAs) and Adequate Intakes (AIs) as established by the Food and Nutrition Board of the Institute of Medicine. This ensures that over the course of a day, clients receive the necessary nutrients to maintain health.
- Fiber: Adequate fiber is included to promote digestive health and prevent constipation.
- Sodium: Sodium content is controlled to help manage blood pressure and support heart health, adhering to guidelines to minimize sodium intake. Each meal must contain 760 mg of sodium or less. Any meal exceeding this amount is noted with a saltshaker on our menu.
- Vitamins and Minerals: Meals include essential vitamins and minerals, including but not limited to vitamins A, C, D, calcium, and iron, to support overall health and prevent deficiencies.

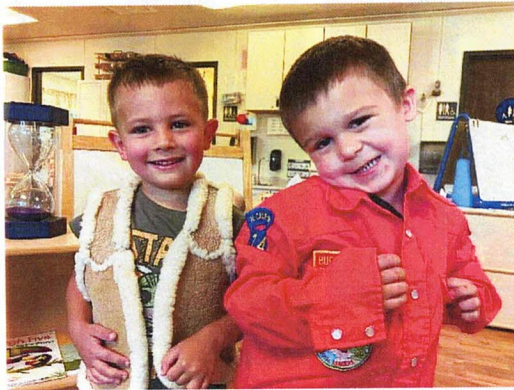
Head Start Services for Children and Families



Head Start helps children get ready to succeed in school and life through learning experiences tailored to their changing needs and abilities.

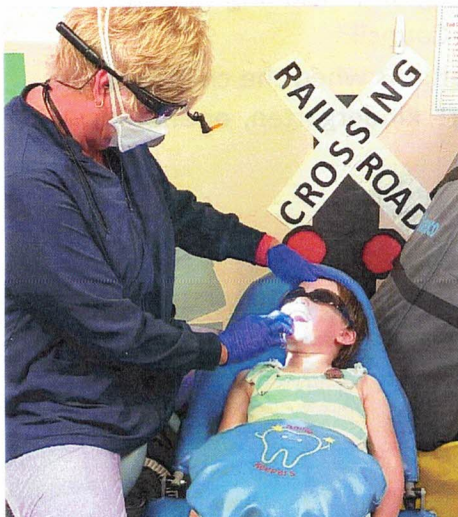
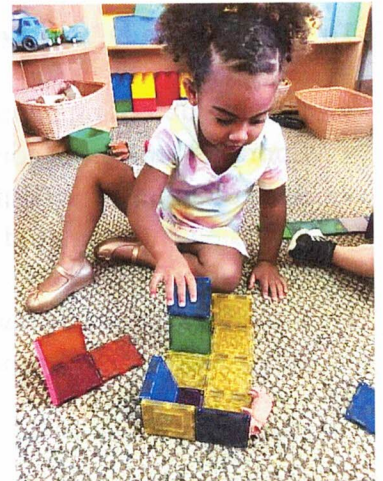
Head Start preschool is for children ages 3 to 5.

Early Head Start is for children ages birth to 3, and expectant families.



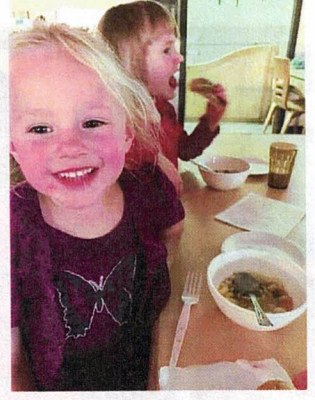
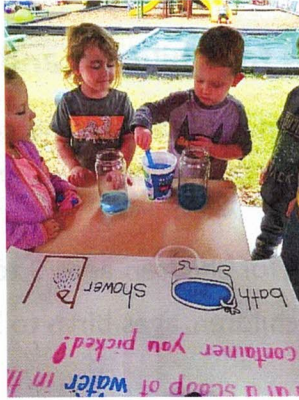
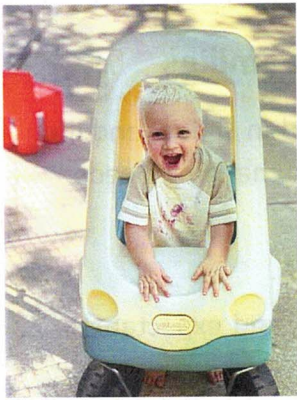
To support Early Learning and Development our programs:

- Build strong relationships as the foundation for early learning.
- Engage families in their child's learning and recognize parents as a child's first and most influential teacher.
- Implement effective practices to promote children's growth in five key domains: approaches to learning, social and emotional development, language and literacy, cognition, and physical development.
- Encourage learning through play, creative expression, and guided activities.
- Create welcoming learning environments that are well-organized and safe.
- Conduct screenings and assessments to ensure each child is making progress, and collaborate with parents and community agencies when further assessment is needed.
- Support the full inclusion of children with disabilities and build on their strengths.



To support Health and Wellness our programs:

- Serve breakfast, lunch, and snacks that are healthy and prepared onsite.
- Ensure children receive medical, dental, hearing, vision, and behavioral screening.
- Make sure children brush their teeth and promote oral health.
- Assist with mental health services for children and families, as needed.
- Build resilience to help children and families heal from traumatic experiences or events and overwhelming situations.



To support Family Well-being our programs:

- Provide parenting support and strategies.
- Connect families to community and federal assistance.
- Assist families in identifying and reaching their goals and dreams, including those related to finances and economic mobility, housing, employment, and education.
- Provide a career pathway in early care and education - 35% of our program staff are former Head Start parents!



To support Family Engagement our programs:

- Invite parents to share information and insights about their child.
- Engage parents as their child's lifelong advocate.
- Welcome parents to offer ways to improve children and families' experiences in the program, including through leadership roles on the Policy Council.
- Support child and family transitions when the child is ready for the next step, to Head Start, kindergarten, or another early childhood program.

Head Start and Early Head Start centers are located in Jackson and Lone.

For more information, contact us at our main office (209 533-0361), at Jackson Head Start (209 223-7333 ext. 3) or at Lone Head Start (209 274-0395 ext. 3).

You can also visit our website at www.atcaa.org



AMADOR COMMUNITY GARDEN @ C&C RANCH

It's time to grow!

Scan below to request a garden plot.



**1334 Jackson Gate Road
(209) 304-8804**

**info.motherlodelandtrust@gmail.com
motherlodelandtrust.org**





ST. Patrick's Pantry

**Community dinners, join us every
Thursday 4-6pm for a free meal**



Breaking Bread with Friends

**Community Breakfast, join us every
Saturday 8-10am for free breakfast
and lunch**

**St. Patrick's church hall:
115 Court street, Jackson Ca 95642**

RAFFLE DONORS CONT.

- Rusty Rose
- Sacramento River Fox Train
- Sacramento River Cats
- San Francisco Symphony
- San Francisco Zoo
- Santa Barbara Zoo
- Scott Harvey Wines
- Shawl by Del Oro Weavers & Spinners Guild
- Shenandoah Vineyards
- Simply Bubbles
- Six Flags
- Stockton Ports Baseball
- Sue's Shoppe
- Sunsplash Golfland
- Thru the Looking Glass
- Total Wine & More
- Treasure Mercantile
- Valley Springs Hobbies
- Volcano Glass Works
- Volcano Theatre Co


WHY AN EMPTY BOWL?




Thanks to the creativity and support of the talented students of Amador High Ceramics and their teacher, Jenny Neely, we are able to provide you with a lovely keepsake. This keepsake signifies the 'empty bowl' of those who face hunger everyday. Your contribution today allows us to continue the work of keeping the bowls full of our friends and family in Amador County.

We would love
your feedback!



 interfaith_foodbank

 FeedAmador

209.267.9006 | feedamador.org



EMPTY BOWLS

IN SUPPORT OF THE INTERFAITH FOOD BANK

Featuring soups of Amador County





ABOUT US

The Interfaith Food Bank has had the mission to fight food insecurity within its community for over 25 years- because no one deserves to face the day hungry! Having a fundraiser like Empty Bowls, not only helps with raising money to fill critical funding gaps experienced throughout the year, but it brings people together to share in the mission. Now serving 16% of the county, the Food Bank relies on the goodness of community donors.

Thank You

A humble event such as this could not take place without the support of community members wanting to make a difference. A heartfelt thank you to our wonderful soup sponsors and raffle donors! This event really could not take place without your contribution! And to the Italian Benevolent Society for providing a venue for us year after year. We appreciate you!

SOUP SPONSORS

CAVANA'S PUB & GRILL

ELEMENT

INTERFAITH FOOD BANK

JAMBA

MEL & FAYES DINER

MUSTANG CATERING

PLATE 88

ROSA'S COCINA

SINA'S BACKROADS CAFE

SKD GUADALUPANOS

TASTE

TOP-COP

VOLCANO UNION PUB

ENTERTAINMENT BY:

Jake & Joey Guidi

RAFFLE DONORS

- Alcatraz City Cruises
- Amador County Fair
- Amador Trader
- Biggest Little Kitchen
- Black Chasm
- Black Oak Casino
- Boomers
- California State Fair
- Camanche Recreation Co.
- Casino Mine Ranch
- Cheesecake Factory
- Cooper Vineyards
- Deaver Vineyards
- Enchambered
- Esthetics by Vic
- Great Wolf Lodge
- Helwig Winery
- In-N-Out
- Jackson Realty
- Leatherby's
- Main Street Theatre Works
- Metal Zoo
- OARS
- Pat Stoll-Print
- Painting from Karen Cauayani
- Private- wine baskets
- Quilt by Barbara Heard
- Railroad Museum
- Richard & Sherry's Trading Co
- Roaring Camp Mining Co.

ACRA

AMADOR COUNTY RECREATION AGENCY

We offer recreational opportunities for all ages!



Follow us at:



ACRA



amadorACRA

BINGO
YOGA
SPORTS
OPEN MIC
COOKING

DANCE
PICKLEBALL
SWIMMING
PAINTING
CERAMICS

Amador County Recreation Agency (ACRA)
10877 Conductor Blvd., Suite 100, Sutter Creek, CA 95685
209-223-6373

amadorrec.com

AMADOR FARMERS MARKET

OUR
32nd
SEASON!



2025

SUTTER CREEK FARMERS MARKET

SATURDAYS • 8:30 – 11:30am

MAY 3 – OCTOBER 18

NORTH MAIN STREET PARKING LOT

IONE FARMERS MARKET

WEDNESDAYS • 5 – 8pm

JUNE 4 – JULY 30

CREEKSIDE, 217 W. JACKSON STREET

PLYMOUTH FARMERS MARKET

THURSDAYS • 5 – 8pm

AUGUST 7 – SEPTEMBER 25

MCGEE PARK, MAIN STREET

VOLCANO FARMERS MARKET

OPENS SUNDAY, APRIL 27 • 9:30am – 12:30pm

then EVERY THIRD SUNDAY • 9:30am – 12:30pm

MAY - DECEMBER

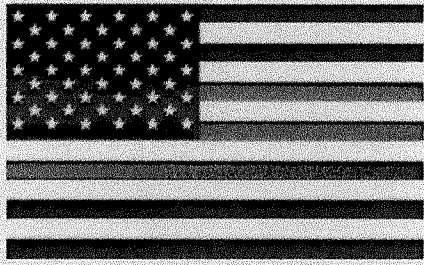
MAIN STREET



AMADORFARMERSMARKET.COM

Sponsored by:














VICTORY VILLAGE

Veteran Services

"Our duty is to serve those who have served our great nation. We facilitate Veterans Services for our service members, veterans, and their families by streamlining access to Veterans housing, employment, life skills, and physical wellness. In support of our Military and their Families; we are bridging the gap from military service to civilian life."

H.E.L.P.S. V.E.T.S

-  **HOUSING SERVICES**
-  **EMPLOYMENT SERVICES**
-  **LIFE SKILLS CLASSES**
-  **PHYSICAL & MENTAL WELLNESS**
-  **SENIOR SERVICES**
-  **VA NAVIGATION/ADVOCACY**
-  **EDUATION/TRAINING**
-  **TREATMENT COURT - PC 1170.9**
-  **SPIRITUAL WELLNESS**

Treating the Invisible Wounds of War.

How does Victory Village help veterans?

Housing, employment, VA assistance, Financial Assistance, link to services or simply comradery with other veterans or family members.

*Find out more about our programs by calling
(209) 223-2286*

*Victory Village will serve anyone who has served in the **United States Active & Reserve Military***

For more information, please visit us online:

www.vvvets.org

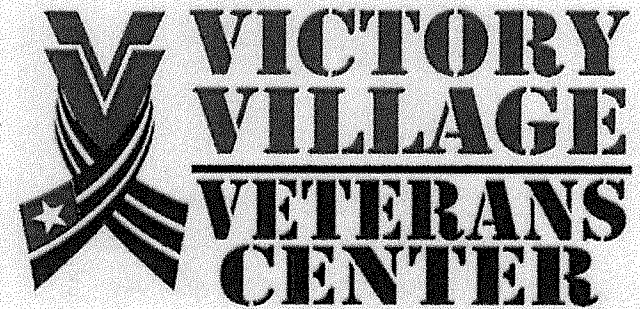
Victory Village's staff of veterans and family members is dedicated to providing innovative approaches to Veteran Services.

Please Contact us if you are interested in collaborating with us to better serve our veterans

**THANK YOU FOR YOUR
SERVICE!**

DID YOU SERVE IN THE MILITARY / RESERVES?

*Please register with Victory Village online or
by calling (209) 223-2286*



***Thank you for your service to
our great nation!***

Auburn Location:

11990 Heritage Oak Place, Ste 1-B
Auburn, CA 95603
1-530-900-1717

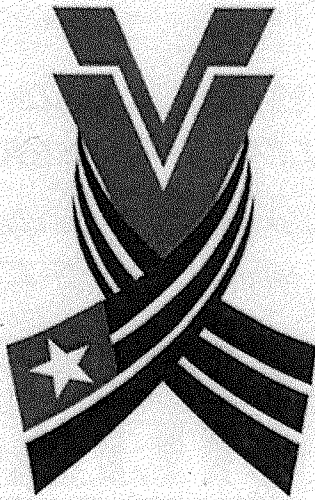
Jackson Location:

12408 Kennedy Flat Road
Jackson CA, 95642
1-209-223-2286

Both offices open:

Monday – Friday, 0800-1700

www.vvvets.org



Victory Village was founded in September 2011 by a disabled Marine Corps Veteran and his wife, after the loss of their home.

Victory Village's Housing:

As an option for temporary housing, Victory Village operates a Transitional Housing Program in Jackson, CA.

While in this program, our staff can assist you with relocating back to your local area. We accept significant others & children, depending on room available & eligibility.

Let our representatives know you support Victory Village's Mission.

CONGRESSMAN MCCLINTOCK
Phone: (916) 786-5560

CONGRESSMAN LAMALFA
Phone: (530) 878-5035

Housing Services

Besides our transitional housing, Victory Village offers financial assistance to those who are homeless or at-risk of homelessness and want to reside in Placer County, CA or Nevada County, CA. Financial Assistance is based on need and may include:

- | | |
|--------------------|----------------------|
| ■ Rental Deposit | ■ Childcare expenses |
| ■ Utility Deposit | ■ Moving costs |
| ■ Rental Payment | ■ Transportation |
| ■ Utility Payments | ■ Emergency Housing |

Case Management

- | | |
|-------------------|----------------------|
| ■ Income Increase | ■ Life Skills |
| ■ Budgeting | ■ Obtaining Records |
| ■ VA Benefits | ■ CALVET Senior Home |
| ■ Social Security | ■ Advocacy |

Employment Services

Employment Workshop is offered onsite;
Contact us for future workshops!

- | | |
|----------------------|-----------------------------|
| ■ Job Search Support | ■ Veteran Preference |
| ■ Job Placement | ■ Translate Military Skills |
| ■ Computer Lab | ■ Resume Writing |
| ■ Work Therapy | ■ Mock Interviews |

VA Navigation/Advocacy

Having trouble with VA? Give us a call!

How can you help with our mission?

From giving your time and talents to participating in our events, there are many ways you can help us to accomplish our mission in giving veterans a hand up with their transition from military service to civilian life.

Fundraisers:

- Dinners
- Raffles
- Project Sponsorships

Donations:

- Household items (new or gently used)
- Daily Living Supplies
- New Underwear/ Bras/ socks
- Project Materials
- Monetary Donations

Please call or visit our website for more information:

www.vvvets.org

Please join us!

\$mallChange4BIG

2024 Amador County Nonprofit of the Year

**MONTHLY
BOARD
MEETING**

TUESDAY

June 10, 5pm

@Rosebud's Café

26 Main St, Jackson



\$mallChange4BIG provides direct assistance to our unhoused neighbors, including supportive medical supplies, eyeglasses, food, and personal necessities.

We offer dignity and kindness to our community's most vulnerable, while connecting them with available services.

May all beings be touched by compassion.

smallchange4big.org



smallchange4BIG

(209) 981-9085

smallchange4big@gmail.com

P.O. Box 402

Sutter Creek CA 95685

A 501(c)3 nonprofit Tax ID #93-1725308



CDSS Child and Adult Care Food Program

744 P Street, MS 9-13-290

Sacramento, CA 95814

833-559-2418

Participants and Families

The following resources are intended for participants receiving meals through the Child and Adult Care Food Program (CACFP) and their families (households). If you have questions about this food program, please contact our main inbox at CACFPinfo@dss.ca.gov.

- [CACFP Information for Families](#): For a brief overview of the CACFP, check out our CACFP Information for Families Pamphlet . A printable brochure is also available to view [here](#).
- [CA Meals for Kids Mobile App](#): Developed by the California Department of Education, the mobile app helps users search for nearby afterschool, summer, or emergency food sites.
- [List of CACFP Sites by County](#): A list of CACFP sites, addresses, sponsor name, and site information, sorted by county.
- [List of Day Care Home \(DCH\) Sponsors by County](#): A list of CACFP participating DCH sponsors and their contact information, by county.
- [CDSS Community Care Licensing Facility Search](#): Find licensed care facilities or providers in your area. Facilities/providers include childcare, adult residential/day care, elderly assistive living care, foster family agencies, and home care. You can also access the complaint hotline and complaint information.
- [Civil Rights](#): Information about your civil rights in the CACFP, including what to do if you or someone you know has experienced discrimination and how to file a complaint.

[This institution is an equal opportunity provider.](#)

[Esta institución es un proveedor que ofrece igualdad de oportunidades.](#)