

PHYSICAL ACTIVITY RESOURCES | NUTRITION RESOURCES | INTERNET RESOURCES

California 5 a Day

Be Active Resource Directory

Kern County



Kern County • Nutrition Resources

PROGRAM / ORGANIZATION	DESCRIPTION	REGION	TARGET POPULATION	COST
Food Assistance				
Arvin Senior Center 800 Walnut Drive Arvin, CA 93203 (661) 854-4339 (661) 854-1521	Senior citizens' nutrition site. Open 9am-1pm, lunch is served M-F at 11:30am.	Arvin	60 yrs and older	\$1.50 donation
Bakersfield Community House 2020 "R" St. Bakersfield, CA (661) 327-8835	Senior citizens' nutrition site. Open 9am-3:30pm, lunch is served M-F from 11:45am-12pm.	Bakersfield	60 yrs and older	\$1.50 donation
Bakersfield Senior Center 530 4th St Bakersfield, CA (661) 325-7205 (661) 325-1113	Senior citizens' nutrition site. Open 8am-5pm, lunch is served M,W-F at 11:50am and T at 11:30am.	Bakersfield	60 yrs and older	\$1.50 donation
Ben Austin-Greenfield Senior Center 1751 McKee Rd. Bakersfield, CA (661) 834-9041	Senior citizens' nutrition site. Open 8am-3pm, lunch is served M-F at 11:30am.	Bakersfield	60 yrs and older	\$1.50 donation
Boron Senior Center 271777 Twenty Mule Team Rd Boron, CA (760) 762-5501	Senior citizens' nutrition site. Open 9am-4pm, lunch is served T,Th at 12pm.	Boron	60 yrs and older	\$2.00 donation
Buttonwillow Senior Center 131 E. First Buttonwillow, CA (661) 764-5970	Senior citizens' nutrition site. Open 8:30am-1:30pm, lunch is served M-F at 11:30am.	Buttonwillow	60 yrs and older	\$1.50 donation
California City Senior Center 10221 Heather Ave California City, CA (760) 373-1006	Senior citizens' nutrition site. Open 10am-1:30pm, lunch is served M-F at 12pm.	California City	60 yrs and older	\$1.50 donation
Delano Community Building 925 Ellington Delano, CA (661) 721-3337	Senior citizens' nutrition site. Open 8am-4pm, lunch is served M-F at 12pm.	Delano	60 yrs and older	\$1.50 donation



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Delano Senior Center 436 Jefferson St. Delano, CA (661) 721-3336	Senior citizens' nutrition site. Open 8am-4pm, lunch is served M-F at 12pm.	Delano	60 yrs and older	\$1.50 donation
East Niles Senior Center 6601 E. Niles Bakersfield, CA (661)363-8910	Senior citizens' nutrition site. Open 8am-3pm, lunch is served M,T,Th,F at 12pm and W at 11:30am.	Bakersfield	60 yrs and older	\$1.75 donation
Greenacres Community Center 2014 Calloway Dr. Bakersfield, CA (661) 392-2011	Senior citizens' nutrition site. Open 9am-2pm, lunch is served M-F at 11:45am.	Bakersfield	60 yrs and older	\$1.50 donation
Guadalupe Nutrition Site 511 E. 11th St Bakersfield, CA (661) 929-7291	Senior citizens' nutrition site. Open 10am-1pm, lunch is served M-F at 11:30am.	Bakersfield	60 yrs and older	\$1.50 donation
Inyo Kern Nutrition Site 1247 Broadway Inyo, CA (760) 377-4800	Senior citizens' nutrition site. Open M,T,W,F 9am-5pm and Th 9am-4pm, lunch is served M-F at 11:30am.	Inyo	60 yrs and older	\$1.50 donation
Kern County Food Stamps Program Several Locations Main Office: 100 E. California Ave. Bakersfield, CA 93307 (661) 631-6000 http://www.co.kern.ca.us/dhs/CalWorksSafetyNet/food_stamps.html	Provides monthly benefits to assist low-income households to purchase the food they need, through normal channels of trade, to maintain adequate nutrition levels.	Kern County	Low income	Free
Kern River Valley Senior Center 6409 Lake Isabella Blvd Lake Isabella, CA (760) 379-5831	Senior citizens' nutrition site. Open 9am-1pm, lunch is served M-F at 12pm.	Lake Isabella	60 yrs and older	\$1.50 donation
Lamont Community Center 10300 San Diego St. Lamont, CA (661) 845-0938	Senior citizens' nutrition site. Open 9am-1pm, lunch is served M-F at 11:30am.	Lamont	60 yrs and older	\$1.50 donation



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McFarland Senior Center 100 S. Second St. McFarland, CA (661) 792-3187	Senior citizens' nutrition site. Open 9am-1pm, lunch is served M-F at 11:30am.	McFarland	60 yrs and older	\$1.50 donation
Mojave Senior Center 15580 "O" St. Mojave, CA (661) 824-4818	Senior citizens' nutrition site. Open 10am-1pm, lunch is served M-F at 11:30am.	Mojave	60 yrs and older	\$1.50 donation
Rand Area Nutrition Site Rand Community Center Building Johannesburg	Senior citizens' nutrition site. Open 10am-1:30pm, lunch is served W at 12pm.	Johannesburg	60 yrs and older	\$1.50 donation
Rasmussen Senior Center 115 E. Roberts Ln. Bakersfield, CA (661)392-2030	Senior citizens' nutrition site. Open 8am-5pm, lunch is served M,W,Th at 12pm and T,F at 11:30am.	Bakersfield	60 yrs and older	\$1.50 donation
Richard Prado East Bakersfield Senior Center 2101 Ridge Rd. Bakersfield, CA (661)323-8624	Senior citizens' nutrition site. Open 8am-5pm, lunch is served M-F at 12pm.	Bakersfield	60 yrs and older	\$1.50 donation
Ridgecrest Senior Center 125 S. Warner Ridgecrest, CA (760) 375-2222 (760) 375-5438	Senior citizens' nutrition site. Open 8am-2pm, lunch is served M-F at 12pm.	Ridgecrest	60 yrs and older	\$1.50 donation
Rosamond Senior Center (Hummel Hall) 2500 W. 20th St. Rosamond, CA (661) 256-0557	Senior citizens' nutrition site. Open 8am-3:10pm, lunch is served M-F at 12pm.	Rosamond	60 yrs and older	\$1.50 donation
San Clemente Senior Center 1305 Water St. San Clemente, CA (661) 871-9786	Senior citizens' nutrition site. Open 11:30am-3:30pm, lunch is served M-F at 12pm.	Bakersfield	60 yrs and older	\$1.50 donation
Shafter Senior Center (W.C. Walker) 505 Sunset Ave. Shafter, CA (661) 746-7838	Senior citizens' nutrition site. Open 8am-2pm, lunch is served M-F at 11:30am.	Shafter	60 yrs and older	\$1.50 donation



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South Fork School Cafeteria 6401 Fay Ranch Rd. Weldon, CA (760) 379-5831	Senior citizens' nutrition site. Open lunch hours only, lunch is served M-F at 11:15am.	Weldon	60 yrs and older	\$1.50 donation
Taft Community Center 500 Cascade Pl. Taft, CA (661) 763-1535	Senior citizens' nutrition site. Open 8am-2pm, lunch is served M-F at 11:30am.	Taft	60 yrs and older	\$1.50 donation
Tehachapi Senior Center 500 E. "F" St. Tehachapi, CA (661) 822-6255 (661) 822-5412	Senior citizens' nutrition site. Open 10am-2pm, lunch is served M-F at 11am.	Tehachapi	60 yrs and older	\$1.50 donation
Wasco Senior Center 1280 Poplar St. Wasco, CA (661) 758-2755	Senior citizens' nutrition site. Open 9am-1pm, lunch is served M-F at 12pm.	Wasco	60 yrs and older	\$1.50 donation
Food Assistance and Nutrition Education				
Women, Infant & Children Nutrition Program (WIC) Kern County Department of Public Health Maternal, Child, and Adolescent Health 1800 Mt. Vernon Ave Bakersfield, CA 93306 (661) 868-0305 (800) 974-2717 http://www.co.kern.ca.us	Nutrition education and supplemental food checks for pregnant and breast-feeding women at risk; also for infants and children up to 5 years at risk. See heading titled "WIC Offices" for a WIC office in your area.	Kern County	Pregnant and breast-feeding mothers, children up to age 5	Free to low-income
Nutrition Education				
Clinica Sierra Vista Several Locations Kern County, CA Main Office: 1430 S. Truxtun Ave, Suite 400 Bakersfield, CA 93301 (661) 635-3050 http://www.clinicas ierravista.org	Clinica Sierra Vista serves a geographically dispersed, low-moderate-fixed income, ethnically diverse, frontier-rural-urban-migrant-homeless patient population. It offers comprehensive programs in clinical nutrition, WIC, adolescent family life and Cal-Learn, pregnancy prevention services, and other services.	Kern County	Low income	Low cost



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Greenfield Family Resource Center 5400 Monitor St. Bakersfield, CA (661) 837-3720	Nutrition education, nutrition classes, meal planning, physical activity education with an emphasis on 5 a Day message. After school program, walking club, garden club	Bakersfield	Low income	Call for more info
Greenfield Family Resource Center Liz Meredith, Nutrition Facilitator 5400 Monitor Street Bakersfield, CA 93307 (661) 837-3720 meriditchl@gfusd.k12.ca.us	Nutrition education and activities, meal planning and health related. USDA child nutrition, adult education.	Bakersfield	K-6 grade and adults	Free
Kern County Department of Public Health Anna Safari, Health Educator Nutrition Program 1800 Mount Vernon Ave. Bakersfield, CA 93306-3302 (661) 868-0526 http://www.co.kern.ca.us	Nutrition and physical activity.	Kern County	Low income, food stamp eligible	Free
Kern County Public Health Department 1800 Mount Vernon Ave. Bakersfield, CA (661) 868-0548	Nutrition and physical activity education for low income food stamp eligible Kern County residents.	Kern County	Kern County residents	Free
Kernville Union School District Family Resource Center Alisa Hinkle, Program Coordinator PO Box 2905 Lake Isabella, CA 93240-2905 (760) 379-2556 http://www.kernvilleusda.org/cfs	Nutrition education and activities with community and Kernville Union.	Kernville Union families	K-8 grade and adults	Free
Lamont School District Yolanda Romero, School Nurse/Nutrition Program Coordinator 7915 Burgundy Ave. Lamont, CA 93241 (661) 845-2724 ext. 313	Have funding from CA Nutrition Network, provide nutrition education to school district community.	Lamont	Lamont School District families	Free



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WIC Offices				
34th Street Community Health Center 3550 Q Street, Suite #304 C Bakersfield, CA 93301 (661) 862-5422	Nutrition education and supplemental food checks for pregnant and breast-feeding women at risk; also for infants and children up to 5 years at risk.	Bakersfield	Pregnant and breast-feeding mothers, children up to age 5	Free to low-income
Arvin WIC Office 601 Bear Mountain Blvd. Arvin, CA 93203 (661) 862-5422	Nutrition education and supplemental food checks for pregnant and breast-feeding women at risk; also for infants and children up to 5 years at risk.	Arvin	Pregnant and breast-feeding mothers, children up to age 5	Free to low-income
Benton Park WIC Office 2519 S. "H" Street Bakersfield, CA 93304 (661) 862-5422	Nutrition education and supplemental food checks for pregnant and breast-feeding women at risk; also for infants and children up to 5 years at risk.	Bakersfield	Pregnant and breast-feeding mothers, children up to age 5	Free to low-income
California Avenue Community Health Center 601 California Avenue Bakersfield, CA 93305 (661) 862-5422	Nutrition education and supplemental food checks for pregnant and breast-feeding women at risk; also for infants and children up to 5 years at risk.	Bakersfield	Pregnant and breast-feeding mothers, children up to age 5	Free to low-income
Columbus St. WIC Office 1021 Columbus Street Bakersfield, CA 93305 (661) 862-5422	Nutrition education and supplemental food checks for pregnant and breast-feeding women at risk; also for infants and children up to 5 years at risk.	Bakersfield	Pregnant and breast-feeding mothers, children up to age 5	Free to low-income
Delano Community Health Center 1508 Garces Hwy. Delano, CA 93215 (800) 707-4401	Nutrition education and supplemental food checks for pregnant and breast-feeding women at risk; also for infants and children up to 5 years at risk.	Delano	Pregnant and breast-feeding mothers, children up to age 5	Free to low-income
East Bakersfield Community Health Center 815 Dr. Martin Luther King Jr. Blvd. Bakersfield, CA 93307 (661) 862-5422	Nutrition education and supplemental food checks for pregnant and breast-feeding women at risk; also for infants and children up to 5 years at risk.	Bakersfield	Pregnant and breast-feeding mothers, children up to age 5	Free to low-income
Frazier Mountain Community Health Center 704 Lebec Road Lebec, CA 93243 (800) 707-4401	Nutrition education and supplemental food checks for pregnant and breast-feeding women at risk; also for infants and children up to 5 years at risk.	Lebec	Pregnant and breast-feeding mothers, children up to age 5	Free to low-income



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Kern Medical Center 1830 Flower Street F Ward KMC Bakersfield, CA 93305 (661) 862-5422	Nutrition education and supplemental food checks for pregnant and breast-feeding women at risk; also for infants and children up to 5 years at risk.	Bakersfield	Pregnant and breast-feeding mothers, children up to age 5	Free to low-income
Kern River Health Center 67 Evans Road Wofford Heights, CA 93285 (800) 707-4401	Nutrition education and supplemental food checks for pregnant and breast-feeding women at risk; also for infants and children up to 5 years at risk.	Wofford Heights	Pregnant and breast-feeding mothers, children up to age 5	Free to low-income
Kern Valley Medical Center 6310 Lake Isabella Blvd. Lake Isabella, CA 93240 (800) 707-4401	Nutrition education and supplemental food checks for pregnant and breast-feeding women at risk; also for infants and children up to 5 years at risk.	Lake Isabella	Pregnant and breast-feeding mothers, children up to age 5	Free to low-income
Lamont Community Health Center WIC 8787 Hall Road Lamont, CA 93241 (661) 862-5422	Nutrition education and supplemental food checks for pregnant and breast-feeding women at risk; also for infants and children up to 5 years at risk.	Lamont	Pregnant and breast-feeding mothers, children up to age 5	Free to low-income
McFarland Community Health Center 209 Kern Avenue McFarland, CA 93205 (800) 707-4401	Nutrition education and supplemental food checks for pregnant and breast-feeding women at risk; also for infants and children up to 5 years at risk.	McFarland	Pregnant and breast-feeding mothers, children up to age 5	Free to low-income
McFarland WIC 106 11th Street McFarland, CA 93205 (800) 707-4401	Nutrition education and supplemental food checks for pregnant and breast-feeding women at risk; also for infants and children up to 5 years at risk.	McFarland	Pregnant and breast-feeding mothers, children up to age 5	Free to low-income
North of the River Community Health Center WIC Office 2525 North Chester Bakersfield, CA 93308 (661) 862-5422	Nutrition education and supplemental food checks for pregnant and breast-feeding women at risk; also for infants and children up to 5 years at risk.	Bakersfield	Pregnant and breast-feeding mothers, children up to age 5	Free to low-income
Rosedale WIC Office 10727 Rosedale Hwy. Bakersfield, CA 93312 (661)862-5422	Nutrition education and supplemental food checks for pregnant and breast-feeding women at risk; also for infants and children up to 5 years at risk.	Bakersfield	Pregnant and breast-feeding mothers, children up to age 5	Free to low-income



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South Bakersfield Community Health Center WIC Office 2400 Wible Rd., Suite 14 Bakersfield, CA 93304 (661) 862-5422	Nutrition education and supplemental food checks for pregnant and breast-feeding women at risk; also for infants and children up to 5 years at risk.	Bakersfield	Pregnant and breast-feeding mothers, children up to age 5	Free to low-income
Southwest WIC Office 4621 American Avenue Unit A+B Bakersfield, CA 93309 (661) 862-5422	Nutrition education and supplemental food checks for pregnant and breast-feeding women at risk; also for infants and children up to 5 years at risk.	Bakersfield	Pregnant and breast-feeding mothers, children up to age 5	Free to low-income
Taft WIC Office "The Fort" 915 N. 10th Street, Ste. #12 Taft, CA 93268 (800) 707-4401	Nutrition education and supplemental food checks for pregnant and breast-feeding women at risk; also for infants and children up to 5 years at risk.	Taft	Pregnant and breast-feeding mothers, children up to age 5	Free to low-income
University of California Cooperative Extension Office				
Adult Expanded Food and Nutrition Education Program Jan Gillespie 1031 S. Mount Vernon Ave. Bakersfield, CA 93307 (661) 868-6214 http://cekern.ucdavis.edu	The Expanded Food and Nutrition Education Program (EFNEP) inspires and empowers families to lead healthier lives by teaching them to eat well, stretch their food dollars, and handle food safely. EFNEP is federally funded by the USDA, and is administered by the University of California Cooperative Extension. Nutrition Educators are trained by the University of California to teach classes to adults with young children and pregnant teens from low-income families.	Kern County	Low-income families with young children	Free
African American 5 a Day 1031 S. Mount Vernon Ave. Bakersfield, CA 93307 (661) 868-6200 http://cekern.ucdavis.edu	Designed to improve the health of the low-income African American community by providing education, advocacy, and policy development about healthy eating and physical activity.	Kern County	Low income African Americans	Free
California Children's 5 a Day--Power Play! Campaign 1031 S. Mount Vernon Ave. Bakersfield, CA 93307 (661) 868-6200 http://cekern.ucdavis.edu	Works within the community to teach 9- to 11-year old children to increase fruit and vegetable consumption and physical activity levels each day. Materials are available in English/Spanish at no cost to low-income schools and various community organizations. Offers creative ideas in implementing nutrition education and physical activities with children in each setting. California content standards links are included in each lesson.	Central Valley	All	Free



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<i>Latino 5 a Day Campaign</i> Eustolia Zamora-Bonilla 1720 S. Maple Ave. Fresno, CA (559) 456-7551 http://cefresno.ucdavis.edu	The Campaign conducts culturally relevant, linguistically appropriate, and community-based social marketing interventions to encourage Latinos to consume 5 or more daily servings of fruits and vegetables as part of a healthy lifestyle. It disseminates the 5 A Day message by recruiting professional Health Educators, to serve as Booth Hosts. The Campaign then uses various communication advertisements media tours, festivals farmers'/flea markets, and retail stores.	Central Valley	Low income Latinos	Free
Project LEAN Alyssa Walling 1720 S. Maple Ave Fresno, CA (559) 456-7295 http://californiaprojectlean.org	High school students are engaged in promoting healthy eating and physical activity to their peers and in advocating for policies that create environments in their schools and communities that support healthy eating and physical activity. The Food on the Run, Jump Start Teens program and curriculum is utilized to achieve these goals.	Central Valley	Students, teachers, school boards and districts focusing on 7-12 grades	Free
University of California Cooperative Extension Kern County 1031 S. Mount Vernon Ave. Bakersfield, CA 93307 (661) 868-6200 http://cekern.ucdavis.edu	University of California Cooperative Extension (UCCE), ANR's outreach arm, has farm, 4-H, and nutrition, family and consumer sciences advisors based in more than 50 county offices. As a land-grant institution, the Cooperative Extension mandate is tied to the welfare, development, and protection of California agriculture, natural resources, and people.	Kern County	All	Free
Youth Nutrition Education Program 1031 S. Mount Vernon Ave Bakersfield, CA 93307 (661) 868-6200 http://cekern.ucdavis.edu	The Youth Nutrition Education Program (Youth NEP) provides support and resources for teachers to implement nutrition education in low-income schools.	Kern County	Low-income children	Free

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