



Senior Support Services

303-832-1622 (Press #201 for Reception)

846 E. 18th Ave. Denver, CO 80218

www.seniorsupportservices.org

- Serves: Older adults (55+)
- Three meals served every weekday
 - Monday to Friday: Breakfast 7:00am – 8:30am; Lunch 11:30am; Dinner 5:30pm; Sunday: Sack lunches are available at 11:30 a.m.
 - Meals are available for free for members.
- Emergency food and clothing banks
- Intakes done Monday-Thursday, 9am-2pm

Project Support Senior Center – Congregate Meals / Thrift Shop

303-567-2382

http://denverregion.co.networkofcare.org/aging/services/agency.aspx?pid=ProjectSupportSeniorCenter_965_1_0

1402 Miner Street, Idaho Springs, CO 80452

- Serves: Older adults (60+) in Clear Creek and Gilpin County
- Provides: Nutrition, health and welfare counseling, information, games and bingo, housing and referral services, thrift shop, recreation and field trips, hot lunches*, housing, food bank, emergency food boxes (call in advance to arrange) and volunteer opportunities
 - *Notes: Please call at least 1 business day in advance to reserve a hot lunch. Monday - Friday, 11:30 am - 12:30 pm
- Center hours: 8:00 a.m. – 4:00 p.m.
- Notes: Please be prepared to leave a message with your contact information when you call.

Volunteers of America – Meals on Wheels Program

303-294-0111

Address: Multiple Locations

<http://www.voacolorado.org/Office-Locations/Denver-Area/Food-and-Nutrition/Meals-on-Wheels>

- Serves: Older individuals (60+) residing in Adams, Arapahoe, Denver, Douglas, Jefferson, Gilpin or Clear Creek Counties who are assessed as homebound
- Provides: Healthy, home-delivered meals, nutrition education, information and assistance in accessing other services
- Notes: There is no charge for the meals, but individuals who receive Meals on Wheels are asked to contribute what they can afford toward the cost of the meals. However, no one is denied service because of an inability to make a contribution.

Volunteers of America - Congregate Dining Centers

303-297-0408

Address: Multiple Locations

<http://www.voacolorado.org/Office-Locations/Denver-Area/Food-and-Nutrition/Congregate-Dining-Centers>



- Serves: Older adults (60+) throughout in Jefferson, Adams, Arapahoe, Clear Creek, Denver, Douglas and Gilpin counties
- Provides: Nutritious meals, access to community resources and positive social interaction at Congregate Dining Centers
- Hours may vary by location
- Notes: There is no charge for any of the service provided; however, a \$2.50 donation is suggested per meal. No one is denied service because of an inability to make a contribution.
- For times and locations, call or visit the website above.

Senior Assistance Center – Food and Clothing Banks

303-455-9642 or email: client@seniorassistancecenter.org

2839 West 44th Avenue, Denver, CO 80211

<http://www.seniorassistancecenter.org>

- Serves: Older adults (60+) in Adams, Arapahoe, Denver, Douglas, Jefferson, Boulder, Broomfield counties
- Food services include:
 - Onsite Food Bank
 - *When & Where?* Fourth Tuesday of the month onsite; Time: 10 am-12 pm
 - *Who is eligible?* Persons 60+
 - *What is needed?* Photo ID, signature at the time of service.
 - Hunger Relief Mobile Food Bank Locations - 9:00 AM to 10:00 AM at all locations
 - Every other WEDNESDAY of each Month – Dahlia Square
3421 Elm Street, Denver, CO 80207
 - Every other WEDNESDAY of each Month – Francis Heights
3805 W. 26th Avenue, Denver, CO 80211
 - Every TUESDAY of each Month – Highland Towers
6340 W. 38th Ave., Wheat Ridge, CO 80033
 - Emergency food/hygiene/clothing-available anytime the office is open.
- **Clothing Bank Services include:**
 - Clothing, coats, shoes, books and small household items to person 50+
 - Hours: Thursdays 10:00am – 2:00pm; Notes: Please bring a photo ID.
 - Most items \$0.25

Hunger Free Colorado – Older Adult Nutrition Services

720-382-2920 or 1-855-855-4626 (Main Hunger Free Hotline Number)

1801 N. Williams St. Suite 200, Denver, CO 80218

<http://www.hungerfreecolorado.org/senior-nutrition/>

Serves: Older adults in Colorado

- Provides: One-on-one assistance to determine eligibility for nutrition programs, answer questions about nutrition assistance programs, help older adults find meal sites and food assistance, as well as help complete any needed applications or forms
- Hours: M-F, 8 a.m. to 4:30 p.m.
- Notes: Services available in Spanish



Food Bank of the Rockies – Commodities Supplemental Food Program

303-371-9250 or 720-473-6323

Address: Multiple locations

<https://www.foodbankrockies.org/programs/>

Serves: Older adults (60+) who are considered low-income (1 person: max \$1,265 monthly)

- Provides: Supplemental food assistance, including non-perishable goods such as canned fruits and vegetables, cereals, dry milk, cheese, beans, pasta and other staples
- Main Office Hours: 8:00 a.m. – 4:30 p.m.
- Notes: Clients should be prepared to bring picture ID, proof of income, and proof of address to sign-up for the program. Please call for locations and pick-up times. Delivery available if homebound.

Arvada Community Food Bank

303-424-6685

8555 W 57th Ave. Arvada, CO 80002

<https://cotable.org/>

- Serves: Low-income seniors who live within the following service area: North to 120th Street, South to 26th Ave., West to Hwy 93, and East to Sheridan Blvd.
- Once a Month Food Commodities For Seniors, as well as other emergency food assistance programs.
- **Food boxes are distributed the 3rd Wednesday of each month.**
 - To receive food through this program you must live within the service area. The Senior Commodities Program is operated by Food Bank of the Rockies, 303-371-9250 or 720-473-6323.
 - Bring a picture ID, a piece of mail dated within the last 30 days and proof of income (one of the following: SSI award letter, bank statement, OAP/VA pension statement, W-2, recent pay stub, employer statement, subsidized housing verification or food stamp award letter).

The Action Center (Jeffco Action Center) – Senior Food Commodities / Clothing Bank

303-237-7704, contact Matt

8755 W. 14th Ave., Lakewood, CO 80215

www.theactioncenterco.org

- Serves: Older Adults (60+) who live in Jefferson County or who are homeless
- Monthly food box with commodities, as well as other emergency food assistance
 - Income qualified program, distribution first Thursday of every month. You will have to have completed an application prior to receiving assistance. Bring in photo ID, proof of address, and proof of income.
- Clothing Bank
 - Call to make an appointment, 720-215-4850.
- Notes: Clients must meet with a case manager before participating in the programs. Please call the appointment line: 720-215-4850.

Specific Populations

Project Angel Heart

303-830-0202 or 800-381-5612

4950 Washington St., Denver, CO 80216

www.projectangelheart.org



- Serves: Individuals must reside in metro Denver or Colorado Springs, and also have a current diagnosis of a life-threatening illness, such as cancer, HIV/AIDS, end-stage renal disease, congestive heart failure, MS, or other such illness AND a documented difficulty preparing or accessing healthy meals due to illness treatment, side effects or another disability.
 - If you live outside of the boundaries, you can make alternate delivery arrangements such as picking up your meals at Project Angel Heart or setting up delivery to a friend or family member who lives within the boundaries.
- Provides: Free, home-delivered meals tailored to meet each client's nutritional needs
- Notes: Program Application and Referral form must be signed by a licensed medical professional. These forms should be faxed to: (303) 865-7002. Contact Navigation for a copy of the application or download it at: <http://www.projectangelheart.org/our-meals/application-help/>

Chefs for Seniors: North & West of Denver

<https://chefsforseiors.com/>

720-355-0615, contact Denise Huff (Owner)

- Homemade meals ready in under 3 minutes each night – with no cooking
- Feel healthy and rejuvenated with meals that fit your diet
- Truly affordable and much less expensive than eating out
- Chefs are licensed, undergo background checks, and are fully insured.

***Contact Navigation for additional food and/or clothing resources.*

