



Food Resources

Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.

What is a food bank?

Food banks are often non-profit, charitable organizations that distribute food to those in need.

Some food banks will only serve those living within a certain area, such as a city or county. Other food banks have no residency requirements. Many, but not all, food banks require an ID and some require other documentation, such as a piece of mailing.

It is important to call before showing up to verify that the information has not changed.

Hunger Free Hotline

720-382-2920 or 1-855- 855-4626

www.hungerfreecolorado.org

- Referrals to food resources and information
- Spanish speaking available
- Monday through Friday 8:00 am – 4:30 pm

Arvada

Community Table

303-424-6685

8555 W 57th Ave, Arvada, CO 80002

www.cotable.org

- Offers emergency food assistance to individuals living within the following catchment area: 26th St on the South, 120th Ave on the North, Sheridan Blvd on the East, and Hwy 93 on the West
- Individuals and families are eligible for this program 12 times per year.
- Walk in Hours:
 - Must bring ID and proof of address post-marked within the last 30 days.
 - Income guidelines: <https://cotable.org/get-help/tefap/>
 - Pantry hours:
 - Monday, Tuesday, Friday from 12:00 pm to 3:45 pm
 - Wednesday from 12:00 pm to 5:45 pm (closed the 2nd Wednesday of every month)
 - Thursday from 10:00 am to 3:45 pm
 - *Pantry may close early due to high client volume*

Foothills Community Church Food Pantry

8330 W 80th Ave, Arvada, CO (Located at Second Chance Thrift Store)

www.foothillsonline.org

- Available the 3rd Thursday of the month between 10:00 am and 12:00 pm
 - Check website to confirm date and time.

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Agape Life Church

303-431-6481

5970 W 60th Ave, Arvada, CO 80003www.apagelife.com

- Provides emergency food assistance (TEFAP) and food pantry assistance.
- Walk in services for TEFAP and an appointment must be made for food pantry assistance.
- Food bank available by appointment only on Tuesday (once a month) from 1:00 pm to 2:00 pm.

The New Apostolic Church Food Pantry

720-722-3663

5290 Vance St., Arvada CO 80002

- Food pantry available to walk-ins, no restrictions apply.
- Available Wednesdays, 9:00am-11:am in the rear entrance

Abundant Life Community Church

303-421-1373

6520 Wadsworth Bypass Suite 130

Arvada, CO 80003

- Food pantry and donation site
- Food pantry open Wednesdays, 5:30pm-6:30pm; Sundays 11:45am-12:15pm.
 - Coffee and dessert served.
- Available to Jefferson County, once a week.

Lakewood**Mean Street Ministry**

303-232-2500

1380 Ammons St, Lakewood, CO 80214

- Offer a food café Monday, Tuesday, Wednesday, and Thursday from 9:00 am to 12:00 pm.
- Food bank available Monday, Tuesday, and Thursday from 9:00 am to 12:00 pm

Food Bank of the Rockies – Mobile Food Pantry

303-371-9250

5800 W Alameda Pkwy, Lakewood, CO 80228 (Red Rocks Church)

www.foodbankrockies.org

- Hours: 2nd and 4th Thursday of the month starting at 9:00 am
- Walk up service, first come first serve
- There are no eligibility requirements.
- Individuals are encouraged to bring their own boxes or bags to take food home in.

David Clifton Ministries

303-893-8363

1533 Glen Ayr Drive, Lakewood, CO 80215

www.theworldforjesus.net

- Offers food boxes and hot meals for individuals experiencing homelessness
- Food boxes are available Monday, Wednesday, Friday 10:00 – 2:00 pm
- Hot meals are available Monday, Wednesday, Friday 11:00 am – 1:00 pm and Saturday at 10:00 am.

Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

Action Center

720-215-4850 (Appointments for Food Bank)

8745 W 14th Ave, Lakewood, CO 80215

www.theactioncenterco.org

- Food pantry hours: Monday, Tuesday, Wednesday, Friday: 9:00 am to 4:00 pm; Thursday: 12:00 pm to 7:00 pm
- Appointment Line: Monday, Tuesday, Wednesday, Friday: 9:00 am to 4:00 pm; Thursday: 12:00 pm to 5:00 pm
- Eligibility:
 - Must reside in Jefferson County
 - Must provide a photo ID and proof of Jefferson County address (exception for individuals who are homeless) and birth certificates for children.
- Self-select grocery provides a 5 day supply of food up to 9 times per enrollment year.

Shepherd's Pantry – River Church

303-748-1133

220 S. Yarrow St, Lakewood, CO 80226

<https://riverchurchmovement.org/ministries>

- Open every 3rd Saturday of the month from 9am to 10:30am. Need proof of residence and ID.
- Breakfast provided.

Belmar Baptist Church

303-986-5500

460 S. Kipling, Lakewood, CO 80226

<http://belmarchurch.com/index.php>

- Food bank is open each Thursday from 6:30pm–8:30pm. (Doors open at 5:30)
- Photo ID requested(not required)
- All services are FREE

Grace Covenant Church

303-988-7505 ext. 13

10101 W. Mississippi Avenue, Lakewood CO, 80226 South Building

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

- 3rd Thursday of each month from 6pm – 7:30pm

Wheat Ridge

Jefferson Avenue United Methodist Church Food Bank

303-424-0463

4425 Kipling St. (44th and Kipling), Wheat ridge, CO 80033

<http://www.jeffave.qwestoffice.net/index2.html>

- 1st and 3rd Wednesday of month from 9 to 11am or until items are gone, residency restrictions
- Bring own carrying supplies
- Need ID and piece of mail dated within last 30 days.

Calvary Temple Christian Church

720-898-0855

7390 W. 38th Ave., Wheat Ridge, CO 80033

<http://www.calvarytemplecc.com/>

- 3rd Saturday of the month, 10am-12pm
- Need ID and proof of address, Wheat Ridge residents only

Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

The Hub

303-982-2198 | Appointment line: 303-982-1872

Stevens Elementary 7101 West 38th Ave., Wheat Ridge, CO 80033

- ****Only available to families with a child enrolled in Wheat Ridge schools****
- Monday through Wednesday 8:00 am – 9:00 am and 3:00 – 3:45 pm
- Families must present an ID (parent ID or Wheat Ridge student ID)

Golden

Christian Action Guild

303-279-5674

1401 Ford St, Golden, CO 80401

<https://www.coloradogives.org/ChristianActionGuild/overview>

- Provides food for individuals and families living in Golden (Zip codes: 80401 and 80403)
 - Individuals must have a referral from someone who knows the individual can verify the need
- Documentation Requirements:
 - Must have valid photo ID
 - Proof of custody of any minors being claimed on the application
 - Referral letter and current of proof address.
 - Referral can be made by social services, police department, sheriff's department churches, doctors, etc.
- Hours:
 - Tuesday and Friday: 10:30 am – 2:30 pm; Saturday: 10:30 am – 1:30 pm

His Provision

303-936-1504

705 Ulysses St., Golden, CO 80401

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

- Mondays 1:30pm – 4pm, must live in Jefferson County
- 3rd Thursday of every month 2 USDA programs (food stamps and leap automatically eligible or under Federal income guidelines)
- 3rd Thursday of every month from 10am- 2pm Senior SFFP for ages 60+ under income guidelines.

Littleton

The Rock Community Church

303-936-1712

12472 W Belleview Ave, Littleton, CO 80127

www.therockcc.com

- Food bank available Wednesdays from 10:00 am to 12:00 pm and Thursdays from 4:00 pm to 6:00 pm.
 - Call to inquire about eligibility requirements

Mission Hills Church, Home and Health Ministries

303-794-3564

5804 S Datura St, Littleton, CO 80120

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

- Open Tuesdays 5pm-7pm (Spanish interpreter on-site)
- ID or bill for identification needed, but no residency requirements

Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

Mountain Communities

Mountain Resource Center

303-838-7552 (ext 20 for food bank)

11030 W Kitty Drive, Conifer, CO 80433

www.mrcco.org

- Individuals and families must reside in the following area: Zip codes served: 80127 (Southwest of C-470 section only), 80421, 80425, 80433, 80437, 80439, 80448, 80453, 80454, 80457, 80465, 80470, 80475
- Call to set up an intake appointment.
- Food pantry hours:
 - Monday: 2:00 pm - 4:45 pm
 - Tuesday and Wednesday: 10:00 am – 12:45 pm
 - Thursday: 10:00 am – 12:45 pm and 2:00 pm to 6:45 pm

Food Bank of the Rockies – Mobile Food Pantry

303-371-9250

440 Powder Run Drive, Central City, CO 80427 (Gold Mountain Village)

www.foodbankrockies.org

- Hours: 3rd Tuesday of the month, starting at 11:00 am
- Walk up service, first come first serve
- There are no eligibility requirements.
- Individuals are encouraged to bring their own boxes or bags to take food home in.

Gilpin County Department of Human Services

303-515-4293

2960 Dory Hill Rd, Suite 100, Blackhawk, CO 80422

www.co.gilpin.co.us

- Food bank available to Gilpin County residents on Tuesdays and Thursdays from 1:30 pm to 4:00 pm.

Loaves and Fishes

303-567-4450

545 Hwy 103/Chicago Creek Rd., Idaho Springs;

<http://www.loavesandfishesco.org/contact-us.html>

- Thursdays 11:00 am to 6:00 pm and Fridays 11:00 am to 4:00 pm.
 - Serves Gilpin & Clear Creek Counties

Evergreen Christian Outreach

303-670-1796

Bancroft Hall – 2760 Hwy 74, Evergreen, CO 80439

<https://evergreenchristianoutreach.org/get-help/food-bank/>

- Hours:
 - Monday: 10 am – 6:00 pm
 - Tuesday – Thursday: 10:00 am – 4:00 pm
- Serves Evergreen, Conifer, Kittridge, Idledale, Morrison, Bailey, Lookout Mtn, Indian Hills, North side of Shaffer's Crossing.
- Call for an appointment.

Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

Denver County

Senior Support Services

303-832-1622

846 E 18th Ave, Denver, CO 80218

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

- Provides food assistance and emergency food banks along with other services to homeless seniors ages 55 and older. Also has meals provided throughout the day.

FISH of East Denver

303-234-5283

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

- Provides emergency food services on Mondays, Wednesdays, and Fridays for individuals living in the area east of Broadway and downtown to the Denver city limits.
- Individuals are eligible for assistance once every three months. Individuals must call before 11 am if food is needed on the same day.
- Delivery service only.

The Gathering Place – Drop in Center

303-321-4198

1535 High St, Denver, CO 80218

www.tgpdenver.org

- Provides daily meals, and emergency food along with other resources.

Salvation Army

303-295-3366

Various locations

www.imsalvationarmy.org

- Provides a three day food box once every 30 days to individuals in their service area
 - Call to confirm if you're within their service area.

Jewish Family Services

720-248-4716

3201 S Tamarac Drive, Denver, CO 80231

www.jewishfamilyservice.org

- Hours:
 - Tuesday, Wednesday, Friday: 10:00 am to 1:00 pm; 2nd Thursday: 4:00 pm – 6:00 pm.
- Individuals must call the phone number above and leave a voicemail with their name and phone number. Calls will be returned to set up an appointment. No walk ins available.
- Clients must provide ID, proof of address and proof of income.
- Income guidelines: 200% Federal Poverty Level

Family Size	Income Limit	Family Size	Income Limit
1	\$25,520	5	\$61,360
2	\$ 34,480	6	\$70,320
3	\$43,440	7	\$ 79,280
4	\$52,400	8	\$88,240

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Metro Caring

303-860-7200

1100 E 18th Ave, Denver, CO 80218

www.metrocaring.org

- Appointments must be made for food assistance
 - To make an appointment, call 303-860-7200 between 10 am and 11:30 am on Mondays, 6:00 and 7:30 pm on Tuesdays, or 12:30 pm and 3:00 pm on Thursdays.

Community Ministry of SW Denver

303-936-0469

1755 S. Zuni St. Denver (South of Florida Ave on S. Zuni)

<http://www.comministry-denver.org/>

- Serves following zip codes – 80219, 80223, 80227, 80236 (clients outside of this area may be served once and referred to other resources in their area).
- Hours: (Must arrive 30 minutes prior to closing to receive services)
 - Monday, Wednesday, and Thursday from 10am to 1:00 pm,
 - Tuesdays from 1:00 pm to 4:00 pm
 - Wednesday from 6:00 pm to 7:30 pm
- Must bring documentation of everyone in household, ID, and piece of mail with address that is post marked within the last 30 days to verify address.

Other Counties

Centennial Elementary School Mobile Food Pantry

303-652-3663

13200 Westlake Drive, Broomfield, CO 80020

<https://communityfoodshare.org/get-food/services-we-provide/mobile-pantries/>

- For individuals and families residing in Broomfield and Boulder Counties; ID and proof address required
- Food bank available the 2nd and 4th Wednesday of the month from 2:30 pm to 4:00 pm.
 - Please check the online calendar or call to confirm dates and times.

Catholic Charities – Little Flower Center

303-360-9686

11149 E 14th Ave, Aurora, Co 80110

<https://ccdenvr.org/parish-community-relations/the-little-flower/>

- Provides emergency services include food, clothing, and referrals to other resources.
- Eligibility
 - Must be living in Adams County, the city of Aurora, or Denver County (Zip codes: 80239 and 80249 only)
 - Must bring photo ID of all adult members of the household, proof of address, and verification of all household members (ie birth certificate, school record, immunization record, etc)
- Hours: Monday, Wednesday, and Thursday 9:30 am – 3:00 pm
 - For Seniors: Second Mondays of the month is for Senior food assistance

Senior Hub – Emergency Food Bank

303-426-4408

9025 Grant St, Suite 150, Thornton, CO 80229

www.seniorhub.org

- Offers emergency food assistance for individuals who are 55 years and older and reside in Adams county.

Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

Aurora First Seventh Day Adventist Church

303-903-8136

11400 E Mississippi Ave, Aurora, CO 80012

<https://aurorafirstco.adventistchurch.org/>

- Call to confirm that you're living in the service area (limited to Arapahoe and Denver Counties)
- Food bank on 3rd Sunday of the month from 10:00 am to 2:00 pm. By appointment only.

Restoration Outreach Program

720-859-2513

1540 Boston St., Aurora, CO 80010

<https://www.restorationoutreachprograms.org/ministries/resource-ministries/food-bank/>

- Food pantry services available, child care assistance, clothing bank
- Pantry hours, Tuesday 11:30am-12:30pm
- Service area: living along East Colfax Ave, in Northwest Aurora, & Northeast Denver, CO

Growing Home

303-426-0430

3489 W. 72nd Ave. #112, Westminster, CO 80033

www.growinghome.org

- Food pantry open every morning from 10am-12 noon Monday through Saturday
- Offers a three day supply of food. Offers diapers and hygiene products when available.

Homebound Resources

FISH of East Denver

303-234-5283

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

- Provides emergency food services on Mondays, Wednesdays, and Fridays for individuals living in the area east of Broadway and downtown to the Denver city limits.
- Individuals are eligible for assistance once every three months. Individuals must call before 11 am if food is needed on the same day.
- Delivery service only.

Seniors' Resource Center

303-674-2843

www.srcaging.com/src-evergreen-nutrition-programs

- Meals on Wheels
 - Delivers meals to seniors and disabled individuals who are confined to their homes. Meals are provided by Volunteers of America.
 - Microwavable hot lunch meals provided daily (Monday through Friday)
- Market Basket: delivered monthly and provides fresh produce, dairy, bread, and 10 frozen meals.

Meals on Wheels – Volunteers of America

Jefferson, Adams, Arapahoe, Denver, Gilpin, Clear Creek or Douglas Counties: 303-294-0111 Littleton and Englewood 303-798-7642

<http://www.voacolorado.org/gethelp-denvermetro-foodnutrition-mow>

- Delivers meals to elderly (60+) and homebound individuals.

Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

- 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.

Project Angel Heart

303-830-0202 or 1-800-381-5612

<https://www.projectangelheart.org/>

- Free, home delivered meals for persons living with life-threatening illnesses to the Metro Denver area and Colorado Springs. Meals are tailored to meet each client's nutritional needs.
- Call for application and further information. Physician's referral needed.
- Eligibility: Life-threatening illness plus factor of limited mobility. Proof of income required but does not impact eligibility.

Meal Resources

David Clifton Ministries

303-893-8363

1533 Glen Ayr Drive, Lakewood, CO 80215

www.theworldforjesus.net

- Offers food boxes and hot meals for individuals experiencing homelessness
- Food boxes are available Monday, Wednesday, Friday 10:00 – 2:00 pm
- Hot meals are available Monday, Wednesday, Friday 11:00 am – 1:00 pm and Saturday at 10:00 am.

Bethlehem Lutheran Church – The Table

720-515-8253

2100 N Wadsworth Blvd, Lakewood, CO 80214

- Provides a free hot meal on Thursday nights.
 - If an individual needs a ride, they can call and leave a message before 2:00 pm on Thursday each week.

The Gathering Place – Drop in Center

303-321-4198

1535 High St, Denver, CO 80218

www.tgpdenver.org

- Provides daily meals, and emergency food along with other resources.

Same Café

720-530-6853

2023 E Colfax Ave, Denver, CO 80206

www.soallmayeat.org

- Hours: Monday through Saturday: 11:00 am to 2:30 pm
- Individuals can pay what they can for meals or provide volunteer service in exchange for a meal.

Urban Outreach Denver

720-989-1827

608 26th Street, Denver, CO 80205

www.lovedenver.org

- Has a free community dinner for anyone in need on Thursdays at 6:00 pm
 - Enter through the main door and walk downstairs to the basement.

Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

Denver Rescue Mission

303-294-0157

2222 Lawrence St, Denver, CO 80205

www.denverrescuemission.org/location/lawrence-street-community-center

- Breakfast and lunch provided seven days a week
 - Dinner provided to men staying in the shelter
- Individuals must be 18 or older, children may accompany an adult.
 - Must obtain a Denver Rescue Mission ID card

Colorado Visiting Nurse Association – Hope Program

303-832-3354 (call for intake information)

1555 Race St, Denver, CO 80218 (located at Unity Temple in the basement)

www.vnacolorado.org

- Hours: Monday through Friday: 8:00 am to 4:00 pm
- Provides a drop in shelter for HIV positive or questioning, homeless individuals.
 - Included hot meals along with medication adherence and education.

Christ's Body Ministries – Drop in Shelter

303-860-1272

850 Lincoln St, Denver, CO 80203

www.christsbody.org

- Drop in shelter that provides meals as well showers, laundry, and hair cuts.
- Food is served Tuesday – Thursday 10:00 am to 1:00 pm, Friday 8:30 am – 1:00 pm, and Saturday 7:00 pm – 8:00 pm

Volunteers of America – Lawrence Street

303-295-2165

2877 Lawrence St, Denver, CO 80205

www.voacolorado.org/gethelp-denvermetro-foodnutrition-themission

- Provides hot meals and sack lunches to homeless individuals and families.
 - Hot Meals:
 - Served Monday through Thursday
 - Breakfast is at 8:00 am
 - Lunch is at 11:30 am
 - Denver is at 5:00 pm.
 - A hot meal is also served on Fridays at 12:00 pm and Sundays at 1:00 pm
 - Sack lunches:
 - Monday through Friday from 9:30 am to 10:30 am and 1:00 pm to 2:30 pm

Father Woody's Haven of Hope

303 607-0855

1101 W. 7th Avenue; Denver , (Corner of 7th and Lipan)

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

- Hot meal served Monday through Friday at 10 am.

Volunteers of America – Dining Centers

303-294-0111

Numerous locations. Call for one near you.

- Program provides hot nutritious meals at dining centers throughout Denver Metro, Gilpin, Clear Creek and Larimer Counties. Please call 970-472-9630 for reservations

jcmh.org | 303-425-0300

Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

Seniors – Meal Resources

Seniors' Resource Center

303-674-2843

5120 Hwy 73 Evergreen, CO 80439

srcaging.org/src-evergreen/

- Provides a home cooked lunch followed by an educational program or entertainment once a week.
 - Held on Fridays at 12:00 pm.

Gilpin County Department of Human Services – Senior Nutrition and Activities

303-582-5444 x 1101

101 Norton Drive, Blackhawk, CO 80422

<https://www.gilpinrecreation.com/seniors.htm>

- Provides hot lunches for seniors and their spouses on Mondays, Wednesdays, and Fridays
 - Weekly grocery shopping with transportation also available.
- Individuals must be 60 years of age or older and residing in Gilpin County
- RSVP is required by 4:00 pm one business day before lunch
 - \$2.50 donation for lunches is appreciated.
- Transportation is available for those who need it.

Senior Support Services

303-832-1622

846 E 18th Ave, Denver, CO 80218

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

- Provides food assistance and emergency food banks along with other services to homeless seniors ages 55 and older. Also has meals provided throughout the day.

Youth – Meal Resources

Urban Peak

303-974-2900 | 24 hour hotline: 303-974-2908

2100 Stout St, Denver, CO 80205

www.urbanpeak.org

- Provides a drop in center for homeless youth ages 15-24 years of age.
 - Hot breakfast is served Monday through Friday: 9:00 – 10:00 am
 - Dinner is served on Tuesdays

Sox Place

303-961-5621

2017 Lawrence St, Denver, CO 80205

www.soxplace.com

- A drop in youth center that provides services from individuals ages 12 to 30 years of age who are homeless.
- Snacks and a hot meal are provided Tuesday through Friday 11:00 am to 4:00 pm and Saturday 11:00 am to 2:00 pm.