



CSFP

Commodities Supplemental Food Program

Homebound Deliveries
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 CSFP Representative
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 CSFP Representative
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 CSFP Representative
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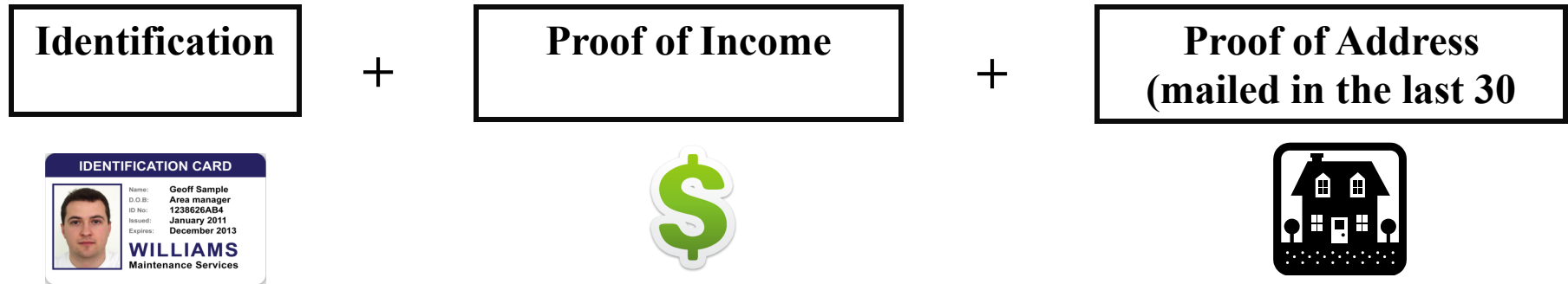
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 USDA is an equal opportunity provider and employer.

To get started, you **must** show **3** documents:



**Income Eligibility Guidelines
By Household Size**

1....\$1,276
2....\$1,726
3....\$2,177
4....\$2,628

**For each additional family
member, add \$451**

- 
- When eligibility is established, you will receive a card.
 - Use your card once a month at any distribution site!
 - Your card is good for 6 months!
(check back of card for expiration date)

At time of recertification, you must visit the certifier. If your information such as address, income or household size has changed please bring proof of address and proof of income (no bank statements).

The Food Bank of The Rockies Agencies



Partner Agencies: Food Bank of the Rockies distributes food through our partner agencies and off-site direct service programs. We do not distribute food directly to the public from our warehouse. If you are in need of food assistance, we are happy to help you with a referral.



303-371-9250

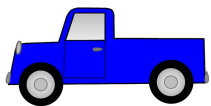


The Emergency Food Assistance Program TEFAP

TEFAP is a USDA program to help supplement the diets of low-income individuals, by providing them with emergency food at no cost. FBR partner agencies are able to subsidize their food pantry and/or soup kitchen inventory with food products such as, canned fruits/vegetables, starches (rice or potatoes) juice, cereal, frozen meat and fresh produce.



Jason Smith
720) 473-6323 ext.22



Mobile Pantry

FBR's Mobile Pantries bring food directly to communities where more food assistance is needed.



Kelyn Anker
(303)-375-5853



Income requirement, Please bring identification!

CSFP SITES

DENVER COUNTY

Food Bank of the Rockies, Warehouse
10700 E 45th Avenue, Denver, Co 80239
3rd Saturday, 9am-12pm
Call for days of distribution

Twin Parishes
3663 Humboldt Street, Denver, Co 80205
2nd & 3rd Tuesday, 10am-12pm

Scott United Methodist Church
2880 Garfield Street, Denver, Co 80205
2nd & 3rd Thursday, 9am-11am

Inner City Parish
1212 Mariposa Street, Denver, Co 80204
3rd Monday, 10am-11am

Redeemer Lutheran Church
3300 W Nevada Place, Denver, Co 80219
1st & 4th Thursday, 9am-11am

Community Ministries
1755 S Zuni Street, Denver, Co 80233
1st & 2nd Friday, 9am-11am

First Denver Friends
4595 Eliot St, Denver 80221
1st & 2nd Monday, 9am-11am

Jewish Family Services
3201 S Tamarac Drive, Denver, Co 80231
By Appointment Only
303.597.5000

ARAPAHOE COUNTY

Aurora Senior Center
30 Del Mar Circle, Aurora, Co 80011
1st Tuesday, 9am-11am

JEFFERSON COUNTY

Arvada Community Food Bank
8555 W 57th Avenue, Arvada, Co 80004
3rd Wednesday, 9am-10:30am

Open Arms Food Bank
6500 W Coal Mine, Littleton, Co 80123
Tuesdays 3pm—5pm

The Action Center
8755 W 14th Avenue, Lakewood, Co 80215
1st Thursday, 8:30am-10:30am

His Provision
705 Ulysses Street, Golden, Co 80401
3rd Thursday, 10am-2pm

ADAMS COUNTY

Adams County Emergency Food Bank
7111 E 56th Avenue, Commerce City, Co 80022
Wednesday-Friday 9am-12pm

Bennett Community Food Bank
1100 W Colfax Avenue, Bennett, Co 80102
2nd Wednesday, 9am-11am

Chapel Hill Church
10 Chapel Hill Drive, Brighton, Co 80601
2nd Wednesday, 4pm-6pm



Eligibility can vary between sites. Check with your local food pantry.

FOOD PANTRY SITES

ARAPAHOE COUNTY

The Potter's House Church

9495 E. Florida Avenue
Denver, CO 80247
Phone: 303-369-8514

Hours: Mondays, Tuesdays, Wednesdays Thursdays 8:00am—5:00pm, Sundays 10:30am—11:15

Inter-Faith Community Services

3370 Irving St
Englewood, CO 80110
Phone: 303-780-0501

Hours: Mondays 8:30-12:00 & 1:00pm—3:00pm, Tuesdays 8:30am—12:00pm & 1:00pm—6:00pm, Wednesdays 8:30am—12:00pm, Thursdays 8:30 am—12:00pm & 1:00pm—3:00pm,, Fridays 8:30am—12:00pm & 1:00pm—3:00pm

Littleton Food Stamp Office

1690 W. Littleton Blvd
Littleton, CO 80120
Phone: 303-734-5220

Hours: Monday-Friday 8:00am—4:30pm

Aurora Inter Church Task Force

1553 Clinton Street
Aurora, CO 80010
Phone: 303-360-0260

Hours: By appointment only Mondays, Tuesdays, Wednesdays and Fridays 8:30am—1:30 pm

The Salvation Army—Englewood

3460 S. Sherman St #202
Englewood, CO 80113
Phone: 303-761-6111

Mondays, Wednesdays and Fridays 12:00pm-4:00pm

JEFFERSON COUNTY

Agape Life Church

5970 w 60th Ave
Arvada, CO 80002
Phone: 303-421-1373

Hours: Wednesdays 6:00pm-7:00pm, Sundays 11:45-12:30pm

SECOR

9650 Jordan Rd
Parker, CO 80134
Phone: 720-842-5621

Hours: Wednesdays 10:00—4:00pm, Thursdays 12:00-6:30pm, Fridays 10:00-2:00pm

Evergreen Christian Outreach

27640 State Highway 74
Evergreen, CO 80439
Phone: 303-670-1796

Hours: Mondays 12:00-6:00pm, Tuesday, Wednesdays and Thursday 10:00-4:00pm

Community Ministries Southwest

1755 S Zuni St
Denver, CO 80223
Phone: 303-935-3428

Hours: Monday-Wednesday 10:00-2:00pm, Tuesdays 2:00-5:00pm

Arvada Food Bank

8555 W 57th Ave
Arvada, CO 80002
Phone: 303-424-6685

Hours: Monday, Tuesday, Thursday & Friday 12:00-3:45pm, Wednesday 12:00-6:45, closed 2nd Wednesday of every month



Eligibility can vary between sites. Check with your local food pantry.

FOOD PANTRY SITES

ADAMS COUNTY

Catholic Charities Little Flower

11149 E. 14th Ave
Aurora, CO 80010
Phone: 303-360-9686
Hours: Mondays, Wednesdays and Thursdays 9:30am—3:15 pm

F.I.S.H of Commerce City

6770 Monaco St
Commerce City, CO 80022
Phone: 720-633-3604
Hours: Tuesday and Thursday 9:00am—1:00pm, Wednesdays 10:00am-1:00pm

COFU

10530 Huron
Northglen, CO 80234
Phone: 303-452-2727
Hours: Monday—Thursday 12:00pm—4:00pm and 1st Saturday of each month 9:00am—12:00pm

His Hands Ministries

475 Coort Place
Brighton, CO 80601
Phone: 303-659-5456
Hours: Wednesdays and Saturdays 11:00am—2:00pm

F.I.S.H. of Westminster

3585 W 76th Avenue
Westminster, CO 80030
Phone: 303-429-1569
Hours: Mondays, Wednesdays and Fridays 12:30pm—4:00pm

DENVER COUNTY

Cornerstone Food Bank

3190 S. Grant St
Englewood Bible Church
Englewood, CO 80113
Phone: 720-209-2336
Mondays 6:30 pm—8:30 pm, Tuesdays 10:30am—3:00pm

ACS Community Lift Program

5045 W. 1st Avenue
Denver, CO 80219
Phone: 303-935-7389
Hours: Monday—Thursday 9:00am—12:30 pm

The Action Center

8755 W. 14th Ave
Lakewood, CO 80215
Phone: 303-237-7704
Hours: Mondays, Tuesdays, Wednesdays and Fridays 9:00am—3:30 pm,
Thursdays 11:00am—5:30 pm
Closed every 2nd Wednesday of each month

NW Family Assistance

2224 W. 32nd Avenue
Denver, CO 80211
Phone: 303-433-6328
Hours: 1st, 2nd, & 4th Thursday from 11:00am—12:00pm and 4:00pm—5:30 pm, 3rd Thursday from 10:30—12:00pm

Denver First Church of the Nazarene

3800 E. Hampden Avenue
Englewood, CO 80113
Phone: 303-761-8370
Hours: Tuesdays and Thursdays 10:00am—3:00pm



Verbal acknowledgement of income is required

TEFAP SITES

ADAMS COUNTY

Agape Life Church

5970 w 60th Ave
Arvada, CO 80002
Phone: 303-421-1373
Hours: Wednesdays 6:00pm-7:00pm, Sundays 11:45-12:30pm

SECOR

9650 Jordan Rd
Parker, CO 80134
Phone: 720-842-5621
Hours: Wednesdays 10:00—4:00pm, Thursdays 12:00-6:30pm, Fridays 10:00-2:00pm

Evergreen Christian Outreach

27640 State Highway 74
Evergreen, CO 80439
Phone: 303-670-1796
Hours: Mondays 12:00-6:00pm, Tuesday, Wednesdays and Thursday 10:00-4:00pm

Community Ministries Southwest

1755 S Zuni St
Denver, CO 80223
Phone: 303-935-3428
Hours: Monday-Wednesday 10:00-2:00pm, Tuesdays 2:00-5:00pm

Arvada Food Bank

8555 W 57th Ave
Arvada, CO 80002
Phone: 303-424-6685
Hours: Monday, Tuesday, Thursday & Friday 12:00-3:45pm, Wednesday 12:00-6:45, closed 2nd Wednesday of every month

DENVER COUNTY

TEFAP Metro Care Ring

1615 Ogden St
Denver, CO 80218
Phone: 303-350-3663
Hours: Monday—Friday 9:30-2:30g

Warren Village Inc

1323 Gilpin St
Denver, CO 80218
Phone: 303-320-5018
Hours Monday—Thursday 8:30am—8:30 pm

Community Ministry Southwest

1755 S. Zuni St
Denver, CO 80223
Phone: 303-935-3428 x 101
Hours: Monday, Wednesday, Thursday 10-1:30, Tuesday 2-4:30

The Gathering Place

1535 High Street
Denver, CO 80218
Phone: 303-996-9023
Hours: Monday, Wednesday, Thursday 9:00-11:00, 1:15-3:00, Tuesday 9:15-11:-00

ACS Community L.I.F.T

5045 W 1st Ave
Denver, CO 80219
Phone: 303-935-7389
Hours: Monday-Thursday 9:00am—12:30pm



Verbal acknowledgement of income is required

TEFAP ARAPAHOE COUNTY

Inter-Faith Community Services

3370 S. Irving Street
Englewood, CO 80110
Phone: 303-789-3808
Hours: Monday, Thursday, Friday 8:30-3:00pm,
Tuesday 8:30-12:00pm & 1:00-6:00pm, Wednesday 8:30-12:00

Aurora Inter Church Task Force

1553 Clinton St
Aurora, CO 80010
Phone: 303-341-9328
Hours: Monday, Tuesday, Wednesday, Friday 8:30-2:30 by appointment

Salvation Army Englewood

3460 S. Sherman St
Aurora, CO 80113
Phone: 303-761-6111
Hours: Monday, Wednesday, Friday 12:00-4:00pm

Salvation Army Centennial Corps

3900 E. Arapahoe Rd
Centennial, CO 80122
Phone: 303-779-9662
Hours: Tuesday 5:30-7:30, Thursday 9:00-11:00am

Pax Christi Catholic Church

5761 McArthur Ranch Road
Littleton, CO 80124
Phone: 303-375-5853
Hours: 2nd and 4th Tuesday of the month 11:00-12:00pm

JEFFERSON COUNTY

Arvada Community Food Bank

8555 W. 57th Ave
Arvada, CO 80002
Phone: 303-424-6685
Hours: Monday, Tuesday, Thursday, Friday 12:00pm—3:45pm, Wednesdays
12:00pm– 5:45

The Action Center

8755 W. 14th Ave
Lakewood, CO 80215
Phone: 303-237-7704
Hours: Monday, Tuesday, Wednesday, Thursday 9:00am—4:00pm

Broadway Assistance Center

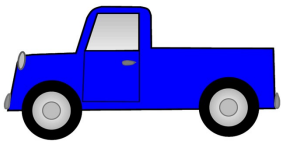
1449 W. Littleton Blvd #100
Littleton, CO 80120
Phone: 303-893-7933
Hours: Wednesdays 9:00am—12:00pm

The Gathering Place

1535 High Street
Denver, CO 80218
Phone: 303-996-9023
Hours: Monday, Wednesday, Thursday 9:00-11:00, 1:15-3:00, Tuesday 9:15-11:00

ACS Community L.I.F.T

5045 W 1st Ave
Denver, CO 80219
Phone: 303-935-7389
Hours: Monday-Thursday 9:00am—12:30pm



No eligibility requirement! No restrictions!
Please bring boxes to transport food

MOBILE PANTRY SITES

DENVER COUNTY

2nd & 4th Thursday of every month
 3:00pm until food is gone
Church of the Risen Christ
 3060 S. Monaco Pkwy
Denver, CO 80222

1st & 3rd Thursday of every month
 9:00am until food is gone
United Church of Montbello
 4879 Crown Blvd
 Denver, CO 80239

JEFFERSON COUNTY

1st & 3rd Saturday of every month
 3:00pm until food is gone
Red Rocks Community College
 13300 W 6th Ave
Lakewood, CO 80228

3rd Saturday of every month
 9:00am until food is gone
Light of the World Catholic Church
 10306 W. Bowles Ave
Littleton, CO 80127

3rd Tuesday of every month
 3:00pm until food is gone
Healing Waters Family Center
 6475 W 29th Ave
Wheat Ridge, CO 80214

JEFFERSON COUNTY

1st Tuesday of every month
 3:00pm until food is gone
Phillips UMC
 1450 S Pierce St
Lakewood, CO 80232

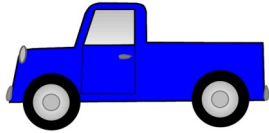
1st & 3rd Wednesday of every month
 9:00am until food is gone
Jefferson Avenue UMC
 4425 Kipling St
Wheat Ridge, CO 80033

2nd & 4th Thursday of every month
 9:00am until food is gone
Belmar Groves Apartments
 259 S. Teller St.
Lakewood, CO 80226

ADAMS COUNTY

2nd Saturday of every month
 9:00am until food is gone
Historic Brighton Town Hall
 22 S. 4th St
Brighton, CO 80601

1st & 3rd Wednesday of every month
 3:00pm until food is gone
Pioneer Village Mobile Home Park
 2901 W. 63rd Ave
Denver, CO 80221



No eligibility requirement! No restrictions!
Please bring boxes to transport food

MOBILE PANTRY SITES

ADAMS COUNTY

1st & 3rd Friday of every month

9:00am until food is gone

Dick's Sporting Goods Park

6000 Victory Way

Commerce City, CO 80022

1st & 3rd Thursday of every month

3:00 until food is gone

Moorhead Rec. Center

2390 S. Havana St

Aurora, CO 80010

ARAPAHOE COUNTY

4th Wednesday of every month

9:00am until the food is gone

St James Presbyterian Church

3601 W. Belleview Ave

Littleton, CO 80123

4th Saturday of every month

2:00pm until the food is gone

Our Lady of Loreto

18000 E. Arapahoe Rd

Aurora, CO 80016

ARAPAHOE COUNTY

1st Saturday of every month

9:00am until the food is gone

Restoration Christian Fellowship

15640 E. 6th Ave

Aurora, CO 80011

2nd & 4th Wednesday of every month

3:00pm until the food is gone

Colorado Community Church

2220 S. Chambers

Aurora, CO 80014



Weekly Exercise Plan

Example:

Monday: 11:30 am:

10 Minute Walk to bank

Tuesday: 10:00—10:45

Senior exercise class at
YMCA

Wednesday: 10:30-11:00am

15 minute walk to
Walgreens and 10 minute
stretch at home

Thursday: 5:30-6:30

Meet bowling group

Friday: 2:00-3:00pm

Meet friend for walk in
park

Saturday: 12:00—12:45pm

Senior exercise class at
YMCA

Sunday: 9:30-11:00

Play with granddaughter at
park

#1 Start with a positive attitude: If you don't like to exercise you're not alone. It's ok to not be happy about exercising but try to keep an open mind.

You might find that once you start doing it, you DO like it. Who doesn't like feeling stronger, leaner and more independent right?

#2 Make it a habit: Like any other habit, it's best to keep a routine. Schedule exercise regularly (at least 3-4 days per week) and be accountable for it! Having a partner is a great way get motivated, and by putting it on your calendar, you will be more likely to get it done!

#3 Do What's Right For YOU!: For every person, there is an exercise routine that is a good fit. It doesn't have to be in a gym, it can be inside or out, it can be a combination of techniques like chair exercises, stretching, throwing and catching a ball, water aerobics, etc.; the possibilities are endless! The point is to find an activity that gets you moving and is something that you like to do.

#4 You don't have to be an Olympian: The key is to push yourself, but not to injure yourself. Start slowly, 10 minutes a day. Over time you can increase your time, aim for 30 minutes a day.

#5 Have a plan: One of the biggest obstacles in exercising is getting organized. Write down your plan for the week, the more specific you can be the better.



Helpful Phone Numbers

Dial 2-1-1 to connect with community services

Food Programs:



Food Bank of the Rockies: 303-371-9250
 Meals on Wheels: 303-798-7642
 Project Angel Heart: 303-830-0202
 Senior Assistance Center: 303-455-9642
 SNAP (supplemental Nutrition Assistance Program, Colorado) 1-800-536-5298
 Hunger Free Colorado: 303-228-7945

Organizations:



Catholic Charities: 303-433-8383
 Metro Caring: 303-860-7200
 Senior Assistance Center: 303-455-9642
 Senior Support Services: 303-832-1622
 United Way of America (Denver) 303-433-8383
 U.S. Administration on Aging: 1-800-677-1116
 Social Security: 1-800-772-1213

Department of Human Services

Adams County: 303-287-8831
 Arapahoe County: 303-636-1130
 Denver County: 720-944-3666
 Jefferson County: 303-270-1388

For Veterans:



Veterans Affairs: 1-800-827-1000
 Veterans Crisis Line: 1-800-273-8255

Employment: **JOBS**

Senior Assistance Center: 303-455-9642
 Senior Community Service Employment Program: 1-877-872-5627

Health:



Colorado Department of Health Care: 303-866-2993
 Medicare Service Center: 1-800-633-4227
 Medicaid Customer Service: 1-800-221-3943
 Medical Advice Nurse Line: 1-800-283-3221

Housing:



Senior Housing Options: 303-595-4464
 Senior Assistance Center: 303-455-9642

Community Activity Centers:



YMCA Colorado: 720-524-2700
 Adams County Recreation Centers: 303-637-8000
 Arapahoe County Recreation Centers: 303-269-8400
 Denver County Recreation Centers: 720-913-1311
 Jefferson County Recreation Centers: 304-728-3207