

PLATEAU VALLEY ASSEMBLY

5722 Hwy 330, Collbran, CO

970-487-3536

FOOD BOX-2nd & 4th Friday 2:00 PM—3:00 PM

By Appointment Only

SALVATION ARMY/GRAND JUNCTION

1235 N. 4th Street, Grand Junction, CO

970-242-7513

BOTH-Monday thru Friday

9:00 AM -11:30 AM and 1:00 PM - 4:00 PM

(closed from 11:30 AM to 1:00 PM for lunch)

Must have photo ID and proof of residency (address)

such as a rent receipt or utility bill (not personal letters)

and proof of all children in the household

(Medicaid cards Social Security cards or birth certificates)

FIRST ASSEMBLY OF GOD

402 Grand Avenue .Grand Junction, CO

970-243-0731

Sack Lunch on Tuesdays & Thursdays

12:00 PM — 1:30 PM

GRAND VALLEY

CATHOLIC OUTREACH

245 S. 1st Street, Grand Junction, CO

970-241-3658

Serves lunch Monday thru Saturday

12:00 PM — 1:15 PM

Food Box on Emergency basis, **once** a year

ORCHARD MESA BAPTIST CHURCH

2748 B 1/2 Rd., Grand Junction, CO

970-242-2355

FOOD BOX-Friday 9:00 AM—1:00 PM

Must have a valid picture ID, proof of residency

(utility bill, rent receipt) may use

6 times a year per household

Bread giveaway on Wednesday's from

12:00 PM to 2:00 PM first come first served

Smart Shopping Tips

- Make a list. Plan some meals for the week ahead and include items you do not have on hand in a grocery list. This will help you avoid buying foods on impulse.
- Use the sale flyers when making your grocery list and include items that are on sale. Use coupons for foods that you normally eat.
- Look for sales. Sometimes there are unadvertised sales or manager's specials in the store.
- Choose "no name" or store brands. They are often cheaper and taste as good or better than "brand name" products.
- Shop the outer aisles of the grocery store. These foods are usually less expensive and less processed and therefore are often healthier than the manufactured foods such as cookies & candy that are found in the inner aisles.
- Select foods from higher or lower shelves. Often the brands that are easy to see and to reach are more expensive
- Buy food in bulk. For example, you can buy meat in large quantities when it's on sale and separate them into smaller portions and freeze them for later use. Another example is buying yogurt when it is on sale and freeze for use later.



Western Colorado 2-1-1
2897 North Avenue
Grand Junction, CO 81501

Dial 211 from a landline or
970-244-8400 from a cell phone
or toll free @ or 888-217-1215

www.wc211.mesacounty.org

Having trouble making ends meet?



Food assistance programs can help

FOOD PROGRAMS

FOOD STAMP PROGRAM

510 29 1/2 Rd., Grand Junction

970-241-8480

Food Assistance program through federal, state, and local governments

WIC - WOMEN, INFANT, & CHILDREN

510 29 1/2 Rd., Grand Junction

970-248-6914

Food assistance for pregnant women, women who are breast feeding, postpartum women for 6 months, infants, and children under age 5 who meet income guidelines. Must reside in Mesa County, be within income guidelines, and have a nutrition risk factor.

COMMODITY SUPPLEMENTAL FOOD

486 Morning Glory Lane, Grand Junction

970-241-3651

FOOD BOX-Distributed monthly

For postpartum women not enrolled in WIC, children between the age of 5 and 6, and seniors 60+

TEFAP-THE EMERGENCY FOOD ASSISTANCE PROGRAM

486 Morning Glory Lane, Grand Junction

970-241-3651

FOOD BOX- Distributed Quarterly

TEFAP provides free food packages on a quarterly basis to income eligible individuals and families. If you receive assistance from programs such as WIC, Supplemental Foods or Food Stamps you may still apply for TEFAP

FOOD SHARE AMERICA (formerly SHARE)

Various locations for pick up

800-933-7427

www.sharecolorado.com

FOOD BOX distributed monthly, must purchase ahead of time, may purchase with Food Stamps

FOOD BANKS & ON-SITE FEEDING

COMMUNITY FOOD BANK

486 Morning Glory Lane, Grand Junction, CO

970-640-0336

FOOD BOX-Monday thru Friday

11:00 AM — 2:00 PM

Need to bring ID & Social Security numbers for all family members over 16 years of age.

Can use **9** times per year.

CANYON VIEW VINEYARD CHURCH

736 24 1/2 Rd. Grand Junction, CO

970-242-7970

BOTH-Serves bag lunch on site at the corner of 12th & North on Thursdays

FOOD BOX **once** every **6 months**

Call for an **appointment** Monday through Thursday between 9:00 AM & 4:00 PM

Must have a valid picture ID, and proof of residency (rent receipt, utility bill) and proof of all children in the household (Medicaid cards, SS Cards, Birth Certificates)

CLIFTON CHRISTIAN CHURCH

615 I-70 Business Loop, Clifton, CO

970-434-7392

FOOD BOX- Wednesday 9:00 AM — 3:00 PM

(closed for hour lunch @ 11:30 AM)

Friday 9:00 AM — 11:30 PM

May use **3** times a year and must have a Colorado ID

CLIFTON ASSEMBLY OF GOD

258 5th Street, Clifton, CO

970-434-6907

FOOD BOX-Every other Wednesday

9:00 AM-11:30 AM or as needed

CHURCH ON THE ROCK/GJ

2170 Broadway, Grand Junction, CO

970-242-7625

FOODBOX—Sunday 8-12 or as needed

LIGHTHOUSE FOURSQUARE CHURCH

353 2nd Street, Clifton

970-434-1154

FOOD BOX-Saturday's 9:00 AM to 11:30 AM
Clients are eligible to use every other Saturday

AGAPE FOOD BASKET OF THE LOWER VALLEY

325 E. Aspen, Fruita, CO

FOOD BOX—Wednesday 1:00 PM —3:00 PM

Must have ID and proof of residency in Fruita, Loma or Mack from 20 Rd. to State line,
May use **6** times a year

GRAY GOURMET (HOME SERVICE FOR ELDERLY SHUT INS)

551 Chipeta Avenue, Grand Junction, CO

970-243-9844

Food-Home delivery and site locations for the elderly (60+)

Must call in the day before to use on site feeding,
Monday through Friday

NAZARENE FOOD PANTRY

3595 Front Street, Palisade, CO

970-464-7770

FOOD BOX-Every other Thursday

10:00 AM—2:00 PM

SEVENTH DAY ADVENTIST GRAND JUNCTION

2554 Patterson, Grand Junction, CO

970-242-2277

FOOD BOX-Tuesday

9:00 AM—11:45 AM & 1:00 PM — 2:45 PM

Thursday Evenings 6:00 PM—7:00 PM