

## Free Food Assistance

### THIS LIST OF RESOURCES

- NO eligibility requirements
- NO needs for identification, personal information, residency proof, salary proof, or any form of documentation
- Some may require an appointment to reserve availability
- Dates and times here are subject to change

### No Kitchen / Meals and Snacks

1. Cathedral of the Immaculate Conception: 1530 Logan St, Denver

- Pantry: Mon-Fri 1pm -1:30 pm
- Give out sandwiches from 8am - 8:30 am everyday
- Snack bags Mon-Fri (3:30pm-4pm) at corner of Penn/Colfax

2. Metro Caring Emergency Food Bag: 1100 East 18th Avenue, Denver | (303) 860-7200

Pick up during Fresh Foods Market Hours:

- Monday 9:30-11:30am & 12:30-2:45pm
- Tuesday 9:30-11:30am & 12:30-2:45pm & 6:00-7:30pm
- Wednesday 9:30-11:30am & 12:30-2:45pm
- Thursday 9:30-11:30am & 12:30-2:45pm
- Friday 9:30-11:30am & 12:30-2:45pm

3. Volunteers of America: 2877 Lawrence St., Denver | (303) 295-2165

- Food bank open: Mon-Thurs from 9am-5pm.
- Emergency food bags: Lunch Mon-Thurs at 9-4pm & Fri 9-2,
- Lunch service Fri.12pm, Sun. 1pm; Dinner Service Mon-Thurs 4:30pm

4. Salvation Army

Free, fresh produce and canned goods

- Food boxes: Monday - Thursday 10am - 3pm @ Denver Citadel Corps, 4505 W Alameda Ave, Denver | (303) 922-4549
- Food boxes: Monday - Friday 9am - 12pm @ Red Shield Corps Community Center, 2915 High St. Denver CO 80205 |

(303) 295-2107

SEE BACK PAGE FOR PANTRY AND MARKET OPTIONS

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## Pick-up / Food Pantry or Market

1. Metro Caring Market: appointment required

fresh produce, diet-specific foods, meats, and dairy products

- <https://metrocaring.tfaforms.net/4933001> | 303-860-7200

2. Denver Community Fridges: Community fridges are where local businesses and community members drop off fresh fruit, vegetables and prepared meals for anyone to take or give. NO meat.

- see map >>>

3. We Don't Waste Mobile Food Markets: <https://www.wedontwaste.org/what-we-do/mobile-markets/>

- First Friday of the month 1-3pm Strive Prep Sunnyside (4735 N Pecos Street Denver)
- Second Tues. of the month 1-3pm @ FOCUS POINTS FAMILY RESOURCE CENTER (2645 E. 48TH AVE DENVER)
- Third Tues. of the month 1-3pm PRESENTATION OF OUR LADY (695 JULIAN ST DENVER)
- Fourth Tues. of the month 2:30-4pm GARDEN PLACE ACADEMY (4425 LINCOLN STREET DENVER)

- Spanish speaking available

4. Re:Vision Food Market: RISE Westwood, 3738 Morrison Road, Denver

Fresh fruits and vegetables, but also provide pantry staples such as rice and beans, and other staples like milk and eggs as often as possible.

- Tuesdays from 11:30am-6pm and Wednesdays 10am - 2pm
- Spanish-speaking available.

5. Montbello Mobile Food Pantry: Montbello Recreation Center, 15555 E. 53rd Ave., Denver

- 1st and 3rd Thursday of the Month
- 9am-11:00am – or until food is gone

6. Servicios de la Raza: 3131 W. 14th Ave, Denver | 303.458.5851

Food pantry provides healthy food options for clients including non-perishables, frozen meats, and fresh vegetables and fruit. Spanish-speaking available.

- Appointment Required: Call 2 weeks IN ADVANCE
- Pantry pick up hours Mondays 2pm-3:30pm, Tues-Wed. 10am-11:30am

7. Denver Inner City Parish: 1212 Mariposa | Spanish Speaking available.

- Food pantry: Saturdays, 9am -12pm



## Food Delivery

Benefits in Action: Adams, Arapahoe, Denver & Jefferson counties only | Registration required: <https://biaction.org/>

## GET IN TOUCH

Birch Street Initiative is a 501c3 organization that provides direct access to support services, job placement and advancement opportunities.

Located within CSG Office Building  
1101 W 36th Ave., Denver, CO 80211  
Info@BirchStreet.org | (303) 728-9539

