

### **SALVATION ARMY/GRAND JUNCTION**

1235 N. 4th Street, Grand Junction, CO  
**970-242-7513**

Monday through Friday

9:00 AM -11:30 AM and 1:00 PM - 3:30 PM  
(closed from 11:30 AM to 1:00 PM for lunch)

Must have photo ID and **current**  
proof of residency (address)  
such as a rent receipt or utility bill  
(no 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 SOUP KITCHEN**

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 10:00 AM—2:00 PM

Must have a valid picture ID, proof of residency  
(utility bill, rent receipt) & Birth Certificates ONLY for  
proof of children in the household  
may use, **3** times a year per household  
(only 1 time in a month)

Bread giveaway on Wednesday's ( for all people)  
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.us](http://www.wc211.mesacounty.us)

# **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+ who income qualify

### 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 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 valid ID & Social Security Card for all household members.

Can use **9** times per year.

### 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

### CANYON WEST WORSHIP CENTER

456 Kokopelli Blvd. #G, Fruita

**970-858-9995**

FOODBOX- First Saturday of the month only

9:00 AM to 11:00 AM

Must have a picture ID and current proof of residency for Fruita, Loma or Mack

### AGAPE FOOD BASKET OF THE LOWER VALLEY

325 E. Aspen, Fruita, CO

Basement of the Fruita Civic Center

FOOD BOX—Wednesday 1:00 PM —3:00 PM

Must have valid ID and

current proof of residency (must show address) and proof must be current for each visit

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-The 2nd & 4th Thursday of the month

10:00 AM—2:00 PM

Must have a photo ID and Social Security cards for all household members

### 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

### CHURCH ON THE ROCK/GJ

2170 Broadway, Grand Junction, CO

**970-242-7625**

FOODBOX—Sunday 8-12 or as needed