

Food Assistance Resources

Name	Address	Phone Number	Hours	Website	Email	Notes
80132						
Tri Lakes Cares	235 Jefferson St #B Monument, CO 80132	719-481-4864	Monday & Thursday 12pm to 3pm & 6pm to 8pm	https://tri-lakescares.org/	foodprogramsmanager@tri-lakescares.org	Fresh produce and other grocery items are donated by Care and Share and many other local food providers to include (such as Safeway, King Soopers, Kum & Go, 7-11, Kneaders and Panera Bread), and are distributed based on the number of people in the household. Food can be picked up once a day per household, every Monday and Thursday. Items may include dairy products, eggs and bread when donated.
80808						
Ellicott Helping Hands	23355 Hwy 94 Ellicott, CO 80808	719-683-4724	Tuesday 9am to 12pm	No Website	No Email	Eastern El Paso County, 80808, 80831, 80833, 80864, 80928, 80930, Ellicott, Rush, Peyton, Yoder, Calhan. Must have proof of residency
REACH Pikes Peak - Calhan Office	701 4th St Calhan, CO 80808	719-347-2976	Monday - Friday 8am - 4:30pm	http://www.reachpikespeak.org/	info@REACHPikesPeak.org	Family Stabilization Services (FSS) addresses the emergency needs of low-income individuals and households each year. This program was designed to address emergency needs such as rent or mortgage (rural El Paso County only), utilities, food, medical prescriptions, housing rehabilitation, transportation, and budget counseling to solve problems that may threaten a household's progress toward permanent self-sufficiency. This is a unique program that provides "one-time" assistance; no enrollment or long-term unemployment is required, thus catching those that are hard-working and would otherwise fall through the cracks of other social welfare programs.
80813						
Aspen Mine Center	166 E Bennett Ave Cripple Creek, CO 80813	719-689-3584	Monday - Friday 9am to 5pm	http://www.aspenminecenter.org/index.htm	linda@aspenminecenter.org	Our Food Pantry is open Monday-Friday 9 a.m. - 5 p.m. on an emergency basis. A food box with enough food goods for five days is made up, on request, for individuals or families.
80817						
God's Pantry Ministry	102 N Main St Fountain, CO 80817	719-382-0643	Monday - Saturday 10am to 2pm	http://godspantryco.org/	godspantry@gmail.com	To clothe the naked and feed the hungry. To glorify God by finding, keeping, and building people because people are forever. On special Saturdays, we have "Bag Day" where you can fill your bag with as many items as you like, as long as they fit into the bag, for only \$5.
80819						
Church in the Wildwood	10585 Ute Pass Ave Green Mountain Falls, CO 80819	719-684-9427	Tuesday (2nd, 4th & 5th of each month) 6pm to 8pm	http://www.church-in-the-wildwood.org/	info@church-in-the-wildwood.org	The Wildwood Food Pantry takes place the 2nd, 4th, and 5th Tuesday night each month from 6:00 pm to 8:00 pm. We provide a meal as well as boxes of food for our neighbors in need. Thank you for your faithful support of the church's food pantry mission! We stay busy, and any donations are greatly appreciated.
80829						
Community Congregational Church of Manitou Springs	103 Pawnee Ave Manitou Springs, CO 80829	719-685-5255	Friday 1pm - 3pm	www.manitouchurch.org	ManitouUCC.Office@gmail.com	Neighbors in need of food may come to Westside CARES at 2808 West Colorado Ave. during regular business hours (Monday – Thursday from 8:30 am – 12:30 pm and Thursday evenings from 4:30 pm – 6:30 pm) to get food vouchers that may be used throughout the week at one of our six local food pantries.
80903						
Catholic Charities/Marian House	14 W Bijou St Colorado Springs, CO 80903	719-229-9942	Monday - Friday 10:30am to 1pm	http://www.ccharitiescc.org/	info@ccharitiescc.org	Emergency and holiday food boxes are available for those who cannot access on-site services. Boxes vary from complete meals to essential non-perishable foods. Marian House provides daily hot meals Monday - Saturday for lunch from 10:30am to 1:00pm and breakfast on Sunday from 8:45am – 10:00am.
Ecumenical Social Ministries	201 N Weber Colorado Springs, CO 80903	719-636-1916	Monday - Friday 9am to 11:30am & 12:30pm to 3pm	http://www.ecusocmin.org/	info@ecusocmin.org	ESM maintains the largest food pantry in Colorado Springs with the most consistent hours of service. The pantry is stocked with nutritious canned and packaged goods supplied from three primary sources: member churches, Care and Share Food Bank for Southern Colorado, community members, and outright food purchases. In addition, ESM stocks commodities supplied by The Emergency Food Assistance Program. To qualify live in one of the ESM zip code service areas (80903, 80905, 80906, 80907, 80909, 80910, 80916, 80926). For those living outside these zip codes, assistance might be provided with a written referral from a primary agency in their zip code. Other exceptions may apply. Also provides food through The Emergency Food Assistance Program (TEFAP) with no zip code restrictions.
Springs Rescue Mission	25 W Las Vegas St Colorado Springs, CO 80903	719-632-1822	Monday - Thursday 1pm to 3pm	http://www.springsrescuemission.org/	Info@springsrescuemission.org	Supportive Family Services gets donated goods to families and individuals who might be deciding between paying rent and buying groceries, a medical bill or school supplies.

Springs Rescue Mission - Samaritan's Kitchen	5 W Las Vegas St Colorado Springs, CO 80903	719-632-1822	Monday - Sunday 4pm, 4:30pm & 5pm	http://www.springsrescuemission.org/	Info@springsrescuemission.org	Samaritan's Kitchen provides hot food and a warm welcome to anyone in need. If you're hungry or if you'd like to feed a hungry neighbor, please join us!
St. John's Food Bank Ministry	902 S Prospect St Colorado Springs, CO 80903	719-634-5388	Tuesday & Thursday 10am to 4pm	http://www.sjbchurch.co/	sjbchurch1002@qwestoffice.net	The Food bank ministry is headed up by Sister Georgia Fortson.
80904						
Sacred Heart Church	2021 W Pikes Peak Colorado Springs, CO 80904	719-633-8711	Monday & Thursday 1pm - 3pm	http://www.tricomcommunity.org/	office@tricomcommunity.org	The Tri-Community offers emergency food assistance and a compassionate presence to individuals and families in need. For those in our neighborhood in need of a hot meal and fellowship, the Lord's Dinner is offered in the Parish Center every Sunday at 6pm.
Trinity United Methodist Church	701 N 20th St Colorado Springs, CO 80904	719-633-9295	Tuesday 1pm - 3pm	https://trinityumccsp.com/	trunitemechurch@qwestoffice.net	Our Pantry belongs to God and all his children. Food is distributed every Tuesday @ 1-3pm, Our pantry feeds about 37,000 people a year. If there is enough food, we give each person/family more than they need so they can go out into the community and share with their neighbors as a way of becoming a Disciple of Christ.
Westside Cares	2808 W Colorado Ave Colorado Springs, CO 80904	719-389-0759	Monday - Thursday 8:30am - 12:30pm; Thursday Evening 4:30pm - 6:30pm	www.westsidecares.org	kristy.milligan@westsidecares.org	Westside Cares provides food vouchers that may be used throughout the week at one of our six local food pantries. The only criteria for accessing services is an individual's or family's genuine need and their established residence within the agency's service area - West of I-25, South of the AFA, East of El Paso/Teller County line, North of Ft. Carson. A four-day food supply is available up to six times a year per household.
Westside Community Center Pantry	1628 W Bijou St Colorado Springs, CO 80904	719-385-7920	Wednesday 1pm to 3pm; Thursday 5pm to 6:30pm	http://www.ourwestside.org/	Email on Site	Neighbors in need of food may come to Westside CARES at 2808 West Colorado Ave. during regular business hours (Monday – Thursday from 8:30 am – 12:30 pm and Thursday evenings from 4:30 pm – 6:30 pm) to get food vouchers that may be used throughout the week at one of our six local food pantries.
80906						
Stratmoor Hills Community Food Pantry	2027 B Street Colorado Springs, CO 80906	719-576-0005	Wednesday 1pm - 3pm	http://www.stratmoorhillsumc.org	info@stratmoorhillsumc.org	The B Street Food Pantry is a community partnership that provides food and offers donated clothing to residents in the 80906 and 80905 zip codes, and any Active Duty Military regardless of residence.
80907						
Fishes and Loaves Food Pantry Colorado Springs	2221 N Wahsatch Ave Colorado Springs, CO 80907 (Located in Redemer Lutheran Church)	817-966-7939	Saturday 9am to 12pm	http://fishespantry.org	joe@fishespantry.org	Motivated by Christ's Love, the Fishes & Loaves Emergency Food Pantry continues Christ's work by feeding the unemployed, working poor, the elderly, those physically or emotionally challenged or anyone else in need in Colorado Springs. We strive to foster a caring atmosphere and treat each person with dignity and individual care.
80908						
Black Forest Cares	12455 Black Forest Road Colorado Springs, CO 80908 (In the Black Forest Community (Lutheran) Church)	719-495-2221	Fridays 1pm - 3pm	http://www.bflchurch.org/black-forest-food-pantry.html	bflc@bflchurch.org	Black Forest Cares is a community-supported food pantry housed in the Black Forest Lutheran Church facility. The Black Forest Cares Food Pantry provides food to people in our community whose budgets don't stretch to meet their needs, or for families who find themselves faced with unexpected bills and expenses. Caring food donations come from neighboring churches, schools, businesses and individuals. On average well over 600 families, almost 2,000 individuals, are assisted on an annual basis. Occasionally, assistance is given to help with a utility bill or rent.
80909						
Crossfire Ministries	2120 E LaSalle St Colorado Springs, CO 80909	719-447-1806	Tuesday 10am to 7pm; Wednesday & Thursday 10am to 4pm	www.crossfireministries.com	crossfireministries@msn.com	Crossfire Ministries is a faith-based, non-profit organization seeking to put God's love into action, dedicated to offering hope and encouragement for a better day and furnishing the necessities of daily living to those in need.
Good News Foundation	125 N Parkside #105 Colorado Springs, CO 80909	719-638-8985	Tuesday & Thursday 10 am to 2 pm	No Website	goodnewsfoundation@comcast.net	This pantry participates in the USDA sponsored supplemental food program known as commodities, as well as, clothing and household items. "This institution is an equal opportunity provider."
Salvation Army - El Paso County	908 Yuma St Colorado Springs, CO 80908	719-636-3891	Tuesday, Wednesday, Thursday & Friday 9am to 3pm (closed 12pm to 1pm)	https://coloradosprings.salvationarmy.org/	patricia.hoekstra@usw.salvationarmy.org	Multiple services provided here, please call or email Patricia for more information
80911						
Good Shepherd United Methodist Church	1201 Leta Drive Colorado Springs, CO 80911	719-392-5782	Monday - Friday 9am to 1pm	http://www.gsumc-cs.org/	Email On Site	The Good Shepherd EMERGENCY FOOD SUPPLY is located down the hall from the church office. Anyone who is living with food insecurity may receive boxes loaded with food prepared to feed a family for three days. Supplies include canned, dried, fresh and frozen foods. Next time you go grocery shopping buy a little extra, then bring items to the shopping cart near the West door to Cooper Hall. Always needed are Mac & cheese, canned fruit, canned meals, and peanut butter.
The Salvation Army of Fountain Valley	208 Cunningham Dr. Colorado Springs, CO 80911	719-382-1182	Monday - Friday 9am to 5:30pm; Sunday 10am to 12pm	https://fountainvalley.salvationarmy.org/	caleb.fankhauser@usw.salvationarmy.org	By offering access to free, fresh produce and canned goods, we provide valuable meal supplementation while helping those in need maintain their independence and dignity.

80915						
Care and Share Food Bank	2605 Preamble Pt Colorado Springs, CO 80915	719-528-1247	Monday - Friday 8am to 5pm	www.careandshare.org	Email On Site	Online list of all food banks Care & Share gives food too. They also provide supplemental, emergency food and senior food services.
Mercy's Gate	4360 Montebello Drive #300 Colorado Springs, CO 80918	719-277-7470	Monday 4pm to 7pm; Wednesday 9am to 12pm; Thursday 9am to 12pm & 1pm to 4pm; Friday 4pm to 7pm	www.mercysgatecs.org	info@mercysgatecs.org	Through the generous support and donations of our Church Partners, local businesses, and community partners, Mercy's Gate offers our neighbors access to a food pantry that supplies healthy, nutritious food as well as meal suggestions and nutritional resources. Our Food Pantry is organized much like a small market and our Volunteer Team works with neighbors as they make food selections. Mercy's Gate Food Pantry is designed to provide an emergency food supply, providing food relief for up to three days per person per household. People can visit our food pantry up to four times annually.
80923						
High Plains Helping Hands	7375 Adventure Way Colorado Springs, CO 80923	719-495-3123	Tuesday & Thursday 10am to 4pm	http://hphh.org/	diego@hphh.org	The mission of High Plains Helping Hands, Inc. is helping our neighbors in need by providing food, education, spiritual and emotional support with kindness, acceptance and respect. We serve nearly 2000 people each month with enough food to keep them fed for two weeks. Each family or individual is able to come every two weeks for groceries.
81004						
Care and Share Food Bank	100 Greenhorn Drive Pueblo, CO 81004	719-296-6995	Monday - Thursday 8am to 4pm; Friday 8am to 12pm	www.careandshare.org	Email On Site	Online list of all food banks Care & Share gives food too. They also provide supplemental, emergency food and senior food services.