

FOOD DELIVERIES FOR DISABILITY/IMMOBILITY

West Garfield County Meals on Wheels, sponsored by Grand River Health, serves Parachute, Rifle, Silt, and New Castle. Call 970-625-6423 for more information.

Valley View Hospital Meals on Wheels delivers only in Glenwood Springs. Call the Volunteer Coordinator at Valley View Hospital, 970-384-6656.



ADDITIONAL MEAL OPTIONS

Souper Market for Seniors

Mondays at noon, provides a free luncheon open to the public, and is held at Grand Valley United Methodist Church in Parachute, call 970-285-9892.

Totes of Hope for Children

Free totes of food to children. Children sign up through the school counselor. Qualifications for the child-based program are based on free/reduced lunch qualifications.

Contact local organizations:

Glenwood Springs

The Pointe, 970-945-6284

Parachute

Bea Underwood Elementary, 970-285-5703

St. John's School, 970-285-7834

New Castle

River Center, 970-984-4333

Rifle

Reach-Out Colorado, 970-309-0384

EATING HEALTHY ON A BUDGET

Community Gardens in Garfield County allows people to grow fresh fruits, veggies, and herbs.

Rifle Bookcliffs Arts Center Community Garden
New Castle River Center Community Garden

Parachute Abundance Garden

Carbondale Roaring Fork High School, Good Seed Community Garden at the Orchard Church, 3rd Street Center Community Garden (Demeter's Garden), The Orchard Church

Glenwood Springs Glenwood Springs Community Center

Cooking Matters Garfield County offers free cooking classes (English & Spanish), shopping tours, groceries, or one grocery card provided per class. To see if you qualify, contact Drew Schelling R.D. 970-945-6614 ext. 2036 dschelling@garfield-county.com.



Thanks to the LiveWell Garfield County Healthy Food and Beverage Group for compiling this information.



www.garfield-county.com



Get
connected
in Garfield
County

FOOD
RESOURCE
BROCHURE

LiveWell

Garfield
County



For more information on
LiveWell Garfield County

Dana Wood, MBA

LiveWell Garfield County Coordinator
Garfield County Public Health

195 West 14th Street, Rifle, CO 81650

970-625-5200, ext. 8121

LOW COST SENIOR MEALS WITH FRIENDS

In Parachute, Rifle, Silt, or New Castle

The Gathering at New Castle Valley Senior Housing: every Monday, (call by Thursday at noon), 201 Castle Valley Blvd. 970-984-2334.

Silt Meat n' Eat at Colorado Fire River Rescue: Wednesdays (call by Tuesday at noon), 201 Main Street, 970-665-6540.

Senior's Delight at Rifle Senior Center: Tuesdays, Thursdays, & Fridays (call the day before by noon), 50 Ute Ave, 970-665-6540.

Parachute Valley Senior Center: Wednesdays (call Monday before noon), 540 North Parachute Avenue, 970-285-7216.

In Glenwood Springs or Carbondale

Roaring Fork & Spoon at Crystal Meadows Senior Housing: Wednesday, 1250 Hendricks Drive, Carbondale, 970-945-9117.

Chat & Chew at Colorado Mountain College: Tuesdays & Fridays, 1402 Blake Avenue, Glenwood Springs, 970-945-9117.

Sunnyside Senior Meal at Sunnyside Retirement Center: Mondays & Thursdays, 601 21st Street Glenwood Springs, 970-945-9234.

For all sites, reserve your spot at least 24 hours in advance. For those under 60 years old, there is a \$6 fee for each meal. For people 60 and over, a small donation is requested. Transportation may be available. For more information, call 970-456-2295.

Visit the county website for more information about Garfield County Senior Services and the menu www.garfield-county.com/human-services/senior-nutrition.aspx

Monthly Income Guidelines to Qualify for Federal Programs (SNAP, WIC Free and Reduced School Lunch)		
Household Size*	185%	130%
1	\$1,815	\$1,276
2	\$2,456	\$1,726
3	\$3,098	\$2,177
4	\$3,739	\$2,628
*For each additional family member, add:	+\$642	+\$451



RESOURCES TO HELP FEED YOUR BABY

Women, Infants, and Children- WIC
Free support for pregnant/breastfeeding woman and infants up to age five. Provides formula, food, breast pumps, and nutrition consults. Income before taxes must fall at or below 185 percent of U.S. poverty income guidelines (see chart above).

Garfield County
Public Health WIC Rifle
195 West 14th Street
970-625-5200
ext. 8108, 8109

**CALL TODAY
TO SEE IF YOU
QUALIFY FOR
WIC.**

Garfield County
Public Health WIC GWS
2014 Blake Avenue
Glenwood Springs
970-945-6614
ext. 2022, 2021

HELP FEEDING FAMILIES IN GARFIELD COUNTY

Extended Table

Rifle Tuesday & Thursday, 5 - 6 pm, free: United Methodist Presbyterian Church, 200 East 4th Street, 970-625-4496.

Glenwood Monday to Friday, 5 - 6 pm, free: First United Methodist Church, 824 Cooper Ave., 970-625-4496.

LIFT-UP food pantry

Carbondale

520 South 3rd Street #35, 970-963-1778

Glenwood Springs

1004 Grand Avenue, 970-945-2005

New Castle

126 North 4th Street, 970-984-2115

Rifle

800 Railroad Avenue, 970-625-4888

Parachute

201 East 1st Street, 970-285-0221

School Breakfast, Lunch & Summer Food Program (6 - 18 yrs.):

Assistance for this federal program is based on the monthly income guidelines, 185 percent qualifies for reduced lunch and 130 percent qualifies for free lunch (see chart above center). Contact your local school district's Nutrition Services department.

Garfield School District 16, 970-285-5705
Garfield School District Re-2, 970-665-7617
Roaring Fork School District 970-384-6007

SNAP/food stamps

130 percent of monthly income guidelines qualifies for federal programs (see chart).

Rifle

195 West 14th Street, 970-625-8095

Glenwood Springs

108 8th Street, Suite 300, 970-945-9191

For food stamps (SNAP) visit - www.garfield-county.com/human-services/food-assistance-program.aspx