

Denver Metro Area Food Resources

Kaizen Food Rescue

- Regular community food share pop-ups at rotating locations in the Denver Metro Area.
- No ID or personal information is required to pick up a grocery box.
- First-come, first-served.
- Pop-up schedule and locations: <https://www.kaizenfoodrescue.org/calendar>

Food Bank of the Rockies

- Provides food sourcing and distribution for hunger relief in 32 counties in CO
- Their easy-to-use Food Finder Tool lets you put in your address to find pantries or food distribution close to you: <https://www.foodbankrockies.org/find-food/>

Denver Community Fridges

- Denver Community Fridges are open 24/7 and are stocked by locals. Everything in fridges and pantries is free to take as needed.
- Map of open fridges: <https://denvercommunityfridges.com/locations/>
- *Community fridges are a form of mutual aid! To learn more about mutual aid, click here: <https://www.mutualaidhub.org/resources>*

Metro Caring

- Metro Caring's Fresh Foods Market is a free grocery store-style market open to the public.
- You do not need ID, proof of need, or documentation to shop.
- Households can shop once a month & can fill up to 2 boxes of groceries per trip.
- Location: 1100 E. 18th Ave. Denver, CO 80218
- Appointments are required. Call (303)860-7200 or [click here](#) to schedule an appointment.
 - Emergency grocery bags can be picked up without an appointment. Check [the website](#) for current hours of operation.

Colorado Pet Pantry

- Clients of the pet food bank are eligible to receive pet food from the Colorado Pet Pantry every 2 months.
- An interactive pet food bank map [is available here](#).

Scan the QR code for a digital version of this document with clickable links.

