

# DENVER HEALTH

## Community Resource Guide

7/18/2019



## PHYSICAL ACTIVITY:

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### **MyDenver Card**

720-913-0904

<https://apm.activecommunities.com/denver/Membership>

Denver recreation centers and pools are free for any child, ages 5-18, who lives in Denver or attends a Denver Public School. MyDenver Activities includes free or discounted admission to museums.

### **Denver Parks and Recreation – P.L.A.Y.**

720-913-0654

<https://www.denvergov.org/content/dam/denvergov/Portals/747/documents/Recreation/PLAY-application.pdf>  
<https://www.denvergov.org/content/dam/denvergov/Portals/747/documents/Recreation/PLAY-application-espanol.pdf>

Residents of the City and County of Denver can apply for financial help for any recreational program.

### **Boys and Girls Club**

303-892-9200

<https://www.bgcmd.org/>

The Boys and Girls Club offers fun and educational activities for children and teens at low or no-cost.

### **Vive Wellness**

720-377-8019

<https://www.vivewellness.org/programs>

Zumba, Swim Fitness, “boot-camp” type activities, health educational seminars, community outreach events and more for children and families. Offered in Spanish and English at low cost.

### **La Casita**

720-535-7181

<https://www.centrolacasita.org/>

Low-cost opportunities including high-quality exercise, support groups, music and academic classes in southwest Denver, in Spanish or bilingual.

### **Thornton Community Center**

303-255-7830

<http://www.thorntonco.gov/recreation/facilities/Pages/thornton-community-center.aspx>

Low-cost admission to local community center that offers weight room and gymnasium as well as a youth and teen center designed for 5th-12th graders to hang out.

### **Dahlia Campus Healthy Living**

303-300-6305

<https://mhcd.org/healthy-living/>

Offers exercise classes as well as free community-based education and wellness programs in schools, senior residential and transitional housing programs.

### **Girls on the Run**

720-879-2354

<https://girlsontherunrockies.org/our-program/fees/>

Girls on the Run is a 10-12 week after-school program for girls in the 3rd through 5th grade to help with emotional, social, mental and physical development. Standard program fee per season is \$170 per girl; scholarships and financial aid are available.

### **YMCA**

720-524-2700

<https://www.denverymca.org/membership>

The YMCA has five wellness centers throughout the Denver metro area where members can participate in fitness programs and find discounts on YMCA programs, including child care, swim lessons, and youth sports. Prices vary.

# NUTRITION:

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## **Metro Caring**

303-860-7200

<https://www.metrocaring.org/>

Local food bank offering healthy food, nutrition education, cooking classes, urban gardening diapers and formula and more. Families can call for a food appointment but can also walk-in anytime.

## **Hunger Free CO**

720-382-2920

<https://www.hungerfreecolorado.org/for-families/>

Free food and nutrition resources across Colorado for families and individuals.

- Kids Food Finder  
Free summer meal and activities program for all youth ages 18 and under. No registration is required.  
<http://kidsfoodfinder.org/>

## **Denver Public Schools (DPS) Free and Reduced Lunch Meals**

720-423-5600

<http://foodservices.dpsk12.org/summer-meal.php>

DPS offers free, nutritious meals to all children, ages 1-18, during the summer months. Adults can purchase breakfast for \$2 and lunch for \$3.50. No registration is required.

## **Cooking Matters**

303-892-8480

<https://co.cookingmatters.org/sf/calendar>

Free food skills and nutrition workshops for families and caregivers of kids ages 0-5. Learn to shop smarter by using nutrition information to make healthier choices as well as how to cook delicious, affordable meals. Courses range from six-week classes to one-time events in grocery stores or around the community in settings like Farmers Markets.

## **DoubleUp Colorado**

720-573-3617

<https://doubleupcolorado.org/where-its-at/>

Double Up Food Bucks Colorado allows SNAP shoppers to bring home more fresh fruits and vegetables. When customers spend \$1 on any SNAP eligible item (meat, bread, eggs, milk, etc.), they receive \$1 for Colorado grown, fresh fruits and vegetables. It is a \$1:\$1 match so if you spend \$5, you get \$5. If you spend \$10, you get \$10, up to \$20 every time you visit one of our participating locations.

## **Re:Vision**

720-465-9605

<https://www.revision.coop/programs>

Free and/or low-cost resources, education, tools, and programs to help families buy fresh, healthy and culturally appropriate food. Food boxes, community kitchen, nutrition and cooking education, and more.

## **Bienvenidos Food Bank**

303-433-6328

<http://www.bienvenidosfoodbank.org/client-resources/>

Provides Northwest Denver individuals and families living in 80211, 80212, 80204, 80216 or 80221 zip codes with fresh, healthy food assistance, whether it's at their storefront market or mobile pantry, or emergency food locations at schools and at other nonprofits. Open most Thursdays.

## **Denver Urban Gardens**

303-292-9900

<https://dug.org/>

Community garden and shared plots are cared for by individuals, families and community gardeners. Services include pathways, perennial herb and flower beds, sheds and gathering spaces. Plot fees vary for each garden, but the average is \$35 a year to help cover the cost of water and other annual expenses; plot fees can be waived.

## **GrowHaus**

720-515-4751

<https://www.thegrowhaus.org/>

Offers free or low-cost programs in Denver's Elyria-Swansea neighborhood including: food boxes, groceries, cooking and exercise classes, access to fresh and locally grown foods at the Mercado de la Lado (Daily Market) and more.

## **Sun Valley Kitchen & Community Center**

303-862-8368

<https://feedingsunvalley.com/>

Offers community dinners, no cost grocery program, access to the low-cost Sun Valley Kitchen Restaurant (serves breakfast and lunch, Monday through Friday), weekly cooking classes and other programming for youth, and other educational opportunities for the Sun Valley neighborhood.

## **Aurora Public Library – Free Food for Youth**

303-739-7000

[https://www.auroragov.org/things\\_to\\_do/aurora\\_public\\_library/youth\\_nutrition\\_programs](https://www.auroragov.org/things_to_do/aurora_public_library/youth_nutrition_programs)

Free, nutritious meals served at various Aurora locations for youth ages 18 and under. No registration or sign up is required.

## **Dahlia Campus Farms and Gardens**

303-303-6140

<https://mhcd.org/dahlia-campus-farms-and-gardens/>

Offers affordable low-cost services such as fresh greens and produce food boxes for individuals and families, weekly farmers market on the Dahlia Campus, and access to community gardens in the Northeast Park Hill neighborhood.

## NUTRITION (CONTINUED)

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### **Mo' Betta Green MarketPlace**

303-293-0235

<http://www.facebook.com/mobettagreenMKT>

Farmers market in Denver: Wednesday Market located off 34th and Albion St. Church parking lot right next to "The Garden Restaurant" (begins July 2nd - October 8th). Saturday Market located at Sonny Lawson Park right next to the Blair Caldwell Library (begins June 14th to October 11th).

### **Denver Food Rescue**

720-675-7337

<https://denverfoodrescue.org/public-food-programs/>

Open to the public, Denver food Rescue provides no cost grocery store programs in the Globeville, Elyria-Swansea, Chaffee Park/Regis and Sun Valley neighborhoods.

### **Project Worthmore (Aurora)**

720-460-1393

<https://projectworthmore.org/>

Food Share Program offers culturally-relevant and healthful food open to refugee families. Families can shop in market-style setting for the food that they want. Membership card available for \$10.

### **BirdSeed Collective's Globeville Free Healthy Food Distribution and Preservation Program**

720-569-7463

<https://www.birdseedcollective.org/>

Every Monday, from 3-4p.m. at the Globeville Center (4496 Grant St. Denver, CO), BirdSeed Collective's Food Program distributes healthy food to the public.

### **Food Bank of the Rockies**

303-371-9250

<https://www.foodbankrockies.org/find-food/>

Find food banks and pantries nearest you.

### **Bondadosa Grocery**

720-593-6978

<https://bondadosa.org/?lang=en>

Offers bilingual grocery delivery service in Colorado (English or Spanish) with no membership fees and no markups. The wide variety of culturally relevant products and services are provided to individuals, families, the elderly and SNAP recipients, with an accessible, affordable and responsive grocery delivery option.

### **Front Line Farming**

[info@frontlinefarming.org](mailto:info@frontlinefarming.org)

<https://www.frontlinefarming.org/projecto-1>

Provides food and education to people across all incomes in the Denver metro area.

### **Sprout City Farms**

720-319-8126

<http://sproutcityfarms.org/programs/>

Provides affordable access to produce through a suggested-donation-based system and by offering half-off to SNAP customers through Double Up Food Bucks. There are also programs and community engagement opportunities to learn more about urban farming.

### **Food Finder**

770-527-2181

<https://foodfinder.us/>

A website that provides an easier way to search for free food.

## OTHER RESOURCES:

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### **Denver Parks and Recreation – Out-of-School Programs and Summer Camps**

720-865-0840

<https://www.denvergov.org/content/denvergov/en/denver-parks-and-recreation/activities-programs/after-school-programs-and-summer-camps.html>

DPR Community Recreation offers a safe place for youth to get help with homework, have a snack, socialize, and exercise through after school programs and summer camps. Financial assistance is available for Denver residents who qualify and apply for a P.L.A.Y. application.

### **Aurora Summer Camps**

303-326-8650

[https://www.auroragov.org/things\\_to\\_do/recreation\\_\\_\\_sports\\_programs/day\\_camps](https://www.auroragov.org/things_to_do/recreation___sports_programs/day_camps)

The City of Aurora offers a wide variety of low-cost summer camps for youth including pre-school camps, sports camps, cooking camps, nature camps and other specialty camps. You can register online, by phone, or in person (15151 E. Alameda Pkwy Ste. 1900 Aurora, CO 80012).

### **Kathy's Kamp Summer Camp**

<http://familiesforwardco.com/2019/05/03/kathys-kamp-summer-camp/>

A summer camp program that provides affordable childcare for working families with school-age children. Children take part in a traditional summer camp program that they might not otherwise ever experience. Registration required.

### **Denver's RTD's LiVE Program**

303-299-6000

<http://www.rtd-denver.com/LiVE.shtml>

40 percent discount on RTD fares available to riders whose household incomes are at or below 185 percent of the federal poverty level.

## OTHER RESOURCES (CONTINUED)

### Museum and Cultural Center Admission Program for SNAP Benefit Recipients

(720) 944-4DHS (4347) (Customer Service)

<https://www.denvergov.org/content/denvergov/en/denver-human-services/be-supported/food-cash-medical/food-assistance-SNAP/explorer-pass.html>

Provides discounted general admission of \$1 per person, up to 10 people, at the following locations:

- Children's Museum of Denver at Marsico Campus, 2121 Children's Museum Dr., Denver, CO 80211, (303) 433-7444, [www.mychildsmuseum.org](http://www.mychildsmuseum.org)
- Denver Museum of Nature and Science, 2001 Colorado Blvd, Denver, CO 80205, (303) 370-6000, [www.dmns.org](http://www.dmns.org)
- Denver Zoo, 2300 Steele St, Denver, CO 80205, (720) 337-1400, [www.denverzoo.org](http://www.denverzoo.org)
- History Colorado Center, 1200 Broadway, Denver, CO 80203, (303) 477-8679, [www.historycolorado.org](http://www.historycolorado.org)

### Scientific & Cultural Facilities District (SCFD)

#### Free Days

303-860-0588

<http://scfd.org/p/free-days-calendar.html>

Free days to attend cultural facilities which include the Denver Art Museum, Denver Botanic Gardens, Denver Museum of Nature & Science, Museo De Las Americas and more.

### United Way 211

2-1-1

<https://unitedwaydenver.org/2-1-1/>

A free, multilingual and confidential service that connects individuals with community resources and information.

### Denver Public Library

720-865-1111

720-865-1187 (Spanish)

<https://www.denverlibrary.org/museum-passes>

Offers free admission for DPL cardholders for museum passes, cultural tours and ticket vouchers up to 30 days in advance. A permanent DPL card in good standing is required.

### Jefferson County Public Library

303-235-5275

<https://jeffcolibrary.org/culture-pass/>

Offers free Culture Passes for each library cardholder. Cardholders can receive a maximum of two passes booked per 30-day period at the Butterfly Pavilion, the History Colorado Center, Denver Firefighters Museum, Denver Museum of Miniatures and more. The library has an online system to reserve a pass up to 30 days ahead of time.

### Anythink Libraries

(Thornton, Commerce City, Denver, and Brighton)

<https://www.anythinklibraries.org/locations>

The Rangeview Library District serves the residents of Adams County through its Anythink Libraries offering books, movies, computer access, study and meeting rooms and special events.

### Aurora Public Library

303-739-6600

[https://www.auroragov.org/things\\_to\\_do/aurora\\_public\\_library/programs](https://www.auroragov.org/things_to_do/aurora_public_library/programs)

Free programs and events through the Aurora Public Library for all ages.

### Aurora Recreation & Sports Programs

303-326-8700

<https://www.auroragov.org/cms/one.aspx?portalId=1881221&pageId=2037980>

Programs include cooking classes and sports leagues. Some fees are reduced for residents of Aurora on limited incomes.

### Give Center at Denver Human Services

720-944-4DHS

<https://www.denvergov.org/content/denvergov/en/denver-human-services/be-supported/additional-assistance/give-center.html>

Open to all Denver residents in need of essential items or services. No referral is needed and clients do not need to be a DHS customer.

### Servicios de La Raza

303-458-5851

<http://serviciosdelaraza.org/programs/>

Free and diverse range of services open to the general public located in Denver; by appointment only.

## GET INVOLVED

### You're the cure AHA

Opt-in to receive You're the Cure updates and access tools to help build healthier communities.

<https://www.yourethecure.org/>

### Denver Public School Health and Wellness

720-423-5600 or [foodservices@dpsk12.org](mailto:foodservices@dpsk12.org)

<http://foodservices.dpsk12.org/health-wellness.php>

Participate in your local school's Wellness Team to support healthy school environments and your child's health.