



Hours: Monday-Friday: 9:30am – 3:00pm
Tuesday: 6:00pm – 8:00pm

Phone: 303-860-7200

Fax: 303-860-7400

How to Make a Food Appointment

- To shop for nutritious food from Metro Caring, please call 303-860-7200 between 9:45am and 12:00pm to schedule an appointment.
- Appointments can also be made online at appointment.metrocaring.org.

Requirements

- Participants may shop for nutritious food **once every 30 days** (i.e. 30 days must go by before they are eligible for food services again). Metro Caring does not have income, geographical, or citizenship requirements.

Programming

- *Healthy Foods Access:* Metro Caring's self-select shopping market offers participants nutritious food, toiletries, and baby formula (when available).
- *Nutrition Programs:* Our goal is to foster an inclusive community with improved well-being through nutrition education, cooking classes, and health programs.
 - *Cooking Classes:* Learn healthy, time-saving cooking tips, explore new recipes, and make new friends. Most Tuesdays and Wednesdays, 10:30-11:30 am. Reserve your spot by calling
 - "Cocina y Nutrición" (Spanish language classes): explore nutritious recipes your whole family will love, support your health goals, and join a community learning together! Contact Eva Valdez at 720-434-9929 to sign up for classes.
 - *Family Cooking Class:* Children ages 1st-5th grade and their caregivers enjoy a four-week program focused on healthy habits, cooking kid-friendly recipes and how to grow their own food. Reserve your spot by contacting LHand@metrocaring.org
 - *Cooking Clubs:* Community-led and open to all, our clubs have different themes ranging from eating for well-being, to exploring cultural cuisines. Interested? Contact LHand@metrocaring.org
 - *Diabetes Self-Management Program:* If you have diabetes, this free six-week course will allow you to learn from others who are managing diabetes, get your questions answered, hone your skills, provide carb-friendly recipes, tools for physical activity, stress management and more! Contact LHand@metrocaring.org to take charge of your health journey.
 - *Diabetes Prevention Program:* Do you have risk factors for diabetes or have been diagnosed with prediabetes? This free, year-long program is offered in partnership with the YMCA and provides a no-cost pass to the Y, fantastic recipes, support and tools to live your best life. Contact LHand@metrocaring.org to learn more!
 - *Recipe Demonstrations and Nutrition Activities:* Every day, delicious samples are served in our Welcome Center, created from food in the Market. While you're trying a sample, test your knowledge to win a prize in our nutrition activity, guessing how much sugar is in popular beverages or which foods are best for heart health, among other fun games!
- *Employment Service and Job Training: Seeds for Success* is Metro Caring's job-readiness, job-training, and employment services program. The goal of this 8-week program is to help individuals find their next job or career. There are three components of the program which are geared to help participants succeed in their search for work, as well as, retain and excel in the positions they hold. To learn more please contact Londell Jackson by email or phone at ljackson@metrocaring.org 720.343.8456
 - Emotional Intelligence classes highlight an individual's ability to understand, control, and express their emotions both at home and in the workplace. Often referred to as "soft skills," emotional awareness topics address career exploration, anger management, personal awareness, and communications. The ability to be mindful in all aspects of a person's life helps us all become more effective at work and within our communities.
 - Through our community partnerships, Seeds participants can earn various certifications which highlight their abilities to work within the food industry and beyond. Seeds participants are assisted in the areas they express greatest need:

computer literacy, adult basic education, financial education, and on-the-job training. The goal is to encourage and to prepare participants to enter the workforce and become successful.

- The Seeds program helps to guide participants through the job application process—from beginning to end. This includes cover letter writing, resume creation, interview preparation, and application submittal and follow-up.
- **Other Programs:**
 - Heart Disease Testing and Education: Trained professionals will offer testing to determine a person's risk for heart disease. Participants can walk-in most Mondays.
 - Free IDs and Birth Certificates: Metro Caring provides ID, driver license and birth certificate vouchers at **no cost** to participants. Vouchers are redeemable at Denver Vital Records, Colorado Department of Public Health & Environment and participating DMV locations. Metro Caring is able to handle in-state ID, driver license and birth certificate requests **(Mondays: 9:30AM-3PM and Tuesday nights 6-8PM)**.
 - Out of State Birth Certificates: Call 720-343-8466 on Tuesdays at 12:00 pm (noon). Leave message with name, phone number, state of birth and best time to return call to set appointment. Funds are limited, if you do not receive a call back, try again the following week.
 - Utilities Assistance: Available to help pay heat/electric bills once a year (October 1-September 30). They must have applied for LEAP during LEAP season. Participants must **call 720-515-9888 on Tuesdays at 4pm** and leave a message with their name, phone number, and utility account number.
 - Public Benefits Enrollment: Denver Human Services has an onsite representative at Metro Caring every Monday from 9:30-3:00 and Thursday from 9:30-1:00. Call 303-350-3613 to make an appointment or you can sign up on the waitlist. Benefits enrollment is limited to Denver County residents.
 - Tax Assistance: The Denver Asset Building Coalition is onsite for free tax assistance. Please call (303) 388-7030 to schedule an appointment.
 - Referrals to other organizations: Clothing, Baby Items, Health Care, etc. are available to participants.
 - Gardens: If you're interested in learning how to grow your own produce, we have opportunities to connect you with our community gardens. Please email Jess Harper for more information – jharper@metrocaring.org

Volunteerism and Community Service

- Volunteers play a vital role in Metro Caring's success. We have a variety of rewarding volunteer opportunities. There is something for everyone.
- Volunteer schedules are flexible and fall within the hours of 9am-4pm Monday through Friday and Tuesday evening from 5:30pm-8:30pm.
- To become a volunteer - fill out a paper application located at our welcome desk or complete an online application at metrocare.org. We will then invite you to attend an orientation to learn more in-depth about the roles, see our facility, and set your schedule.
- We can help people fulfill community service hours. We ask that you commit to 40 or more hours of service, as we do a lot of training and it takes a while to become proficient in your volunteer role.

Community engagement: We want to hear from you about the issues you care about in your community, and we also host community events throughout the year. If you want to sit down and share your voice with us, we are always open to it. Please email Jess Harper for more information – jharper@metrocare.org