

WHERE CAN YOU FIND RESOURCES WHEN EXPERIENCING FOOD INSECURITY?

a guide to local resources working to provide assistance to you or someone you know in need



THE FOCO CAFE



ABOUT FOCO CAFE

The FoCo Cafe is a non-profit cafe with a pay-as-you-can model. A minimum of \$5 is recommended, however, those unable to pay ask for work in exchange for food.

They also offer resources such as a year-round water system, as well as a 24-hour cupboard that provides dry goods available to those without a reliable food source. With vegan and gluten-free options they provide healthy meals to all dietary needs.

They believe everyone should have accessibility to healthy sustainable meals year-round, along with basic needs such as fresh water.

During the correct seasons they also have an outdoor garden which is accesible to all.

"Health should be accesible for anyone, no matter economic status. Our goal is to provide that for anyone, we continually are trying to grow what we have to offer." Dexter Beasley, The FoCo Cafe Manager, said.

WHERE CAN YOU ACCESS IT?

Located at 225 Maple St. Fort Collins CO, The FoCo Cafe is open 11 a.m.- 2 p.m. Monday through Saturday.

For more in-depth menu and dietary information visit their website listed below.

THE FOCO CAFE WEBSITE

Photos by Katherine Borsting



MULBERRY COMMUNITY GARDENS



ABOUT MCG

The Mulberry community gardens have been a part of Fort Collins for the past 12 years . The gardens are all volunteer-based and provide a space for people to have access to fresh produce who are unable to cultivate at home.

They use horticulture practices to plan what they want to grow and during harvest, anyone is welcome to take what is needed.

It is completely free to join and unlike other community gardens the plots are communal, meaning everyone participates in all growth of produce. After harvest, they donate any extra to local food banks.

HOW TO GET INVOLVED

Located at 2310 W Mulberry St, Fort Collins CO members often meet Sunday, however you can stop by any day of the week.

If interested in joining drop by Sunday 11-1 p.m. If interested in donating go to the website listed below .

[MULBERRY GARDENS WEBSITE](#)

"We want to educate and create available produce to everyone. Personal horticulture is something everyone should be able to practice." Dee Dee Wright, a volunteer, said.. " Dee Dee Wright, a volunteer, said.

BOULDER FOOD RESCUE



Photo by Boulder Food Rescue

ABOUT BFR

BFR is working to eliminate food waste by relocating wasted food to lower-income communities. They work with over 20 donors to repurpose overproduced food and deliver it by bicycle to over 36 recipient sites. The deliveries allow low income families and areas to receive the nutritious and healthy fresh fruit or vegetables that are otherwise wasted.

BFR WEBSITE

BOULDER FOOD RESCUE
BOULDERFOODRESCUE.ORG

Homepage
Boulder Food Rescue aims to create a more just a less wasteful food...
boulderfoodrescue.org

HOW TO GET INVOLVED

If you need to access these resources check out the BFR website, linked next to this! If interested in volunteer opportunities go to the 'get involved' tab.



THE COMMON GARDENS



Photos by Katherine Borsting



ABOUT THE COMMON GARDENS

The Common Gardens are a garden resource provided by the Growing Project, located in Fort Collins. They have a goal to provide a space for natural resources accessible to everyone. Anyone is welcome to come harvest on a take what you need basis, and with organized harvests are donated when finished.

"TO GROW FOOD, IN, WITH, AND FOR THE COMMUNITY."
THE GROWINGPROJECT.ORG SAYS.

WHERE TO FIND

Located at 225 Maple St, Fort Collins, CO (right behind the FoCo Cafe), these gardens are open year-round, and have a plentiful harvest during the warmer seasons. For more information check out the link below.

[COMMON GARDENS INFO](#)

