

## Community Resources:

**Girls Inc. of Metro Denver is now an approved Tasty Food Grab 'N Go dinner service center. Monday through Friday, 3:30 pm - 5:30 pm at our center on West Colfax, meals are available for all children and youth up to 18 years old. No ID or registration required. Parents can also pick up for children!**

**Food Distribution Sites:** Denver Public Schools will offer free meals to students (ages 1-18 yrs. old) at several locations throughout the city on weekdays starting Monday March 16 through Friday, April 17. Select Denver recreation centers will serve dinner as well. Families may also pick up food boxes during dinner services. For a complete list of food distribution sites, please go to the [DPSk12 website](#) and [Denvergov.org TastyFood](#).

**Internet Access:** Through the Comcast Internet Essentials program, families may qualify for affordable high-speed home internet for \$9.95/month. For more information, please visit: [Internet Essentials](#).

**Technology Equipment:** PCs for People provides affordable computers and low-cost mobile internet to eligible community members. Learn more at [PCs for People](#).

**Rent and Utility Assistance:** Denver's Temporary Rental and Utility Assistance program (TRUA) offers resources to residents who are facing a hardship. Learn more at: [Rental and Utility Help](#).

**General Resource Needs:** Mile High United Way's 2-1-1 Help Center is a statewide community resource connecting individuals and families to critical resources including food, shelter, rental assistance, childcare, and more. Dial 211 from any phone or learn more/live chat at: <https://unitedwaydenver.org/2-1-1/>.

Thank you and stay healthy!