



We distribute food to adults 60+ through various programs including our network of mobile pantries and partners.

Older Adults Facing Hunger on the Western Slope

Across the Western Slope, many older adults are quietly facing hunger. Living on fixed incomes, they often make impossible choices between groceries, housing, healthcare, and utilities. Rising costs, especially for food and prescription medications, have only deepened these challenges, and many older adults must stretch limited resources further than ever before.

In rural communities, the barriers to accessing nutritious food can be even greater. Long distances to grocery stores, limited transportation, and fewer nearby services make it difficult for community members to get the food they need. For some older adults, mobility or health concerns add another layer of complexity, turning everyday tasks like shopping into significant obstacles.

That's where community partnerships make a difference. Organizations like West End Family Link in Nucla are on the front lines, helping ensure older adults have access to the food and support they need. Through local distributions, they reach neighbors who might otherwise go unseen. As one of the few service providers in the region, West End Family Link reflects both the needs and the strength of rural communities.

At Food Bank of the Rockies, we are committed to ensuring older adults can access groceries with dignity and independence. From our mobile pantries to partner distributions, we bring food closer to where our neighbors live to reduce barriers and strengthen community connections.

Our impact goes beyond meals. Reliable access to nutrient-dense food supports better health outcomes, reduces stress, and helps older adults remain active and independent in their communities. Hunger among older adults is often hidden, but, together, we can work to ensure that every neighbor has the nourishment they deserve.

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Volunteers arrange locally sourced apple slices to dehydrate into nourishing treats for kids to enjoy through the Totes of Hope® Program.

Nourishing Every Neighbor, Every Season

As we move into the warmer months, we are reminded that hunger does not take a season off. For many families across the Western Slope, this time of year brings both opportunity and challenge, especially for older adults and children who rely on consistent access to nutritious food.

During the school year, many children receive dependable meals through school programs. When summer arrives, that support can disappear, leaving families to fill the gap. For parents and caregivers, that often means stretching already tight budgets even further. At the same time, older adults living on fixed incomes continue to navigate rising costs and limited resources, often facing difficult trade-offs to meet basic needs. Our role is to ensure that no one falls through the gaps.

Across the Western Slope, we work closely with community partners to reach neighbors where they are. In rural areas, organizations like West End Family Link play a critical role in connecting older adults and families with food and essential services. Their work reflects both the challenges and the resilience of the communities we serve.

We are continually adapting to meet seasonal needs and are hard at work expanding distributions, supporting summer feeding efforts, and strengthening programs that provide consistent access to nourishing food. Whether through mobile pantries, child-focused programs, or partnerships that extend our reach, our goal remains the same: to ensure every neighbor has access to the food they need to thrive.

Community is at the heart of this work. Our mission is made possible by volunteers, partners, and supporters who believe that everyone deserves to be nourished with dignity and care. As we look ahead, we remain committed to standing alongside our neighbors, especially the most vulnerable, and ensuring that together we continue to meet this moment with compassion, determination, and action.

Thank you for being part of this work.



Amber Henning
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Distribution Centers

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This institution is an equal opportunity provider.

When School Lets Out, Hunger Doesn't

For many children across the Western Slope, school is more than a place to learn. School is where they receive consistent, nutritious meals. When school lets out for the summer, that reliable source of food can suddenly disappear, leaving families to fill the gap.

Summer can put added pressure on already tight household budgets, especially in communities where access to affordable food is limited. For working parents and caregivers, managing meals throughout the day can be challenging. For children, the loss of school-based meals can affect not only their nutrition, but also their energy, health, and ability to stay active and engaged.

Community partners help meet this critical need. Organizations like Black Canyon Boys & Girls Club in Montrose provide safe, supportive spaces where children can stay connected and nourished throughout the summer months.

“Summer should be a time for kids to explore and play, not worry about where their next meal is coming from,” said Black Canyon Boys & Girls Club Executive Director Heather Simpson. “Our program gives families peace of mind, knowing their children are safe and receiving at least one nutritious meal each day.”

Programs like these ensure kids continue to receive meals and snacks while benefiting from enrichment, mentorship, and a sense of community.



At Food Bank of the Rockies, we support these efforts by working alongside partners to increase food access during the summer. Through expanded distributions, child-focused programs, and local collaborations, we help ensure families have the resources they need when school is out.

Together, this network of support helps reduce the burden on families facing tough times and ensures children can continue to grow and thrive. Hunger doesn't pause for summer, and neither do we.

Help Us Nourish the Future

Making a bequest or a planned gift to Food Bank of the Rockies through your estate or financial plans is a powerful way to support our Western Slope communities for years to come. Planned giving can allow you to give in a meaningful way to a valued cause while also accounting for your current financial considerations. Your gift will help us nourish hundreds of thousands of people facing hunger each year, including children, families, and older adults. Planned giving may offer benefits such as tax savings, increased income, or reduced estate taxes while creating a lasting legacy.

To learn more, please visit: foodbankrockies.mygiftlegacy.org.

Meet a Neighbor: Melissa



Melissa carpooled with her neighbor, Jeremiah, to pick up food for their households. It's more efficient to travel together and helps save on gas. With the cost of living so high, every dollar saved is another dollar that can be put toward necessities like medical bills, utilities, and rent.

“It's here to help me,” said Melissa. “It's hard with today's cost of living.”

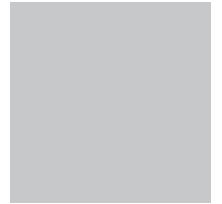
Melissa explained that the support she receives through SNAP does not last the full month for her household, which includes three grandchildren.

Stories like Melissa's are more common than many realize. They are also a reminder of the power of community and the importance of showing up for one another. Thanks to your support, their families and many others can access nourishing food. The chance to build a more stable, hopeful future starts one meal at a time.

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OF THE ROCKIES™

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Mailing Address
City, State Zip

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Hunger challenges our neighbors every day. With support from individuals like you, we are able to provide help to anyone who finds themselves in need. Discover inspiring stories of how together we are nourishing communities in our newsletter.

We ignite the power of community to nourish people facing hunger.

