

HELP BUILD A STRONGER COMMUNITY

Everyone has an important role to play!

Fresh is Better

A well balanced diet:

- Nourishes the mind and body
- Boosts the immune system
- Helps with stress management
- Produces energy
- Reduces obesity
- Prevents illness
- Supports agriculture

In short: fresh, healthy food is
#better for us and for our planet!



Partnering with the Community
to Alleviate Hunger Since 1964.

3370 South Irving Street
Englewood, CO 80110

(303)789-0501 • ifcs.org



Hablamos Español: Ilámanos

Scan this QR Code
to visit our website



Escanear para visitar
nuestro sitio web

**IFCS is on a mission to nourish lives
and build stronger communities,
and WE NEED YOUR HELP!**

Please share this page with someone who
needs food support or someone who can
support IFCS in the work of alleviating hunger.



Together, we can build
a stronger community!

We all need a little help sometimes.



LET IFCS HELP

Are you struggling to make ends meet? **Integrated Family Community Services (IFCS)** has been serving income eligible individuals and families for over 50 years. We know that nourished families create strong communities. If you or someone you know is in need of food support, please let us help.

- ➔ **Daily Free Grocery Box Distribution**
- ➔ **Bill Payment Assistance**
- ➔ **Recreation Center Vouchers**
- ➔ **Seasonal Enrichment Programming**

Monday, Tuesday, Thursday, Friday
8:30 am - 11:30 am & 1:00 pm - 3:00 pm
Wednesday Drive-Thru 8:30 am - 11:30 am

One can, Two can, Who can, You can!



HELP IFCS HELP OUR COMMUNITY

Integrated Family Community Services (IFCS) partners with the community to alleviate hunger and nourish lives. More than 90 cents out of every dollar goes directly to help those in need, and assists children, families and seniors in climbing out of the downward spiral of poverty.

Make a
Difference as a
Volunteer

Scan code to see
opportunities:



Support IFCS'
Programming
Make a donation
by text:

Text
**BETTER
TOGETHER**
to 801801

Donate to
IFCS' Hunger
Alleviation
Campaign:
onecanfeed.org

