

2021 - 2022 COMMUNITY RESOURCE GUIDE



Millard House II
Superintendent of Schools

Houston Independent School District Board of Education

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Family and Community Engagement Department
Ryan Professional Development Center
4001 Hardy Street, Houston, Texas 77009
www.HoustonISD.org/face

It is the policy of the Houston Independent School District not to discriminate on the basis of age, color, handicap or disability, ancestry, national origin, marital status, race, religion, sex, veteran status, political affiliation, sexual orientation, gender identity and/or gender expression in its educational or employment programs and activities.

NUTRITION EDUCATION

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	Phone	Ages/Grades Served	Costs	Onsite at Schools	Languages
1	713-208-0724	All ages	Free	Yes	English, Spanish
2	832-369-9302	Grades PK-12	Free	Yes	English, Spanish
3	832-393-4127 832-395-0895 832-393-3800 832-393-4200 832-393-5454 832-395-0475 832-395-9900 832-395-5427 832-393-4795 832-393-5950	All ages	Costs vary	No	English, Spanish
4	832-393-5427 832-395-0570 832-395-3380 832-395-9100 832-395-9800 832-395-0206	All ages	Costs vary	Yes	English, Spanish, Vietnamese
5	713-523-2231	Ages 10-17 and Adults ages 18-20	Free	No	English
6	713-660-1880	All ages	Costs vary	No	English, Spanish
7	713-349-0880	All ages	Free	Yes	English, Spanish
8	713-439-6000	Ages 6 months to 20 years	Costs vary	Yes	English, Spanish
9	713-670-2100 (See profile list)	All ages	Free	No	English, Spanish
10	832-393-4055	Adults ages 18+	Free	No	English, Spanish
11	832-369-9209	Adults ages 18+	Free	No	English, Spanish
12	713-491-5874 713-491-5729	Grades PK-12	Free	Yes	Arabic, Chinese, English, Spanish, Vietnamese

	Phone	Ages/Grades Served	Costs	Onsite at Schools	Languages
13	832-393-1313 832-393-1382	Grades PK-12 and Adults ages 18+	Free	No	English, Spanish
14	713-242-3700 713-867-3336 281-929-6485 713-456-5150 713-704-6500	All ages	Costs vary	No	English, Spanish
15	713-520-0443	Grades PK-5	Free	Yes	English
16	713-226-4953	All ages	Free	Yes	English, Spanish
17	713-349-0880	Adults ages 18+	Costs vary	No	English, Spanish
18	832-828-1005	All ages	Costs vary	No	English, Spanish
19	713-500-2800	Ages 0-4	Costs vary	No	English, Spanish, Vietnamese
20	713-880-5540	Grades K-12 and Adults ages 18+	Costs vary	Yes	English, Spanish
21	713-343-5459	All ages	Costs vary	No	English, Spanish

American Latino Center for Research, Education, and Justice

Address: 14610 South Hearthstone Green Drive, Houston, TX 77095

Area Served: Greater Houston

Days/Hours: Monday-Friday, 8am-5pm

Contact: Rita Farias, Executive Director

Phone: 713-208-0724

Fax: Not available

Email: rfarias@alcrej.org

Website: <http://www.alcrej.org>

Local Bus Routes: Not available

Ages/Grades Served: All ages

Eligibility: Focuses on low-income Latino/Hispanic children and families.

Costs: Free

Onsite at Schools: Yes. • Offers presentations at schools and health fairs.

Languages: English, Spanish

Direct Services: Provides families with small educational sessions, grocery store tours, and cooking demonstrations. • Provides education about health-conscious grocery shopping, smart food choices, and cost-saving strategies. • Helps eligible persons and families to enroll in the Supplemental Nutrition Assistance Program (SNAP). • Offers presentations at homes, schools, community centers, supermarkets, and health fairs.

Brighter Bites

Address: 535 Portwall Street, Houston, TX 77029

Area Served: Houston

Days/Hours: Monday-Friday, 8am-5pm

Contact: Mike Pomeroy, Senior Program Director

Phone: 832-369-9302

Fax: Not available

Email: mike.pomeroy@brighterbites.org

Website: <https://www.brighterbites.org>

Local Bus Routes: 11

Ages/Grades Served: Grades PK-12

Eligibility: Must be a Title I school with 90% or more students eligible for free or reduced-price lunches and 75% or more students living below the national poverty line. • Campus must provide a location to deliver, bag, and distribute the goods, send opt-in forms to families, provide 10 or more volunteers to unload and bag

goods, and allow weekly distribution of recipe samples. • Campus must implement the research-based Coordinated Approach to Child Health (CATCH) nutrition education model.

Costs: Free

Onsite at Schools: Yes. • Provides services at 11 HISD elementary schools.

Languages: English, Spanish

Direct Services: Provides families with two grocery bags of fruits and vegetables for eight weeks in the fall and for eight more weeks in the spring. • Provides education about healthful eating and recipes to support it.

City of Houston – Multi-Service Centers

Area Served: Houston

Location	Address	Phone	Nutrition Education Days/Hours	Bus Routes
Acres Homes	6719 West Montgomery Road, Houston, TX 77091	832-393-4127	Monday-Friday, 8am-3pm	30, 44
Denver Harbor	6402 Market Street, Houston, TX 77020	832-395-0895	Monday, 10am-12pm	11, 48, 80
Fifth Ward	4014 Market Street, Houston, TX 77020	832-393-3800	Monday-Friday, 8am-3pm	11, 29, 48
Hiram Clarke	3810 West Fuqua Street, Houston, TX 77045	832-393-4200	Monday-Wednesday, 9:30am-12:30pm	14
Kashmere	4802 Lockwood Drive, Houston, TX 77026	832-393-5454	Monday-Friday, 8am-2pm	80
Northeast	9720 Spaulding Street, Houston, TX 77016	832-395-0475	Monday-Friday, 8am-3pm	3, 45
Southwest	6400 High Star Drive, Houston, TX 77074	832-395-9900	Not available	9, 47
Sunnyside	9314 Cullen Boulevard, Houston, TX 77051	832-395-5427	Monday, 9am-6pm, Tuesday-Friday, 8am-5pm	29, 87
Third Ward	3611 Ennis Street, Houston, TX 77004	832-393-4795	Monday-Friday, 7am-5pm	9, 54
West End	170 Heights Boulevard, Houston, TX 77007	832-393-5950	Monday-Friday, 8am-2pm	40, 66, 71, 85

Contact: Acres Homes: Lakeisha West. • Denver Harbor: Jesse Rodriguez. • Fifth Ward: Lynelle Jones. • Hiram Clark: Corey Garrett. • Kashmere: Not available. • Northeast: Candy Arzu. • Southwest: Sandra Rodriguez. • Sunnyside: Adriane Hatchett. • Third Ward: Rosalind Augustine. • West End: Sopheak Pen.
Fax: Acres Homes: Not available. • Denver Harbor: 832-395-0923. • Fifth Ward: 832-395-3805. • Hiram Clark: 832-393-4265. • Kashmere: 832-393-5494. • Northeast: 832-395-0506. • Southwest: 832-395-9951. • Sunnyside: Not available. • Third Ward: Not available. • West End: 832-393-5977.

Email: webadmin@houstontx.gov

Website: <http://www.houstontx.gov/health/MSC>

Ages/Grades Served: All ages

Eligibility: Access to services may require proof of identity, proof of residence, and proof of income. • Call to ask about a specific multi-service center about a specific program for nutrition education.

Costs: Costs vary. • Some services are no cost; others are low cost. • Call to ask about specific costs.

Onsite at Schools: No

Languages: English, Spanish

Direct Services: Services vary by location. • Specific centers may offer nutrition education in programs for senior citizens or for pregnant and parenting women with children under age 5. • Specific centers also may offer nutrition education in association with food pantry or community garden programs.

City of Houston – Nutrition Services

Area Served: Houston

Location	Address	Phone	Days/Hours	Bus Routes
Houston Health Department	8000 North Stadium Drive, Houston, TX 77054	832-393-5427	Monday-Wednesday, 8am-11:30am and 1pm-4pm, Thursday, 9am-12:30pm and 2pm-5pm, Friday, 8am-11:30am and 1pm-4pm	700 (METRO rail), 4, 84
La Nueva Casa de Amigos	1809 North Main Street, Houston, TX 77009	832-395-0570	Monday, 8:30am-1pm and 1:30pm-5pm, Tuesday-Friday, 7am-12pm	700 (METRO rail), 66, 79
Magnolia	7037 Capitol Street, Houston, TX 77011	832-395-3380	Monday-Thursday, 8am-9pm, Friday, 8am-8pm	20, 50, 76
Northside	8504 Schuler Street, Houston, TX 77093	832-395-9100	Monday, 8:30am-4:30pm, Tuesday-Thursday, 7:30am-3:30pm, Friday, 7:30am-11:30am	6
Sharpstown	6201 Bonhomme Road, South Tower Third Floor, Houston, TX 77036	832-395-9800	Monday-Thursday, 8am-12pm and 1pm-4pm, Friday, 7:30am-11am	9, 152, 153
Sunnyside	4605 Wilmington Street, Houston, TX 77051	832-395-0206	Monday, 8:30am-11:30am and 1:30pm-4:30pm, Tuesday and Thursday, 7:30am-11:30am and 12:30pm-3:30pm, Friday, 7:30am-11:30am and 12:30pm-3:30pm	29

Contact: Not available

Fax: Houston Health Department: Not available. • La Nueva Casas de Amigos: Not available. • Magnolia: 832-395-3437. • Northside: 713-694-4169. • Sharpstown: Not available. • Sunnyside: Not available.

Email: 311@houstontx.gov

Website: <http://www.houstontx.gov/health/Community/nutritionpage.html>

Ages/Grades Served: All ages

Eligibility: Provides nutrition education services at seven Health Centers. • Must live in the service area.

Costs: Costs vary. • Charges fees on a sliding scale. • Call to ask about specific costs.

Onsite at Schools: Yes. • Makes presentations at schools, health fairs, and other places.

Languages: English, Spanish, Vietnamese

Direct Services: Provides education, guidance, and counseling about healthful nutrition. • Offers information about food and nutrition to the general public.

Covenant House Texas – Life Skills Programs

Address: 1111 Lovett Boulevard, Houston, TX 77006

Area Served: Harris County

Days/Hours: Monday-Sunday, 24 hours/day

Contact: Victor Hay, Director of Community Services

Phone: 713-523-2231

Fax: Not available

Email: vhay@covenanthousetx.org

Website: <https://www.covenanthousetx.org/Programs>

Local Bus Routes: 56, 298

Ages/Grades Served: Ages 10-17 and adults ages 18-20

Eligibility: Must be a homeless or runaway youth. • Must meet age requirements.

Costs: Free

Onsite at Schools: No

Languages: English, Spanish

Direct Services: Provides nutrition education in a life skills program. • Offers walk-in services, free medical care, comprehensive case management, mental health and substance abuse counseling, educational and

vocational training, and life skills training. • Provides programs for aftercare, permanent housing, runaway prevention, street outreach, and transitional living. • Also provides a crisis shelter.

El Centro de Corazón – Dunn Health Center

Address: 7635 Canal Street, Houston, TX 77012

Area Served: Houston

Days/Hours: Monday-Friday, 8am-5pm

Contact: Ermy Soto, Dietician

Phone: 713-660-1880

Fax: 713-926-9105

Email: esoto@elcentrochc.org

Website: <http://www.elcentrodecorazon.org/healthcenters>

Local Bus Routes: 20, 48

Ages/Grades Served: All ages

Eligibility: Requires proof of identity, proof of income, and proof of residence.

Costs: Costs vary. • Charges fees on a sliding scale. • Accepts Medicaid and the Children's Health Insurance Program (CHIP). • Call to ask about specific costs.

Onsite at Schools: No

Languages: English, Spanish

Direct Services: Provides a nutrition education program for families with members who are at risk of diabetes or other nutrition-related chronic health problems. • Also provides primary care and pediatric, prenatal, mental health, and dental services.

Harris County Expanded Food and Nutrition Education Program

Address: 3003 South Loop West, Suite 220, Houston, TX 77054

Area Served: Harris County

Days/Hours: Monday-Friday, 7:30am-4pm

Contact: Tonya McKenzie, Harris County Extension Agent

Phone: 713-349-0880

Fax: 713-668-7186

Email: tсмckenzie@ag.tamu.edu

Website: <http://efnep.tamu.edu/counties/harris-county>

Local Bus Routes: 84

Ages/Grades Served: All ages

Eligibility: Focuses on families that are most at risk to suffer from hunger, food insecurity, or the inability to connect with available support systems.

Costs: Free

Onsite at Schools: Yes. • Offers the nutrition education program to schools.

Languages: English, Spanish

Direct Services: Offers a practical six-lesson series about basic nutrition, improving eating habits, food preparation, food budget management, and food safety. • Also offers lessons on good nutrition and food safety for youth in summer programs.

Harris County Public Health and Environmental Services – Antoine Community Health Center

Address: 5815 Antoine Drive, Suite A, Houston, TX 77091

Area Served: Harris County

Days/Hours: Monday-Friday, 8am-5pm

Contact: Umair Shah, Executive Director

Phone: 713-439-6000

Fax: 713-602-3374

Email: Not available

Website: <http://publichealth.harriscountytexas.gov>

Local Bus Routes: 85

Ages/Grades Served: Ages six months to 20 years

Eligibility: Must meet age requirements. • All services are by appointment only. • Accepts no walk-ins.

Costs: Costs vary. • Some services are no cost; others are low cost. • Charges fees on a sliding scale based on income. • Accepts Medicaid. • Call to ask about specific costs.

Onsite at Schools: Yes. • Clinics offer school-based dental education.

Languages: English, Spanish

Direct Services: Provides Special Supplemental Nutrition Program for Women Infants and Children (WIC) services. • Offers family planning, human immunodeficiency virus (HIV) counseling, testing, and education. • Offers adult physical examinations, a tuberculosis chest clinic, and immunizations for children and adults. • Also offers diagnostic, preventive, restorative, and surgical dental services.

Houston Department of Health and Human Services – Community Gardens Program

Area Served: Houston

Location	Address	Phone	Days/Hours	Bus Routes
Denver Harbor	6402 Market Street, Houston, TX 77020	713-670-2100	Monday-Thursday, 8am-9pm, Friday, 8am-8pm	11, 48, 80
HDHHS Central	8000 North Stadium Drive, Houston, TX 77054	832-393-4795	Not available	700 (METRO rail), 84
Hiram Clarke	3810 West Fuqua Street, Houston, TX 77045	832-393-4856	Monday, 8am-5pm, Tuesday-Thursday, 8am-9pm, Friday, 8am-5pm	14
Kashmere	4802 Lockwood Drive, Houston, TX 77026	713-292-5503	Monday-Friday, 8am-5pm	80
Northeast	9720 Spaulding Street, Houston, TX 77016	713-395-0470	Monday-Tuesday, 7am-9pm, Wednesday, 7am-6pm, Thursday, 7am-9pm, Friday, 7am-6pm	3, 45
Park Place	7411 Park Place Boulevard, Houston, TX 77087	832-393-4856	Not available	40
Peavy	3814 Market Street, Houston, TX 77020	713-292-4726	Not available	11, 29, 48
Southwest	6400 High Star Drive, Houston, TX 77074	713-395-9900	Monday, 8am-6:45pm, Tuesday, 8am-8:30pm, Wednesday-Thursday, 8am-8:30pm, Friday, 8am-5:30pm	9, 47
Sunnyside	4605 Wilmington Street, Houston, TX 77051	713-393-0069	Monday-Friday, 7am-6:30pm	29, 87
Third Ward	3611 Ennis Street, Houston, TX 77004	832-393-4856	Monday-Wednesday, 7am-5pm, Thursday, 7am-8pm, Friday, 7am-5pm	9, 54
West End	190 Heights Boulevard, Houston, TX 77007	832-393-4867	Monday, 7am-5pm, Tuesday, 7am-8pm, Wednesday, 7am-5pm, Thursday, 7am-8pm, Friday, 7am-5pm	40, 66, 71, 85

Contact: Not available

Fax: Not available

Email: webadmin@houstontx.gov

Website: <http://www.houstontx.gov/health/Communitygarden.html>

Ages/Grades Served: All ages

Eligibility: Must be a resident of Houston.

Costs: Free

Onsite at Schools: No

Languages: English, Spanish

Direct Services: Offers a five-week gardening program series about when to plant garden crops, how to plant them, how much sun and water the crops need, what tools and supplies gardeners need, how to control pests, and how to do windowsill gardening.

Houston Department of Health and Human Services – Diabetes Awareness and Wellness Network

Address: 3611 Ennis Street, Houston, TX 77004

Area Served: Houston

Days/Hours: Monday-Tuesday, 8am-5pm, Wednesday-Thursday, 8am-8pm, Friday, 8am-5pm

Contact: LaQuisha Hervey

Phone: 832-393-4055

Fax: 832-393-4088

Email: dawncenter@houstontx.gov

Website: <http://www.houstontx.gov/health>

Local Bus Routes: 4, 9

Ages/Grades Served: Adults ages 18+

Eligibility: Focuses on persons diagnosed with diabetes or at risk for diabetes. • Requires proof of identity and proof of residence. • Requires referral from a physician, a current medication list, a fitness clearance letter, and recent lab results.

Costs: Free

Onsite at Schools: No

Languages: English, Spanish

Direct Services: Offers nutrition education related to the prevention and management of diabetes. • Also offers cooking classes, health coaching, physical fitness classes, and risk assessments.

Houston Food Bank – Nutrition Education

Address: 535 Portwall Street, Houston, TX 77029

Area Served: Greater Houston

Days/Hours: Monday-Friday, 8am-5pm, Saturday, 8:30am-12pm

Contact: Stephanie Berno, Nutrition Education Coordinator

Phone: 832-369-9209

Fax: Not available

Email: sberno@houstonfoodbank.org

Website: <http://www.houstonfoodbank.org/programs/nutrition-education>

Local Bus Routes: 11

Ages/Grades Served: Adults ages 18+

Eligibility: Focuses on high-risk, socioeconomically disadvantaged groups. • Limits classes to 10-15 persons at one time.

Costs: Free

Onsite at Schools: No

Languages: English, Spanish

Direct Services: Offers nutrition education classes that include cooking demonstrations. • Offers a five-class series about basic nutrition. • Also offers training in container gardening, food budgeting, food safety, nutrition, and cooking.

Houston Independent School District – Nutrition Services

Address: 4400 West 18th Street, Houston, TX 77092

Area Served: Houston

Days/Hours: Monday-Friday, 8am-5pm

Contact: Marina de Fuentes, General Manager of Support Services

Phone: 713-491-5874 or 713-491-5729

Fax: Not available

Email: mdefuent@HoustonISD.org

Website: <http://www.houstonisd.org/nutritionservices>

Local Bus Routes: 85

Ages/Grades Served: Grades PK-12

Eligibility: Health and Wellness Program services are open to HISD schools and the communities they serve.

Costs: Free

Onsite at Schools: Yes. • Provides services directly to HISD schools.

Languages: Arabic, Chinese, English, Spanish, Vietnamese

Direct Services: Provides appearances of Ace the HISD Nutrition Mascot to excite students about good nutrition and physical fitness. • Makes classroom and community presentations about health and nutrition. • Provides information and tips about healthful eating and nutrition at community health fairs and school open house events. • Operates a mobile dairy classroom.

Houston Public Library

Address: 500 McKinney Street, Houston, TX 77002

Area Served: Houston

Days/Hours: Monday-Tuesday, 10am-6pm, Wednesday, 10am-8pm, Thursday, 10am-6pm, Saturday, 10am-5pm

Contact: Rhea Lawson, Senior Communication Specialist

Phone: General questions: 832-393-1313. • Programs: 832-393-1382.

Fax: Not available

Email: hpl.mobile@houstontx.gov

Website: <http://houstonlibrary.org/learn-explore/healthy-life>

Local Bus Routes: 40, 85, 214, 216, 228

Ages/Grades Served: Grades PK-12 and adults ages 18+

Eligibility: Library system is open to all residents of Texas. • Many services require a library card.

Costs: Free

Onsite at Schools: No

Languages: English, Spanish

Direct Services: Offers nutrition classes and educational materials for low-income families. • Classes cover how to select healthful foods on a budget, how to prepare healthful meals, how to read food labels, and how to use less fat, salt, and sugars in making favorite foods. • Library system includes the Central Library, three special collection libraries (a research center, a center for genealogical research, and an African-American Library), four regional libraries, 31 neighborhood libraries, four express libraries, a mobile express library, and a satellite library (at the Children's Museum).

Memorial Hermann

Area Served: Greater Houston

Location	Address	Ages Served	Phone	Fax	Bus Routes
Memorial City	921 Gessner Road, Houston, TX 77024	All ages	713-242-3700	713-242-3964	46, 70, 161, 162
Northwest	1635 North Loop West, Houston, TX 77008	Ages 5-17 and Adults ages 18+	713-867-3336	713-867-4630	30
Southeast	11800 Astoria Boulevard, Houston, TX 77089	Adults ages 18+	281-929-6485	281-929-4710	88
Southwest	7600 Beechnut Street, Houston, TX 77074	Adults ages 18+	713-456-5150	713-456-5443	4, 46, 65, 402
Texas Medical Center	6441 Fannin Street, Houston, TX 77030	Adults ages 18+	713-704-6500	713-704-5113	700 (METRO rail), 56

Days/Hours: Monday-Sunday, 24 hours/day

Contact: Not available

Email: Not available

Website: <http://www.memorialhermann.org/services-specialties/nutrition-programs>

Eligibility: Requires a referral from a physician. • Requires authorization of payment by an insurance provider.

Costs: Costs vary. • Accepts most health insurance plans and self-pay. • Call to ask about specific costs.

Onsite at Schools: No

Languages: English, Spanish

Direct Services: Evaluates the status of personal nutrition. • Provides medical nutrition therapy for diabetes, low blood sugar, and diseases of the heart, blood circulation, stomach, intestines, and liver. • Helps with managing weight loss, planning meals, and nutrition while pregnant or lactating.

Recipe for Success Foundation – Nutrition Education Program

Address: 4400 Yupon Street, Houston, TX 77006

Area Served: Houston

Days/Hours: Monday-Friday, 9am-5pm

Contact: Andi Nelson, Director of Seed-to-Plate Nutrition Education Program

Phone: 713-520-0443

Fax: 713-520-0453

Email: General questions: info@recipe4success.org. • Program: andi@recipe4success.org.

Website: <http://recipe4success.org/programs/seed-to-plate-nutrition-education.html>

Local Bus Routes: 25, 56

Ages/Grades Served: Grades PK-5

Eligibility: Provides an online form to request speakers.

Costs: Free

Onsite at Schools: Yes. • Offers a nutrition curriculum for use in classrooms. • Speakers present at schools.

Languages: English

Direct Services: Offers a grade-specific nutrition curriculum. • Introduces children to the entire cycle of food, as well as nutrition awareness, taste and flavor combinations, and food preparation techniques.

Target Hunger

Address: 2814 Quitman Street, Houston, TX 77026

Area Served: Houston

Days/Hours: Monday-Friday, 8am-5pm

Contact: Becky Brown, Director of Development

Phone: 713-226-4953

Fax: Not available

Email: sha.lewis@targethunger.org

Website: <http://www.targethunger.org/programs/educational-community-gardens>

Local Bus Routes: 6, 66

Ages/Grades Served: All ages

Eligibility: Must be at risk of hunger or food insecurity using Texas Emergency Food Assistance Program criteria. • Requires proof of income. • Bases eligibility on total income and household size.

Costs: Free

Onsite at Schools: Yes. • Works with local schools to create on-campus community gardens.

Languages: English, Spanish

Direct Services: Offers educational workshops about health and nutrition, food safety, and other topics. • Operates eight food pantries to provide emergency food relief and to distribute supplemental groceries. • Supports creation of community gardens at schools and other locations. • Offers guest speakers on topics related to poverty, food insecurity, and the path to self-sufficiency.

Texas A&M Agri-Life Extension Service – SNAP Nutrition Education

Address: 3033 Bear Creek Drive, Houston, TX 77084

Area Served: Harris County

Days/Hours: Monday-Friday, 7:30am-4pm

Contact: Allen Malone, Harris County Coordinator

Phone: 713-274-0950

Fax: Not available

Email: harris-tx@tamu.edu

Website: <http://agriflifeextension.tamu.edu>

Local Bus Routes: Not available

Ages/Grades Served: Adults ages 18+

Eligibility: No area restrictions. • Must be a Supplemental Nutrition Assistance Program (SNAP) recipient or eligible for SNAP to participate in the Better Living for Texans program. • Call to ask about SNAP eligibility.

Costs: Costs vary. • Tip sheets are free, other publications have differing costs. • Nutrition education programs are free for eligible families. • Call to ask about specific costs.

Onsite at Schools: No

Languages: English, Spanish

Direct Services: Provides the Better Living for Texans program and the Expanded Food and Nutrition Education programs. • Offers nutrition education classes about food budgeting, healthful food choices, increasing physical activity, and related topics. • Offers 150 bilingual family tip sheets and other publications. • Also offers research-based parent education programs that empower family relationships against adversities.

The Center for Women and Children

Area Served: Houston

Location	Address	Phone	Fax	Bus Routes
Greenspoint	700 North Sam Houston Parkway West, Houston, TX 77067	832-828-1005	Not available	85, 102
Southwest	9700 Bissonnet Street, Houston, TX 77036	832-828-1005	Not available	65, 68, 262

Days/Hours: Pediatrics: Monday-Friday, 7am-11pm, Saturday-Sunday, 9am-7pm. • Dental Health: Monday-Friday, 8am-5pm. • Health of Women: Monday-Friday, 7am-7pm, Saturday, 9am-3pm. • Dietary Health: Monday-Friday, 7am-7pm.

Contact: Not available

Email: TheCenter@TexasChildrens.org

Website: <http://www.jointhecenter.org>

Ages/Grades Served: All ages

Eligibility: Must be a member of the Texas Children's Health Insurance Program (CHIP). • Requires an appointment.

Costs: Costs vary. • Call to ask about specific costs.

Onsite at Schools: No

Languages: English, Spanish

Direct Services: Offers nutrition education on topics such as food allergies, infant nutrition, picky eating, teen nutrition, and weight management. • Also offers behavioral health care, dietary care, eye exams and eyeglasses, general and preventive dental care, and pediatric healthcare.

The University of Texas Health Science Center at Houston – Women, Infants, and Children

Area Served: Greater Houston

Location	Address	Phone	Contact	Bus Routes
Office	7000 Fannin Street, Suite 1200, Houston, TX 77030	713-500-2800	Karen Gibson	700 (METRO rail), 56, 298
Greenspoint	11120 North Freeway, Suite B, Houston, TX 77037	713-500-2800	Donna Logan	56, 102
Hobby	8221 Gulf Freeway, Houston, TX 77017	713-500-2800	Catherine Hernandez	50, 76
North Channel	13457 East Freeway, Houston, TX 77015	713-500-2800	Jessica Sanchez	137

Location	Address	Phone	Contact	Bus Routes
Power Center	12401½ South Post Oak, Suite 128, Houston, TX 77045	713-500-2800	Esteban Guerrero	49
University	6015 Hillcroft Avenue, Suite 2000, Houston, TX 77081	713-500-2800	Leila Ferrer	2, 9, 47

Days/Hours: Monday, 7:30am-4pm, Tuesday, 9am-6pm, and Wednesday-Friday, 7:30am-4pm

Fax: Not available

Email: Administration: Karen.Gibson@uth.tmc.edu. • Greenspoint: Donna.W.Logan@uth.tmc.edu. • Hobby: Catherine.E.Hernandez@uth.tmc.edu. • North Channel: Jessica.Sanchez@uth.tmc.edu. • Power Center: Esteban.Guerrero@uth.tmc.edu. • University: Leila.Ferrer@uth.tmc.edu.

Website: <https://med.uth.edu/wic/clinics>

Ages/Grades Served: Ages 0-4

Eligibility: Focuses on pregnant, post-partum, or breastfeeding women and their infants or children ages 0-4. • Requires proof of identity, proof of address, and proof of income for all infants, children, and adults who are applying for benefits from the Special Supplemental Nutrition Program for Women Infants and Children (WIC). • Must have an appointment at a WIC clinic.

Costs: Costs vary. • Call to ask about specific costs.

Onsite at Schools: No

Languages: English, Spanish, Vietnamese

Direct Services: Promotes health through good nutrition at the start of the life cycle. • Screens low-income women and children for nutritional risk criteria. • Provides breastfeeding promotion, nutrition education, and supplemental foods. • Refers families to other health and nutrition services.

Urban Harvest

Address: 2311 Canal Street, Suite 200, Houston, TX 77003

Area Served: Houston

Days/Hours: Office: Monday-Friday, 9am-5pm. • School Garden workshops: Saturday, 8:30am-2:30pm.

Contact: Beatrice Brown, School and Youth Gardens Coordinator, or Carol Burton, Director of Youth Education

Phone: 713-880-5540

Fax: Not available

Email: General questions: info@urbanharvest.org. • Program: beatrice@urbanharvest.org or carol@urbanharvest.org.

Website: <http://urbanharvest.org/education>

Local Bus Routes: 6, 20, 48

Ages/Grades Served: Grades K-12 and adults ages 18+

Eligibility: No area restrictions. • Requires registration for classes.

Costs: Costs vary. • School garden classes are free. • Call to ask about specific costs.

Onsite at Schools: Yes. • Provides youth education at 17 HISD campuses.

Languages: English, Spanish

Direct Services: Offers an after-school gardening program. • Provides information about how to start and operate a community garden. • Operates the Fresh Start Program to support school gardens and using outdoor spaces to engage the community and provide nutrition education.

Vecino Denver Harbor Family Clinic

Address: 424 Hahlo Street, Houston, TX 77020

Area Served: Houston: Denver Harbor

Days/Hours: Office: Monday-Friday, 8am-8pm. • Nutrition Education classes: Wednesday, 10am-11:30am.

Contact: Miguel Ramos

Phone: 713-343-5459

Fax: Not available

Email: mramos@vecinohealthcenters.org

Website: <http://www.denverharborclinic.org/event/sunday-nutrition-classes>

Local Bus Routes: 11, 66, 80

Ages/Grades Served: All ages

Eligibility: No area restrictions. • Requires registration for classes.

Costs: Costs vary. • Accepts most insurance plans and self-pay. • Nutrition education classes are free. • Call to ask about specific costs.

Onsite at Schools: No

Languages: English, Spanish

Direct Services: Offers weekly nutrition classes about how to plan, shop, and prepare healthy meals for the whole family. • Provides primary medical care for all ages such as sick visits, disease management, and check-ups. • Provides dental care such as exams, cleanings, fillings, and dentures. • Provides individual, group, and family counseling, guidance, and support. • Helps families understand health insurance options.