



Family and Community Engagement

EMPOWERING FAMILIES. ADVANCING LEARNING.

2021 - 2022 COMMUNITY RESOURCE GUIDE



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

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	Phone	Ages/Grades Served	Costs	Onsite at Schools	Languages
1	713-729-6477	All ages	Free	No	English
2	713-723-2671 713-723-3841	All ages	Costs vary	No	English
3	713-659-3237	Adults ages 18+	Free	No	English
4	832-369-9302	Grades PK-12	Free	Yes	English, Spanish
5	832-405-5451	All ages	Free	Yes	English, Spanish
6	713-869-7376	All ages	Free	No	English, Spanish
7	713-227-9981 866-649-5862	Adults ages 18+	Free	No	Arabic, English, French, Haitian Creole, Hindi, Persian, Spanish, Swahili, Thai, Vietnamese

	Phone	Ages/Grades Served	Costs	Onsite at Schools	Languages
8	713-961-3993 713-328-0194	All ages	Free	Yes	English, Spanish
9	713-676-6832 832-395-7284	Ages 5-18	Free	Yes	English, Spanish
10	713-676-6832	Ages 1-18	Free	Yes	English, Spanish
11	713-923-2314	Ages 4-17 and Adults ages 18+	Free	Yes	English, Spanish
12	713-654-1515	Grades K-12	Costs vary	Yes	English
13	713-528-3663 713-526-5135	All ages	Free	No	English, Spanish
14	713-270-0369	All ages	Free	Yes	English, Spanish
15	713-227-0304 713-227-1146	All ages	Free	No	English
16	713-393-4700	All ages	Free	No	English, Spanish, Vietnamese
17	713-407-5800	Ages 0-5	Free	No	English, Spanish
18	281-495-9061	All ages	Free	No	English
19	281-495-9061	All ages	Free	No	English
20	713-533-4978	Ages 60+	Free	No	English
21	832-369-9390 713-223-3700	All ages	Free	No	English, Spanish
22	713-685-5437	Ages 0-5	Free	No	English
23	713-864-9993 713-528-6044 713-270-0369	Ages 0-2	Free	No	English, Spanish
24	713-686-6440 713-682-7556 713-682-5652	All ages	Free	No	English
25	281-497-4434	All ages	Free	No	English, Spanish
26	281-885-4555 281-583-5600	All ages	Costs vary	Yes	English, Spanish
27	713-944-0093	All ages	Free	No	English, Spanish
28	713-741-8234 713-862-2605 713-669-9410	All ages	Costs vary	No	English, Spanish
29	713-699-1098 281-372-2540 281-874-0048 713-266-5535 713-433-3145 713-946-6861 713-748-8450	Ages 65+	Free	No	English, Spanish
30	832-393-5427 713-500-2800	Ages 0-4	Free	No	English, Spanish, others
31	713-658-9205	All ages	Free	No	English, Spanish
32	713-320-7555	All ages	Free	No	English, Vietnamese
33	211 713-957-4357	All ages	Free	No	English, Spanish, others
34	713-821-8900	Adults ages 18+	Costs vary	No	English, Spanish
35	713-664-2273	All ages	Free	No	English
36	713-977-9942 713-795-2727 Ext. 300	All ages	Free	No	English, Spanish
37	713-551-8792	All ages	Free	No	English

Bethel's Heavenly Hands

Address: 12660 Sandpiper Drive, Houston, TX 77035

Area Served: Greater Houston

Days/Hours: Monday-Tuesday, 9am-3pm, Wednesday, 9am-2pm, Thursday, 9am-3pm, Friday, 9am-2pm

Contact: Christopher Samuels, Manager

Phone: 713-729-6477

Fax: Not available

Email: info@bethelsheavenlyhands.org

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

Local Bus Routes: 7, 63

Ages/Grades Served: All ages

Eligibility: No area restrictions.

Costs: Free

Onsite at Schools: No

Languages: English

Direct Services: Conducts weekly food distributions. • Offers help with clothing, food, and shelter. • Supports back-to-school community drives for school clothing and supplies.

Braes Interfaith Ministries

Area Served: Houston ZIP Codes: 77025, 77035, 77045, 77051, 77053, 77054, 77071, 77085, and 77096.

Location	Address	Phone	Hours	Bus Routes
Food Pantry	4300 West Bellfort Boulevard, Houston, TX 77096	713-723-2671	Monday, 10am-2pm, Wednesday, 10am-2pm, Friday, 10am-2pm	8, 10, 49
Resale/Consignment Shop	10814-B South Post Oak Road, Houston, TX 77035	713-723-3841	Monday-Saturday, 10am- 4pm	10, 49

Contact: Eloy Montez, Executive Director

Fax: 713-723-3872

Email: Not available

Website: <http://braesinterfaithministries.com>

Ages/Grades Served: All ages

Eligibility: Must be an existing food pantry client to be eligible for vouchers for school supplies. • Must live within the ZIP code service area.

Costs: Costs vary. • School supplies are free. • Clothing is sold at low cost. • Call to ask about specific costs.

Onsite at Schools: No

Languages: English

Direct Services: Offers help with food and clothing. • Provides back-to-school supplies. • Operates a clothing resale and consignment shop.

Bread of Life Inc.

Address: 2019 Crawford Street, Houston, TX 77002

Area Served: Houston

Days/Hours: Distributions: Wednesday, 7am-11am, Thursday, 11am-1pm. • Breakfasts: Saturday, 8am-9am.

Contact: Rev. Dr. Simeon Queen, Executive Director

Phone: 713-659-3237

Fax: Not available

Email: squeen@stjohnsdowntown.org

Website: <http://www.breadoflifeinc.org/programs-and-services>

Local Bus Routes: 44, 85, 161, 162

Ages/Grades Served: Adults ages 18+

Eligibility: No area restrictions. • Must be a homeless adult.

Costs: Free

Onsite at Schools: No

Languages: English

Direct Services: Conducts weekly food distributions. • Provides weekly medical services for homeless men and women. • Conducts a therapeutic arts and empowerment program for homeless men and women.

Brighter Bites

Address: 535 Portwall Street, Houston, TX 77029

Area Served: Houston

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

Contact: Katie Degen & Jessica Schauman, Senior Program Managers

Phone: KD (409-201-0711), JS (979-571-7189)

Fax: Not available

Email: katie.degen@brighterbites.org & jessica.schauman@brighterbites.org

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

Local Bus Routes: 11

Ages/Grades Served: Grades PK-5

Eligibility: Brighter Bites partners with elementary schools and head start facilities during the school year. Middle and High schools are ineligible. Brighter Bites strives to serve at least 150 families at each site. A site qualifies for Brighter Bites if one of the following is true:

1. 80% or more students receive free or reduced lunch
2. the site receives Title 1 funding
3. 75% or more students live below the national poverty line.

Costs: Free

Onsite at Schools: Yes. • Works with 22 HISD elementary schools & 2 head starts.

Languages: English, Spanish

Direct Services: Brighter Bites is an evidence-based, comprehensive, multi-component elementary school, preschool and summer camp program that utilizes reliable access to fruits and vegetables, nutrition education, and consistent exposure to recipes and messages that feature fresh food. Over the course of the program, 16 weeks during the school year and 8 weeks during the summer, Brighter Bites measures the outcomes of the program to determine impact.

CAN DO Houston

Address: 2617 West Holcombe Boulevard, Houston, TX 77025

Area Served: Houston

Days/Hours: Food Fairs: Wednesday, 9am-12:30pm.

Contact: Celia Preble-Gaitz, Outreach Coordinator

Phone: 832-405-5451

Fax: Not available

Email: celia@candohouston.org

Website: <http://www.candohouston.org/community-initiatives.html>

Local Bus Routes: 2, 41, 402

Ages/Grades Served: All ages

Eligibility: Must live in one of the five wards served in Houston.

Costs: Free

Onsite at Schools: Yes. • Works with nine HISD elementary schools to start community gardens.

Languages: English, Spanish

Direct Services: Distributes free groceries at monthly neighborhood food fairs. • Offers healthful nutrition classes and leads the Healthy Corner Store Initiative. • Operates mobile produce units in neighborhoods afflicted with food deserts. • Works to create community gardens, educate communities about nutritious and affordable food options, demonstrate healthful cooking practices, and combat childhood obesity.

Casa Juan Diego

Address: 4818 Rose Street, Houston, TX 77007

Area Served: Houston

Days/Hours: Monday-Saturday, 9am-4pm

Contact: Mark Zwick and Louise Zwick

Phone: 713-869-7376

Fax: Not available

Email: info@cjd.org

Website: <http://cjd.org/about/what-is-casa-juan-diego>

Local Bus Routes: 27, 71, 85

Ages/Grades Served: All ages

Eligibility: Must be an immigrant, a refugee, or a low-income person.

Costs: Free

Onsite at Schools: No

Languages: English, Spanish

Direct Services: Offers help with food. • Helps immigrant women and children, particularly pregnant and their children. • Helps women whose husbands have been deported.

Catholic Charities of the Archdiocese of Galveston-Houston

Address: 326 South Jensen Drive, Houston, TX 77003

Area Served: Greater Houston

Days/Hours: Office: Monday-Friday, 8am-5pm. • Food: 8am-12pm and 2pm-5pm.

Contact: Natalie Wood, Vice President of Strengthening Families Services

Phone: General questions: 713-227-9981. • Requests for help: 866-649-5862.

Fax: 713-526-1546

Email: info@catholiccharities.org

Website: <https://www.catholiccharities.org/our-services/strengthening-families/basic-needs>

Local Bus Routes: 6, 20, 30

Ages/Grades Served: Adults ages 18+

Eligibility: Requires proof of age, proof of identity, proof of address, and proof of income. • For help with rent or mortgage, must have a vacate premises notice or an eviction notice. • For help with electrical or gas utilities, must have a utility cut-off notice.

Costs: Free

Onsite at Schools: No

Languages: Arabic, English, French, Haitian Creole, Hindi, Persian, Spanish, Swahili, Thai, Vietnamese

Direct Services: Operates the Guadalupe Center. • Provides help with food and provides help with shelter and transportation. • Offers counseling, and intensive case management. • Also offers education about human immunodeficiency virus (HIV), employment assistance, financial assistance, and referrals to community resources.

Christian Community Service Center Inc.

Area Served: Houston ZIP Codes: 77002, 77003, 77004, 77005, 77006, 77007, 77010, 77011, 77012, 77019, 77020, 77021, 77023, 77025, 77026, 77027, 77028, 77030, 77031, 77036, 77046, 77056, 77057, 77072, 77074, 77081, 77096, 77098 and 77401.

Location	Address	Phone	Days/Hours	Bus Routes
Central	3230 Mercer Street, Houston, TX 77027	713-961-3993	Monday-Friday, 10am-2pm, Saturday, 9am-12pm	25, 82, 84
Southwest	6856 Bellaire Boulevard, Houston, TX 77074	713-328-0194	Monday-Tuesday, 10am-1pm, Thursday- Friday, 10am-1pm, Saturday, 9am-12pm	2, 9, 47

Location	Address	Phone	Days/Hours	Bus Routes
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Resale Shop	5413 Bellaire Boulevard, Bellaire, TX 77401	713-665-4000	Monday-Saturday, 10am-5pm	2, 33
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Contact: Michelle Shonbeck, Executive Director

Fax: 713-961-1548

Email: ccsc@ccschouston.org

Website: <https://www.ccschouston.org/programs>

Ages/Grades Served: Food and other basic needs: All ages.

Eligibility: Offers help on a first come, first served basis. • Requires an appointment for help with rent or utilities. • Limits its food pantry help to a five-day supply of food.

Costs: Free

Onsite at Schools: Yes. • Offers a vision care program at several HISD elementary schools.

Languages: English, Spanish

Direct Services: Provides help with food for persons who are hungry or food-insecure. • Provides help with clothing and rent or utility payments. • Also provides back-to-school supplies and vouchers for a new school uniform and/or shoes. • Provides referrals to social services for childcare, healthcare, and housing assistance.

City of Houston – After-School Meal Program

Address: 6200-Wheeler Street, Building 3, Houston, TX 77023

Area Served: Houston

Days/Hours: Office: Monday-Friday, 8am-5pm. • After-school meals: Monday-Friday, 3pm-6pm.

Contact: Rummeka Allen

Phone: General questions: 713-676-6832. • Program: 832-395-7284.

Fax: 713-676-6836

Email: rummeka.allen@houstontx.gov

Website: <http://www.houstontx.gov/parks/youthsports.html>

Local Bus Routes: 40

Ages/Grades Served: Ages 5-18

Eligibility: Must participate in an approved after-school program. • Must meet age requirements.

Costs: Free

Onsite at Schools: Yes. • Program meals are available at participating schools and other places.

Languages: English, Spanish

Direct Services: Provides afternoon snacks and evening suppers for children at schools, learning centers, community centers, and other locations operating an after-school program at an eligible location.

City of Houston – Summer Food Service Programs

Address: 6200-Wheeler Street, Building 3, Houston, TX 77023

Area Served: Houston

Days/Hours: Office: Monday-Friday, 8am-5pm. • Lunches: Monday-Friday, 11am-1pm. • Snacks: Monday-Friday, 3pm-4pm.

Contact: Sheila Pous, Senior Community Liaison

Phone: General questions: 713-676-6832. • Program locations: 211.

Fax: 713-676-6836

Email: sheila.pous@houstontx.gov

Website: <http://www.houstontx.gov/parks/youthsports.html>

Local Bus Routes: 40

Ages/Grades Served: Ages 1-18

Eligibility: Must be experiencing hunger or food insecurity. • Must meet age requirements.

Costs: Free

Onsite at Schools: Yes. • Summer Food Service Program meals are available at schools and other places.

Languages: English, Spanish

Direct Services: Provides summer lunches and afternoon snacks for children at churches, apartment complexes, schools, community centers, learning centers, and other locations.

Communities in Schools of Houston Inc.

Address: 1235 North Loop West, Suite 300, Houston, TX 77006

Area Served: Houston

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

Contact: Cynthia Clay Briggs, Executive Director

Phone: 713-654-1515

Fax: 713-655-1302

Email: ccbriggs@cis-houston.org

Website: <http://cishouston.org/programs-services>

Local Bus Routes: 26, 27, 30

Ages/Grades Served: Grades K-12

Eligibility: Focuses on families living in poverty. • Requires proof of income and proof of residence.

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

Onsite at Schools: Yes. • Delivers programs at 40 HISD campuses.

Languages: English

Direct Services: Helps families to meet real emergency needs for food, clothing, utility assistance, and eye-care. • Provides information, referrals, support, and counseling.

Community Family Centers

Address: 7524 Avenue E, Houston, TX 77012

Area Served: Houston ZIP Codes: 77011, 77012, 77020, and 77057.

Days/Hours: Monday-Friday, 8am-6pm

Contact: Miguel de la Luna, Director of Programs

Phone: 713-923-2314

Fax: 713-923-4243

Email: mdeluna@communityfamilycenters.org

Website: <http://www.communityfamilycenters.org/familysupport.php>

Local Bus Routes: 20, 50

Ages/Grades Served: Ages 4-17 and adults ages 18+

Eligibility: Requires proof of identity, proof of residence, and proof of income. • Accepts walk-ins.

Costs: Free

Onsite at Schools: Yes. • Youth programs are at two HISD high schools; school-based services are at 18 HISD schools.

Languages: English, Spanish

Direct Services: Provides emergency help with food. • Offers classes for Adult Basic Education (ABE), and English as a Second Language (ESL), General Education Development (GED), and parent education. • Also offers college readiness, counseling, dropout prevention, and youth/summer programs. • Offers health screenings, immunizations, translation, and referrals.

Emergency Aid Coalition

Area Served: Harris County

Location	Address	Phone	Fax	Bus Routes
Fannin Food Pantry	5401 Fannin Street, Houston, TX 77004	713-528-3663 713-526-5135	713-528-2650	700 (METRO rail), 56
Portwall Food Pantry	535 Portwall Street, Houston, TX 77029	713-528-3663 713-526-5135	713-528-2650	11

Days/Hours: Office: Monday-Friday, 9am-1pm. • Fannin Food Pantry: Monday-Friday, 11am-1pm, Sunday, 12pm-1pm. • Portwall Food Pantry: Monday-Friday, 3pm-7:30pm, Saturday, 9am-3:30pm.

Contact: Lydia Smyth, Program Director

Email: lsmyth@eachouston.org

Website: <http://www.eachouston.org/clients.html>

Ages/Grades Served: All ages

Eligibility: Requires proof of identity, proof of income, proof of residence, and an intake interview. • Must also show proof of employment at the Portwall location only. • Food pantries are first come, first served.

Costs: Free

Onsite at Schools: No

Languages: English, Spanish

Direct Services: Runs a sack lunch program and a food pantry but neither location provides groceries to clients who are homeless. • Distributes clothing to children and families.

Epiphany Community Health Outreach Services

Address: 9600 South Gessner Road, Building E, Houston, TX 77071

Area Served: Houston

Days/Hours: Monday-Thursday, 8am-2pm

Contact: Kathy Eckhardt, Volunteer Coordinator

Phone: 713-270-0369

Fax: 713-270-0570

Email: General questions: echos@echos-houston.org • Programs: keckhardt@echos-houston.org

Website: <http://echos-houston.org/default.asp?pg=services>

Local Bus Routes: 46, 65

Ages/Grades Served: All ages

Eligibility: No restrictions about local residence or immigration status

Costs: Costs vary. • Services delivered at ECHOS are free. • Services obtained from community service providers may require a fee. • Call to ask about specific costs.

Onsite at Schools: Yes. • Participates in weekend health fairs at schools and other locations.

Languages: English, Spanish

Direct Services: Offers mammograms through the Rose on the mobile van • Provides immunizations for children (not adults) • Helps families to apply for Medicaid, the Children's Health Insurance Program (CHIP), and the Supplemental Nutrition Assistance Program (SNAP) by appointment. • Helps families to access health and social services. • Provides dental care on the University of Texas Dental Branch mobile van. • Also offers non-perishable food at an emergency food pantry currently as a drive thru on Tuesday mornings.

Gano Mission Center

Address: 1815 Gano Street, Houston, TX 77009

Area Served: Houston ZIP Codes: 77008, 77009, 77022, 77026, and 77028.

Days/Hours: Office: Monday-Thursday, 9am-5pm. • Food distribution: Monday-Thursday, 9am-11:30am and 1pm-3pm.

Contact: Dora Hernandez, Director

Phone: General questions: 713-227-0304. • Food pantry: 713-227-1146.

Fax: 713-224-0611

Email: dora@missioncenters.org

Website: <http://missioncenters.org/what-we-do/food-clothing>

Local Bus Routes: 700 (METRO rail), 51, 52, 79

Ages/Grades Served: All ages

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

Costs: Free

Onsite at Schools: No

Languages: English

Direct Services: Helps inner-city communities with food and clothing.

Gulf Coast Community Services Association Inc.

Address: 9320 Kirby Drive, Houston, TX 77054

Area Served: Harris County

Days/Hours: Office: Monday-Friday, 9am-4pm. • Food pantry: Monday-Friday, 9am-4pm.

Contact: Sue Kriegel, Executive Assistant

Phone: 713-393-4700

Fax: 713-343-8702

Email: info@gccsa.org

Website: <http://www.gccsa.org/food-assistance>

Local Bus Routes: 700 (METRO rail), 8

Ages/Grades Served: All ages

Eligibility: For food assistance, must express a need for help with food. • Limits help to a three to five day supply of groceries once a year. • May require proof of residence and proof of income for some services. • Accepts walk-ins at food pantry. • No appointment is needed.

Costs: Free

Onsite at Schools: No

Languages: English, Spanish, Vietnamese

Direct Services: Operates a food pantry. • Offers support for basic needs including shelter, rent, utilities, transportation, and medical prescriptions. • Provides classes for Adult Basic Education (ABE), computer literacy, English as a Second Language (ESL), General Education Development (GED), and Spanish as a Second Language (SSL). • Also provides entrepreneurship education, homeownership counseling, and workforce development.

Harris County Public Health and Environmental Services – WIC Centers

Area Served: Harris County

Location	Address	Phone	Hours	Bus Routes
Office	2223 West Loop South, Suite 529, Houston, TX 77027	713-407-5800	Monday-Friday, 8am-5pm	33, 82
Antoine WIC Center	5815 Antoine Drive, Houston, TX 77091	713-407-5800	Monday, 8am-7pm, Tuesday, 10am-7pm, Wednesday, 8am-7pm, Thursday-Friday, 8am-2pm, 3rd Saturday, 8am-5pm	85
Emerald Plaza WIC Center	11509 Veterans Memorial Drive, Suite 400, Houston, TX 77067	713-407-5800	Monday-Thursday, 8am-7pm, Friday, 8am-2pm, 3rd Saturday, 8am-5pm	85

Contact: Not available

Fax: 713-439-6309

Email: Not available

Website: <http://publichealth.harriscountytexas.gov/Services-Programs/Services/WIC>

Ages/Grades Served: Ages 0-5

Eligibility: Must meet income requirements. • Must be pregnant or a woman who is breastfeeding a baby up to one year old or a woman who has had a baby in the past six months. • Parents, stepparents, guardians, and foster parents of infants and children under five years old can apply for their children. • Always call ahead.

Costs: Free

Onsite at Schools: No

Languages: English, Spanish, and 200+ other languages available through the Language Line

Direct Services: Special Supplemental Nutrition Program for Women Infants and Children (WIC) helps pregnant women, new mothers, and young children eat well, learn about nutrition, and stay healthy. • It provides nutrition education and counseling, nutritious foods, and help accessing health care to low-income women, infants, and children. • Many local organizations offer WIC services, including community action agencies, county and city agencies, hospitals, local health departments, and migrant health centers.

House of Amos Inc.

Address: 8030 Boone Road, Houston, TX 77072

Area Served: Houston: Southwest

Days/Hours: Office: Monday-Thursday, 9am-12pm, Saturday, 10am-12pm. • Must arrive by 11:45am to be served.

Contact: Dianna Sosa or Manny Ibarra

Phone: 281-495-9061

Fax: Not available

Email: houseofamos@houseofamos.org

Website: <http://www.houseofamos.org/new-page-3>

Local Bus Routes: 4, 161

Ages/Grades Served: Most programs: All ages. • Saturday and summer lunch programs: ages 0-18.

Eligibility: Requires proof of identity, proof of residence, and completion of an application form. • Limits help with food up to three times a year plus monthly Saturday food distributions. • Limits monthly Saturday food distributions to 75 families and distributes food on a first come, first served basis. • Accepts walk-ins.

Costs: Free

Onsite at Schools: No

Languages: English

Direct Services: Provides emergency food assistance and Saturday and summer lunch programs for youth. • Also offers classes for Adult Basic Education (ABE), citizenship, computer skills, and English as a Second Language (ESL), and provides child immunizations. • Provides intake and referrals for counseling, financial help, General Education Development (GED) classes, skills training, the Supplemental Nutrition Assistance Program (SNAP), and the Special Supplemental Nutrition Program for Women Infants and Children (WIC).

Houston Food Bank

Address: 535 Portwall Street, Houston, TX 77029

Area Served: Houston

Days/Hours: Office: Monday-Friday, 8am-8pm, Saturday, 8am-4pm. • Pantry: Monday-Friday, 3pm-8pm, Saturday, 9am-4pm.

Contact: Brian Greene, President and Chief Executive Officer

Phone: Emergency pantry: 713-223-3700. • Helpline: 832-369-9390.

Fax: Not available

Email: president@houstonfoodbank.org

Website: <http://www.houstonfoodbank.org/services/if-you-need-food>

Local Bus Routes: 11

Ages/Grades Served: All ages

Eligibility: Requires proof of employment in the form of a paycheck or paystub. • Focus is on serving working families who cannot access their neighborhood pantry.

Costs: Free

Onsite at Schools: No

Languages: English, Spanish

Direct Services: Serves working families who cannot access their neighborhood pantry. • Refers non-working clients to food pantries in their neighborhoods. • Provides an online agency locator for finding food pantries.

Interfaith Ministries for Greater Houston – Meals on Wheels

Address: 3303 Main Street, Houston, TX 77002

Area Served: Greater Houston

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

Contact: Ali Al Sudani, Chief Programs Officer

Phone: 713-533-4940

Fax: 713-524-6129

Email: aalsudani@imgh.org

Website: <https://www.imgh.org/meals-on-wheels>

Local Bus Routes: 700 (METRO rail), 9, 82

Ages/Grades Served: Ages 60+

Eligibility: Must meet age and income requirements for food assistance. • Requires at least three weeks of advance notice for requests for speakers. • Provides an online form to request speakers.

Costs: Free

Onsite at Schools: Yes. • Speakers present about food insecurity at schools.

Languages: English/Spanish

Direct Services: Delivers meals to homebound senior citizens with limited food resources. • Also offers speakers to present at schools.

Kids Meals Houston

Address: 330 Garden Oaks Boulevard, Houston, TX 77018

Area Served: Houston

Days/Hours: Monday-Friday, 9am-3pm

Contact: Beth Harp, Executive Director

Phone: 713-685-5437

Fax: 713-685-7544

Email: bharp@kidsmealshouston.org

Website: <http://www.kidsmealshouston.org/about-kids-meals>

Local Bus Routes: 27, 36, 40, 44

Ages/Grades Served: Ages 0-5

Eligibility: Must meet age requirements. • Must have limited or unreliable access to enough nutritious and affordable food.

Costs: Free

Onsite at Schools: No

Languages: English

Direct Services: Delivers healthy meals to the doorsteps of the hungriest preschool-aged children in Houston.

Local Infant Formula for Emergencies – Houston

Area Served: Houston

Location	Address	Phone	Fax	Days/Hours	Bus Routes
Office	2002 South Wayside Drive, Suite 113, Houston, TX 77023	713-528-6044	713-528-3802	Monday-Thursday, 9:30am-3pm, Friday, 9:30am-1:30pm	28
Acres Homes	6719 West Montgomery Road, Houston, TX 77091	713-528-6044	713-528-3802	Tuesday, 9:30am-3pm	30, 44
Southwest	6400 High Star Drive, Houston, TX 77074	713-528-6044	713-528-3802	Tuesday, 9:30am-2pm, Thursday-Friday, 9:30am-2pm	9, 47
West End	170 Heights Boulevard, Houston, TX 77007	713-864-9993	713-864-9965	Monday, 9:30am-3pm, Wednesday, 9:30am-3pm, Friday, 9:30am-1:30pm	40, 51

Contact: Leah Roberts, Program Coordinator

Email: foodforbabies@lifehouston.org

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

Ages/Grades Served: Ages 0-2 (babies)

Eligibility: Requires photographic identification (photo ID) and proof of the birth of the baby.

Costs: Free

Onsite at Schools: No

Languages: English, Spanish

Direct Services: Offers infant formula for emergencies through a **Food for Hungry Babies** program.

Lutheran Inter-City Network Collaboration Houston

Area Served: Greater Houston

Location	Address	Phone	Days/Hours	Bus Routes
Greenspoint	161 West Road, Houston, TX 77037	713-426-2451	Third Saturday of each month, 9am-11am	56, 59, 99
Magnolia Park	6601 Sherman Street, Houston, TX 77011	713-426-2451	Third Saturday of each month, 9am-11am	800 (METRO rail), 20, 50, 73

Contact: Perla Gil de Rodriguez

Fax: Not available

Email: perla@linchouston.org

Website: <http://linchouston.org/food-assistance>

Ages/Grades Served: All ages

Eligibility: No area restrictions.

Costs: Free

Onsite at Schools: No

Languages: English, Spanish

Direct Services: One Saturday each month, distributes bags of perishable and non-perishable foods to persons in need.

North Channel Assistance Ministries

Address: 13837½ Bonham Street, Houston, TX 77015

Area Served: Houston ZIP Codes: 77013, 77015, 77029, 77044, 77049, 77078, and 77530.

Days/Hours: Tuesday-Friday, 8am-1pm

Contact: Vanessa Chambers, Emergency Assistance Clerk

Phone: 713-453-8028

Fax: 713-453-2807

Email: ncam08@sbcglobal.net

Website: <http://www.woodforestpc.org/mission/ncam>

Local Bus Routes: 137

Ages/Grades Served: Adults ages 18+

Eligibility: Requires proof of identity, proof of income, proof of residence, and proof of eligibility for emergency assistance.

Costs: Free

Onsite at Schools: No

Languages: English, Spanish

Direct Services: Offers short-term emergency help, including food and clothing. • Makes referrals for persons who are temporarily in crisis due to low income, unemployment, homelessness, or other reasons.

Northwest Assistance Ministries

Address: 15555 Kuykendahl Road, Houston, TX 77090

Area Served: Houston ZIP Codes: 77014, 77032, 77038, 77050, 77060, 77064, 77066, 77067, 77068, 77069, 77070, 77073, 77086, 77090, 77379, 77388, and 77389.

Days/Hours: Monday-Friday, 9am-12pm and 1pm-3pm

Contact: Becky Landes, Vice President of Program Services

Phone: General questions: 281-885-4555. • Appointments: 281-583-5600.

Fax: 281-583-5621

Email: nam@namonline.org

Website: <http://namonline.org/get-help/assistance>

Local Bus Routes: 86

Ages/Grades Served: All ages

Eligibility: Requires proof of residence. • Must live in the service area. • Requires an appointment and an interview. • Accepts walk-ins for emergency food only.

Costs: Costs vary. • Clothing and food assistance are free. • Computer skills classes charge a fee. • Call to ask about specific costs.

Onsite at Schools: Yes. • Speakers present about violence prevention at schools.

Languages: English, Spanish

Direct Services: Offers help with food. • Also offers help with basic needs including clothing, shelter, energy bills, and transportation. • Provides classes for English as a Second Language (ESL) and General Education Development (GED). • Operates a clinic for children.

Saint John Vianney Social Services

Address: 625 Nottingham Oaks Trail, Houston, TX 77079

Area Served: Houston

Days/Hours: Office: Monday-Friday, 8:30am-5pm. • Food pantry: Monday, 9am-12pm, Wednesday, 9am-12pm, Friday, 9am-12pm.

Contact: Glorivel Rivas

Phone: 281-497-4434

Fax: 281-584-2024

Email: sjv@stjohnvianney.org

Website: <http://www.stjohnvianney.org/ministries/social-services/food-program>

Local Bus Routes: 67, 162

Ages/Grades Served: All ages

Eligibility: Must be in need of emergency assistance. • Walk-ins are welcome. • Accepts appointments.

Costs: Free

Onsite at Schools: No

Languages: English, Spanish

Direct Services: Provides a food pantry fully stocked as a small grocery store. • Conducts monthly food drives. • Also provides clothing assistance. • Offers classes for English as a Second Language (ESL).

Society of Saint Vincent de Paul – Food Pantries

Area Served: Houston ZIP Codes: 77005, 77008, 77012, 77017, 77018, 77020, 77021, 77022, 77023, 77025, 77026, 77030, 77033, 77035, 77037, 77041, 77043, 77051, 77055, 77061, 77076, 77079, 77080, 77081, 77087, 77088, 77091, 77093, and 77096.

Location	Address	Days/Hours	Phone	ZIP Codes	Bus Routes
All Saints Catholic	215 East 10th Street, Houston, TX 77008	Monday-Thursday, 9am-10:30am	713-864-2653	77008	40, 56, 66
Assumption	901 E. Roselane Street, Houston, TX 77037	Not available	281-447-5784	77037, 77076, 77088, 77093	56, 79
Our Mother of Mercy	4000 Sumpter Street, Houston, TX 77020	Not available	713-672-0026	77020, 77026	11, 29, 48, 66
St. Anne de Beaupre	2810 Link Road, Houston, TX 77009	Not available	713-869-1319	77009, 77018, 77022	44, 56
St. Christopher	8150 Park Place Blvd., Houston, TX 77017	Not available	713-645-6614	77012, 77017, 77061, 77087	50, 73
St. Francis Xavier	4600 Reed Road, Houston, TX 77051	Not available	713-731-2716	77033, 77051	29, 54
St. Jerome	8825 Kempwood Drive, Houston, TX 77080	Monday-Thursday, 9:30am-12pm	713-468-5910	77041, 77043, 77055, 77079, 77080	36, 58

St. Monica	8421 West Montgomery Road, Houston, TX 77088	Monday-Tuesday, 9am-11am, Thursday-Friday, 9am-11am	281-447-3212	77088, 77091	44, 79
St. Peter the Apostle	6220 LaSalette Drive, Houston, TX 77021	Not available	713-747-6708	77021	54, 28, 29, 60
St. Rose of Lima	3600 Brinkman Street, Houston, TX 77018	Wednesday, 9:30am-11:30am, Thursday, 9:30am-11:30am, Saturday, 9:30am-11:30am	832-320-4181	77008, 77018	27, 36
St. Thomas More	10330 Hillcroft Street, Houston, TX 77096	Tuesday and Thursday, 9am-10:45am and 1pm-3pm	713-980-3113	77035, 77096	10, 47
St. Vincent de Paul	6800 Buffalo Speedway, Houston, TX 77025	Not available	713-664-5350	77005, 77025, 77030, 77081	2, 10
SVDP Food Pantry	2403 Holcombe Blvd., Houston, TX 77021	Monday-Friday, 9am-5pm	713-862-2605	77017, 77023, 77033, 77061, 77087	11, 87, 297

Contact: Not available

Fax: 713-741-3639

Email: svdpwebsite@svdphouston.org

Website: <http://www.svdphouston.org/services/food-network>

Ages/Grades Served: All ages

Eligibility: Must call the main office for assistance. • Makes referrals to food pantries based on ZIP codes.

Costs: Free

Onsite at Schools: No

Languages: English, Spanish

Direct Services: Operates a regional network of 34 food pantries and two food depots in local neighborhoods.

• Provides help with food, clothing, furniture, rent, utilities, and transportation. • Also provides medical, emotional, and spiritual support.

Southeast Area Ministries

Address: 2102 Houston Boulevard, South Houston, TX 77587

Area Served: Houston ZIP Codes: 77017, 77034, 77061, 77075, 77087, 77089, and South Houston ZIP Code: 77587.

Days/Hours: Monday-Thursday, 9:30am-1:30pm

Contact: Daer Platt, Director of Operations

Phone: 713-944-0093

Fax: 713-944-2157

Email: southeministries@sbcglobal.net

Website: <http://southeastareaministries.com/programs>

Local Bus Routes: 76

Ages/Grades Served: All ages

Eligibility: Requires an initial interview, proof of identity, and proof of address. • Also requires a cut-off notice or an eviction notice for help with rent or utilities.

Costs: Free

Onsite at Schools: No

Languages: English, Spanish

Direct Services: Helps with food, personal, and household items including school clothing and supplies, financial assistance for rent, utilities, and prescriptions, and limited gas vouchers. • Makes referrals to a cooperative network.

Texas Health and Human Services Commission – SNAP Offices

Area Served: Harris County

Location	Address	Phone	Fax	Days/Hours	Bus Routes
State Office	PO Box 14600, Midland, TX 79711	877-541-7905 877-777-7328	877-447-2839	Monday-Friday, 8am-5pm	Not available
Central Southwest	13838 Buffalo Speedway, Houston, TX 77045	713-433-3145	713-434-3024	Monday-Friday, 8am-5pm	11, 14
Chinatown	9450 Harwin Drive, Houston, TX 77036	713-266-5535	713-268-1448	Monday-Friday, 8am-5pm	46, 152, 153
East	10202 East Freeway, Houston, TX 77029	713-673-6347	713-691-8980	Monday-Friday, 8am-5pm	137
North	8511 North Houston-Rosslyn Road, Houston, TX 77088	713-895-6800	713-895-6880	Monday-Friday, 8am-5pm	79, 85
Northwest	1421 Little York Road, Houston, TX 77093	281-372-2540	281-372-2598	Monday-Friday, 8am-5pm	79
South Central	2110 Telephone Road, Houston, TX 77023	713-921-5108	713-967-7590	Monday-Friday, 8am-5pm	40
Southeast	10060 Fuqua Street, Houston, TX 77089	713-946-6861	713-948-3880	Monday-Friday, 8am-5pm	88, 244, 249
West	2133 South Texas 6, Suite 100, Houston, TX 77077	281-597-5200	281-509-6749	Monday-Friday, 7:45am-5pm	82

Contacts: Not available

Email: Not available

Website: <http://yourtexasbenefits.hhsc.texas.gov/programs/snap>

Ages/Grades Served: Ages 65+

Eligibility: Requires proof of residence and proof of income. • Must receive social security insurance (SSI).

Costs: Free

Onsite at Schools: No

Languages: English, Spanish

Direct Services: Helps persons with low incomes and severely limited resources to get Supplemental Nutrition Assistance Program (SNAP) benefits and buy food needed for good health. • Available non-English languages vary among the local offices.

Texas Department of State Health Services – WIC State Program

Area Served: Harris County

Location	Address	Phone	Fax	Days/Hours	Bus Routes
State Office	1100 West 49th Street, Austin, TX 78756	800-942-3678 512-341-4400	Not available	Monday-Friday, 8am-5pm	Not available
Acres Homes	6719 West Montgomery Road, Houston, TX 77091	832-393-5427	832-393-4128	Monday-Thursday, 8am-6pm, Friday, 8am-12pm	30, 44
Airline	5990 Airline Drive, Suite 200, Houston, TX 77076	832-393-5427	713-742-4897	Monday, 9am-6pm, Tuesday-Friday, 8am-5pm	56
Denver Harbor	6402 Market Street, Houston, TX 77020	832-393-5427	713-676-6815	Monday, 9am-6pm, Tuesday-Friday, 8am-5pm	11, 66, 80
Hobby	8221 Gulf Freeway, Suite 200, Houston, TX 77017	713-500-2800	713-641-5269	Monday, 7:30-4pm, Tuesday, 9am-6pm, Wednesday-Friday, 7:30-4pm	50

Location	Address	Phone	Fax	Days/Hours	Bus Routes
La Nueva Casa	1809 North Main Street, Houston, TX 77009	832-393-5427	713-547-8033	Monday, 9am-6pm, Tuesday-Friday, 8am-5pm	700 (METRO rail), 66, 79
Magnolia	7037 Capitol Street, Suite 201, Houston, TX 77011	832-393-5427	713-928-9545	Monday-Thursday, 8am-6pm, Friday-Saturday, 8am-12pm	20, 50
Northeast	9720 Spaulding Street, Houston, TX 77016	832-393-5427	713-636-8230	Monday, 9am-6pm, Tuesday-Friday, 8am-5pm	3, 45, 80
Northside	8504 Schuller Road, Houston, TX 77093	832-393-5427	713-742-1310	Monday, 9am-6pm, Tuesday-Thursday, 8am-5pm, Friday, 8am-3pm	6
Southwest	6400 High Star Drive, Houston, TX 77074	832-393-5427	713-778-6529	Monday, 8am-6pm, Tuesday, 8am-8pm, Wednesday-Thursday, 8am-5pm, Friday-Saturday, 8am-12pm	9, 47, 402
Sunnyside	9314 Cullen Boulevard, Houston, TX 77051	832-393-5427	713-732-5052	Monday, 9am-6pm, Tuesday-Friday, 8am-5pm	29, 87

Contact: Linda Brumble

Email: Linda.Brumble@dshs.state.tx.us

Website: <http://txhealth.ziplocator.com>

Ages/Grades Served: Ages 0-4

Eligibility: Must meet income requirements. • Must be pregnant or a woman who is breastfeeding a baby up to one year old or a woman who has had a baby in the past six months. • Parents, stepparents, guardians, and foster parents of infants and children ages 0-4 can apply for their children. • Always call ahead.

Costs: Free

Onsite at Schools: No

Languages: English, Spanish, and 200+ other languages available through the Language Line

Direct Services: Special Supplemental Nutrition Program for Women Infants and Children (WIC) helps pregnant women, new mothers, and young children eat well, learn about nutrition, and stay healthy. • It provides nutrition education and counseling, nutritious foods, and help accessing health care to low-income women, infants, and children. • Many local organizations offer WIC services, including local health departments, county and city agencies, migrant health centers, community action agencies, and hospitals.

The Salvation Army Greater Houston Area Command – Social Services Department

Address: 2208 Main Street, Houston, TX 77002

Area Served: Harris County

Days/Hours: Monday-Thursday, 8:30am-3pm

Contact: Gerald Eckert, Social Services Director

Phone: 713-658-9205

Fax: 713-752-0078

Email: General questions: TSA_Houston@uss.salvationarmy.org. • Programs:

Gerald_Eckert@uss.salvationarmy.org.

Website: <http://salvationarmyhouston.org/ways-we-help>

Local Bus Routes: 700 (METRO rail), 82, 85

Ages/Grades Served: All ages

Eligibility: Must demonstrate immediate need. • Requires a proof of identity and proof of income. • For shelter assistance, also requires evidence of an eviction or a utility disconnection notice.

Costs: Free

Onsite at Schools: No

Languages: English, Spanish

Direct Services: Helps families who face homelessness or who are already homeless. • Provides emergency help with food, furniture, rent or mortgage, water bills (service disconnections), and clothing.

United Way of Greater Houston – Helpline 211

Address: 50 Waugh Drive, Houston, TX 77007

Area Served: Gulf Coast area including Fort Bend, Harris, Montgomery, Waller and surrounding counties

Days/Hours: Every day of the year, 24 hours (always open)

Contact: David Jobe, Assistant Vice President

Phone: 211 or 713-957-4357

Fax: Not available

Email: djobe@unitedwayhouston.org

Website: <https://www.unitedwayhouston.org/our-211-helpline>

Local Bus Routes: 40, 71, 85

Ages/Grades Served: All ages

Eligibility: Open to anyone who wants information on resources for assistance

Costs: Free

Onsite at Schools: No

Languages: English, Spanish, 200+ other languages available through the Language Line

Direct Services: Provides resources for assistance with food, utilities, rent, medical care, housing, mental health, disaster recovery, substance abuse, transportation, legal services, aging/caregiving, employment, children, and adolescents.

Vietnamese American Community Center

Address: 9530 Antoine Drive, Houston, TX 77086

Area Served: Greater Houston

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

Contact: Joseph Do, Executive Director

Phone: 713-320-7555

Fax: 281-448-0500

Email: annamcdc@hotmail.com

Website: <http://www.annamcdc.org/index1-pro.html>

Local Bus Routes: 85

Ages/Grades Served: All ages

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

Costs: Free

Onsite at Schools: No

Languages: English, Vietnamese

Direct Services: Distributes food and provides daily meals on weekdays to eligible families and elderly persons. • Conducts a monthly food fair. • Offers classes for computer literacy, English as a Second Language (ESL), first aid and cardiopulmonary resuscitation (CPR), and photography. • Provides information and referral to community resources.

Wesley Community Center

Area Served: Greater Houston

Location	Address	Phone	Days/Hours	Bus Routes
Food Cooperative	1235 Lorraine Street, Houston, TX 77009	713-821-8900	Monday-Friday, 9am-4pm	700 (METRO rail), 51, 52, 66
Community Center	1410 Lee Street, Houston, TX 77009	713-223-8131	Monday-Friday, 9am-5pm	700 (METRO rail), 51, 52, 66

Contact: Victor Hernandez, Food Cooperative Coordinator

Fax: 713-225-3449

Email: vhernandez@wesleyhousehouston.org

Website: <http://www.wesleyhousehouston.org/our-agency/food-programs>

Ages/Grades Served: Adults ages 18+

Eligibility: Requires proof of identity, proof of residence, proof of income, and proficiency in English. • Call for an appointment. • Accepts walk-ins.

Costs: Costs vary. • Annual enrollment fee is \$10. • Charges families \$30 for \$60-worth of groceries.

Onsite at Schools: No

Languages: English, Spanish

Direct Services: Distributes healthful and nutritious groceries to families once every two weeks. • Also provides financial education and job readiness skills training. • Also helps with enrolling in college or technical school or in classes for General Education Development (GED).

We Care Inc.

Address: 6220 Westpark Drive, Houston, TX 77057

Area Served: Houston

Days/Hours: Office: Monday-Friday, 9am-5pm. • Food assistance: 4th Saturday each month.

Contact: Albertha Lewis, Chief Executive Officer

Phone: 713-664-2273

Fax: 713-664-1836

Email: wecareinc@sbcglobal.net

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

Local Bus Routes: 9, 47

Ages/Grades Served: All ages

Eligibility: Requires proof of identity. • May also require proof of emergency, proof of income, proof of homelessness, or proof of unemployment. • Requires an application for assistance.

Costs: Free

Onsite at Schools: No

Languages: English

Direct Services: Provides emergency food assistance to persons in need. • Provides nutrition education and outreach to childcare providers. • Also provides home safety courses in first aid and cardiopulmonary resuscitation (CPR).

West Houston Assistance Ministries

Address: 10501 Meadowglen Lane, Houston, TX 77042

Area Served: Houston ZIP Codes: 77042, 77057, 77063, 77077, 77082, and 77083.

Days/Hours: Office: Monday-Friday, 10am-1pm. • Food pantry: Monday-Friday, 10am-1pm, Saturday, 10am-1pm.

Contact: Verita Duncan, Food Pantry

Phone: Office: 713-977-9942. • Food pantry: 713-795-2727 Ext. 300.

Fax: 713-783-0761

Email: General questions: wham@whamministries.org. • Programs: verita.duncan@whamministries.org.

Website: <http://whamministries.org/food-pantry>

Local Bus Routes: 25, 82, 161

Ages/Grades Served: All ages

Eligibility: Requires proof of identity, proof of income, proof of residence, and documentation of crisis. • Must live in the service area and must pre-register for assistance. • Accepts walk-ins for clothing vouchers, food pantry, and job search assistance.

Costs: Free

Onsite at Schools: No

Languages: English, Spanish

Direct Services: Operates a food pantry. • Helps with clothing, household items, mortgages, prescriptions, rent, transportation, and utilities. • Operates a job lab. • Provides students with back-to-school supplies they need to return to the classroom. • Offers classes for English as a Second Language (ESL) and adult literacy.

Windsor Village Social Services

Address: 6011 West Orem Drive, Houston, TX 77085

Area Served: Harris County

Days/Hours: Assistance: Tuesday-Thursday, 9am-12pm. • Calls for appointments: Monday, 8am-11am.

Contact: Not available

Phone: Office: 713-723-8187. • Appointments: 713-551-8792.

Fax: 713-728-9923

Email: info@wvumc.com

Website: <http://www.kingdombuilders.com/health-social-services>

Local Bus Routes: 49

Ages/Grades Served: All ages

Eligibility: Must call on a Monday for an appointment for emergency help. • Requires proof of identity and proof of income for help with food. • Also requires proof of having a lease or a mortgage and proof of eviction or late notices. • Limits help with mortgage, rent, and utilities payments to one time each calendar year.

Costs: Free

Onsite at Schools: No

Languages: English

Direct Services: Provides emergency help with food. • Also provides emergency help with mortgage, rent, and utilities payments.