
2016 COMMUNITY RESOURCE GUIDE

NUTRITION EDUCATION



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EXECUTIVE SUMMARY

Welcome to the revised and expanded **Houston Independent School District (HISD) Family and Community Engagement (FACE) 2016 Community Resource Guide**. Its primary intended audiences are administrators and teachers in the HISD and the parents, guardians, families, and communities they serve.

Structure and Organization

In its third edition, the **2016 Community Resource Guide** now includes 41 topics and 735 profiles. The profiles encompass 350 unique organizations. A profile is the total description of an entry. An entry is an organization and its total profile under a given topic. A topic is the total collection of profiles for a specific area of interest. The **Guide** consistently uses 15 headings as prompts for information. A heading is a specific question of interest and it is repeated across all entries and within all topics.

Methods Used

In identifying possible topics and profiles for this new, revised edition of the **Guide**, HISD FACE staff members:

1. Used service providers' websites as the primary information resource.
2. Consulted Guidestar and organizations' IRS Form 990s for contact and communication information.
3. Sent emails with questions to selected organizations for which there were gaps in information.
4. Made phone calls to selected organizations for which there were also gaps in information.
5. Reviewed successive drafts to assess quality, completeness, and ease of use.
6. Included a **Product Evaluation Form** for feedback from schools, families, and other users.

Origins and Attributes

Under the leadership of Assistant Superintendent, Dr. Jorge Arredondo, an eight-person team contributed to developing the **2016 Community Resource Guide**: Dr. Elizabeth Cocina, Carmen Acevedo, Victoria Graham, Gabriella Hernandez, Walter Simpson, Rony Canales, Valeria Schillaci, and Jeffrey Smith. The **Guide** traces its lineage to such trailblazers as Harris County's Community Youth Services Program and the United Way of Greater Houston, but it also differs from them in significant ways: (1) The **Guide's** area of focus is on HISD and Houston, not on a broader geography; (2) information summary tables precede the profiles for each topic; (3) through the headings used in its service provider profiles, the **Guide** presents answers for a consistently defined set of questions; (4) wherever possible, it includes contact names, local bus and METRO rail transit routes, and the languages in which information and/or services are available; (5) the **Guide** identifies four ways to get information about community resources: phone, fax, email, and website; (6) the **Guide** also indicates whether services are available onsite at public schools and it briefly describes available services; and (7) the **Guide** is available in single-topic and comprehensive print versions and as a searchable online database.

Disclaimer

This revised **Guide** is intended to be a quick reference resource for HISD schools and families. Inclusion in it does not denote endorsement or recommendation. Please send information about new resources, as well as any updates, corrections, and comments to jsmith55@houstonisd.org.

Evaluation Form

A two-page Product Evaluation Form appears at the end of this **Guide**. We would welcome your feedback!

NUTRITION EDUCATION

Nutrition Education:

1. Brighter Bites
2. City of Houston – Nutrition Services
3. El Centro de Corazon Health Centers
4. Harris County Expanded Food and Nutrition Education Program (EFNEP)
5. Harris County Public Health and Environmental Services – Antoine Community Health Center
6. Houston Food Bank – Nutrition Education
7. Houston Independent School District (HISD)
8. Target Hunger
9. Texas A&M Agri-Life Extension
10. The Center for Women and Children
11. The University of Texas Health Science Center at Houston – Women Infants and Children (WIC)

	Phone	Ages/Grades Served	Costs	Onsite at Schools	Languages
1	832-369-9302	Grades PreK-12	Free	Yes	English, Spanish
2	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
3	713-660-1880	All ages	Costs vary	No	English, Spanish
4	713-349-0880	All ages	Free	Yes	English, Spanish
5	713-602-3300	Ages 6 months to 20 years	Costs vary	Yes	English, Spanish
6	832-369-9209 832-369-9210	Adults ages 18+	Free	No	English, Spanish
7	713-491-5874 713-491-5729	Grades PreK-12	Free	Yes	Arabic, Chinese, English, Spanish, Vietnamese
8	713-226-4953	All ages	Free	Yes	English, Spanish
9	713-349-0880	Adults ages 18+	Costs vary	No	English, Spanish
10	832-828-1005	All ages	Costs vary	No	English, Spanish
11	713-500-2800 281-590-6281 713-641-2878 713-451-8125 713-728-8582 713-779-5846	Ages 0-4	Costs vary	No	English, Spanish, Vietnamese

Brighter Bites

Address: 535 Portwall Street, Houston, TX 77029

Area Served: Houston

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

Contact: Mike Pomeroy, Senior Program Director, or Emily Kelley, Houston Region

Phone: 832-369-9302

Fax: Not available

Email: mike.pomeroy@brighterbites.org or emily.kelley@brighterbites.org

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

Local Bus Routes: 11

Ages/Grades Served: Grades PreK-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 – Nutrition Services

Area Served: Houston

Location	Address	Phone	Fax	Days/Hours	Bus Routes
Houston Health Department	8000 North Stadium Drive, Houston, TX 77054	832-393-5427	Not available	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	Not available	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	832-395-3437	Monday-Thursday, 8am-9pm, Friday, 8am-8pm	20, 50, 76
Northside	8504 Schuler Street, Houston, TX 77093	832-395-9100	713-694-4169	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	Not available	Monday-Thursday, 8am-12pm and 1pm-4pm, Friday, 7:30am-11am	9, 152, 153
Sunnyside	4605 Wilmington Street, Houston, TX 77051	832-395-0206	Not available	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

Email: 311@houston.tx.gov

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

Ages/Grades Served: All ages

Eligibility: Provides nutrition education services at the city's seven Health Centers.

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

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

Languages: English, Spanish, Vietnamese

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

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: bperez@elcentrochc.org

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

Local Bus Routes: 20

Ages/Grades Served: All ages

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

Costs: Costs vary. • Accepts Medicaid and the Children's Health Insurance Program (CHIP). • Offers a sliding scale fee discount program. • 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 (EFNEP)

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: tmckenzie@aq.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. • The EFNEP Youth Program is available to schools.

Languages: English, Spanish

Direct Services: Offers a practical six-lesson series on 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: 713-602-3300

Fax: 713-602-3374

Email: Not available

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

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. • Charges for some services on a sliding scale based on income. • Other services are free. • Accepts Medicaid. • Call to ask about specific costs.

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

Languages: English, Spanish

Direct Services: Provides 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 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, or Nicole Lander, Director of Outreach Services

Phone: 832-369-9209 or 832-369-9210

Fax: Not available

Email: sberno@houstonfoodbank.org or nlander@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 a 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 on basic nutrition. • Also offers training in container gardening, food budgeting, food safety, nutrition, and cooking.

Houston Independent School District (HISD)

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/Page/70405>

Local Bus Routes: 85

Ages/Grades Served: Grades PreK-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.

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: becky.brown@targethunger.org

Website: <http://www.targethunger.org/programs/food-programs>

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. • Bases eligibility on total income and household size. • Requires proof of income.

Costs: Free

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

Languages: English, Spanish

Direct Services: Offers educational workshops on 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 – SNAP Nutrition Education

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: Not available

Email: tmckenzie@aq.tamu.edu

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

Local Bus Routes: 14, 64

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 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

Address: 700 North Sam Houston Parkway West, Houston, TX 77067 (Greenspoint)
9700 Bissonnet Street, Houston, TX 77036 (Southwest)

Area Served: Houston

Days/Hours: Pediatrics: Monday-Friday, 7am-11pm, Saturday-Sunday, 9am-7pm. • Dental Health: Monday-

Friday, 8am-5pm. • Women's Health: Monday-Friday, 7am-7pm, Saturday, 9am-3pm. • Dietary Health:

Monday-Friday, 7am-7pm.

Contact: Not available

Phone: 832-828-1005 (appointments)

Fax: Not available

Email: TheCenter@TexasChildrens.org

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

Local Bus Routes: 85, 102 (Greenspoint); 65, 68, 262 (Southwest)

Ages/Grades Served: All ages

Eligibility: Must be a Texas Children's Health Program (CHIP) member. • Requires an appointment. • Always call ahead.

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 weight management, picky eating, food allergies, infant nutrition, and teen nutrition. • Also offers pediatric health care, general and preventive dental care, eye exams and eyeglasses, behavioral health care, and dietary care.

The University of Texas Health Science Center at Houston – Women Infants and Children (WIC)

Area Served: Greater Houston

Location	Address	Phone	Contact	Bus Routes
Main 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	281-590-6281	Jessica Sanchez	56, 102
Hobby	8221 Gulf Freeway, Houston, TX 77017	713-641-2878	Catherine Hernandez	50, 76
North Channel	13457 East Freeway, Houston, TX 77015	713-451-8125	Ester Morales	137
Power Center	12401½ South Post Oak, Suite 128, Houston, TX 77045	713-728-8582	Esteban Guerrero	49
University	6015 Hillcroft Avenue, Suite 2000, Houston, TX 77081	713-779-5846	Leila Ferrer	2, 9, 47

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

Fax: Not available

Email: Karen.Gibson@uth.tmc.edu

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

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 Women Infants and Children (WIC) benefits. • 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 supplemental foods, nutrition education, breastfeeding promotion, and refers them to other health and nutrition services.

FACE PRODUCT EVALUATION FORM

Product Name: _____
Date: _____

User(s): _____
School/Location: _____

Directions: Please tell us a little about you by checking (✓) the circles that apply best to you.

- | | | | |
|--|---|--|--|
| <input type="radio"/> Student | <input type="radio"/> Principal | <input type="radio"/> Parent Educator | <input type="radio"/> Board of Education |
| <input type="radio"/> Parent or Guardian | <input type="radio"/> Assistant Principal | <input type="radio"/> Parent Liaison | <input type="radio"/> District Administrator |
| <input type="radio"/> Family Member | <input type="radio"/> Other Campus Leader | <input type="radio"/> School-Based Specialist | <input type="radio"/> Central Office Staff |
| <input type="radio"/> Community Member | <input type="radio"/> Classroom Teacher | <input type="radio"/> School Bus Driver | <input type="radio"/> FACE Staff |
| | <input type="radio"/> School Librarian | <input type="radio"/> School Custodian | |
| <input type="radio"/> Black or African American | | <input type="radio"/> Hispanic or Latino | |
| <input type="radio"/> American Indian, Alaska Native, or Native Hawaiian | | <input type="radio"/> White or Caucasian | |
| <input type="radio"/> Asian or Pacific Islander | | <input type="radio"/> Two or More Races or Ethnicities | |

Directions: Please tell us how you feel about this product. Your answers will help us to improve it. Thank you.

	Very Unsatisfied ☹	Unsatisfied	Neutral ☺	Satisfied	Very Satisfied ☺	Not Applicable
Overall product quality	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Process for acquiring it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Guidance for users	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
First usage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Repeated usage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Post-acquisition service	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How long have you used this FACE product?

<input type="radio"/>	Less than 1 month
<input type="radio"/>	1 to 2 months
<input type="radio"/>	2 to 3 months
<input type="radio"/>	3 to 6 months
<input type="radio"/>	6 months to 1 year
<input type="radio"/>	1 year or longer
<input type="radio"/>	Have never used it

How often do you use this FACE product?

<input type="radio"/>	Daily
<input type="radio"/>	3 to 4 times a week
<input type="radio"/>	Weekly
<input type="radio"/>	3 to 4 times a month
<input type="radio"/>	Monthly
<input type="radio"/>	Every 2 to 3 months
<input type="radio"/>	3 to 4 times a year
<input type="radio"/>	Once a year or less often
<input type="radio"/>	Do not use it

FACE PRODUCT EVALUATION FORM

Overall, how satisfied are you with this FACE product?

<input type="radio"/>	Very satisfied 😊
<input type="radio"/>	Somewhat satisfied
<input type="radio"/>	Neutral 😐
<input type="radio"/>	Somewhat unsatisfied
<input type="radio"/>	Very unsatisfied ☹️

Compared to other products of which you are aware, would you say that this FACE product is:

<input type="radio"/>	So good that it's in a class by itself 😊
<input type="radio"/>	Much better than most others
<input type="radio"/>	About the same as others 😐
<input type="radio"/>	Somewhat worse than others
<input type="radio"/>	Much worse than others ☹️
<input type="radio"/>	Never have used it

Will you use this FACE product again?

<input type="radio"/>	Definitely yes 😊
<input type="radio"/>	Probably yes
<input type="radio"/>	Maybe or maybe not 😐
<input type="radio"/>	Probably no
<input type="radio"/>	Definitely no ☹️
<input type="radio"/>	Never have used it

How likely are you to recommend this FACE product to others?

<input type="radio"/>	Definitely will recommend it 😊
<input type="radio"/>	Probably will recommend it
<input type="radio"/>	Maybe or maybe not 😐
<input type="radio"/>	Probably will not recommend it
<input type="radio"/>	Definitely will not recommend it ☹️
<input type="radio"/>	Never have used it

Based upon your experience with this product, how likely are you to use other FACE products?

<input type="radio"/>	Very likely 😊
<input type="radio"/>	Somewhat likely
<input type="radio"/>	Neutral 😐
<input type="radio"/>	Somewhat unlikely
<input type="radio"/>	Very unlikely ☹️

Other comments about the product: _____

Please send this completed evaluation form to:

Jeff Smith, Business Operations Team Leader
 Family and Community Engagement Department (FACE)
 Houston Independent School District (HISD)
 4400 West 18th Street
 Houston, TX 77092
 713-556-7290 (main)
 713-556-6814 (fax)
face@HoustonISD.org