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Nutrition – AIDSinfonet.org, June 2011	**8**
Modest Donations Could Balance Food Budgets - Houston Chronicle, April 2011	**9**
Outsmarting HIV with Health Eating - The Body, Jan/Feb 2012	**10**
Food Pantries - referral.unitedwayhouston.org, April 2012	**18**

Service Category Definition - DSHS State Services Grant
September 1, 2012 - August 31, 2013

Local Service Category:	**Food Bank – Rural**
Amount Available	**To be determined**
Unit Cost	
Budget Requirements or Restrictions **(TRG Only)**:	**Maximum 10% of budget for Administrative Cost.**
Local Service Category Definition:	The provision of food and related grocery items through a vouchering program. Items may include personal hygiene, paper products, cleaning supplies and diapers. This service does not provide food to affected persons and individuals who are caregivers for HIV/AIDS infected persons in the household. Tobacco, liquor and pet food or pet products may not be purchased with funds.
Target Population (age, gender, geographic, race, ethnicity, etc.):	HIV/AIDS infected persons residing in the defined rural areas (i.e. outside of Harris County) of the Houston HIV Service Delivery Area (HSDA).
Services to be Provided:	Distribution and tracking of food vouchers to eligible clients. This service does not provide food to affected persons and individuals who are caregivers for HIV/AIDS infected persons in the household. Tobacco, liquor and pet food or pet products may not be purchased with funds.
Service Unit Definition(s) **(TRG Only)**:	1 unit of service = one food voucher.
Financial Eligibility:	Income at or below 125% poverty guidelines.
Client Eligibility:	HIV positive, rural resident of Houston HSDA outside of Harris County, annual certification of medical necessity from a medical provider.
Agency Requirements **(TRG Only)**:	Agencies planning to use this option must provide a copy of written guidelines for the issuance, recording and safeguarding of food vouchers and receive approval of these guidelines prior to issuing food vouchers. Agency must evidence the use of previous vouchers prior to issuance of additional vouchers to a client.
Staff Requirements:	
Special Requirements **(TRG Only)**:	Agency must demonstrate how it will provide services to qualified rural clients (defined as residing outside of Harris County). Must comply with the State Services Standards of Care.

FY 2013 RWPC "How to Best Meet the Need" Decision Process

Step in Process: **Council**		Date:
Recommendations:	Approved: Y_____ No: _____ Approved With Changes:_____	If approved with changes list changes below:
1.		
2.		
3.		

Step in Process: **Steering Committee**		Date:
Recommendations:	Approved: Y_____ No: _____ Approved With Changes:_____	If approved with changes list changes below:
1.		
2.		
3.		

Step in Process: **Quality Assurance Committee**		Date:
Recommendations:	Approved: Y_____ No: _____ Approved With Changes:_____	If approved with changes list changes below:
1.		
2.		
3.		

Step in Process: **HTBMTN Workgroup #3**	Date: **04/25/12**
Recommendations:	Financial Eligibility:
1.	
2.	
3.	

DSHS STATE SERVICES
1213 HOUSTON HSDA STANDARDS OF CARE
FOOD BANK SERVICES – RURAL

#	STANDARD	MEASURE
9.0	**Service Specific Requirements**	
9.1	Scope of Service The agency will provide food and related grocery items to include personal hygiene, paper products, cleaning supplies and diapers. This service does not provide food to affected persons and individuals who are caregivers for HIV/AIDS infected persons in the household. The Agency must have either: • A food voucher program, ~~and/or~~ • ~~A system for delivering food to clients~~.	• Program's Policies and Procedures indicate compliance with expected Scope of Services. • Documentation of provision of services compliant with Scope of Services present in client files.
9.2	Client Eligibility In addition to the General Eligibility, individuals must meet the following: • Income no greater than 125% of the Federal poverty level	• Documentation of HIV status, residence, identification and income in the client record. • Documentation in compliance with TRG Policies for Documentation of Client Eligibility and Documentation of HIV Status
9.3	Information Requests Responses to requests for services and information should be provided within two (2) business days.	• Clients are notified of the food distribution schedule and any scheduled changes at least fourteen (14) calendar days ahead of the new date, except under emergency situations.
9.4	Client-Specific Assessment and Planning ~~Each client's assessment includes determination any special dietary needs in consultation with medical provider.~~ Acuity of the client's need is assessed and used to prioritize access to service. ~~There is a plan to address the needs of clients with special dietary requirements.~~	• Review of client files indicates compliance.

#	STANDARD	MEASURE
9.0	**Service Specific Requirements**	
9.5	Documentation of Compliance with Client Plan There is recorded evidence that attempts are made on a regular basis to provide choices on food items that meet individual nutritional needs in accordance with client's individual plan.	• Review of client files indicates compliance.
~~9.6~~	~~Client Options~~ ~~There is opportunity for clients to make selections of foods necessary due to health conditions.~~ ~~There is a mechanism for alternative ways of accessing food stuff and/or vouchers.~~	• ~~Relevant information is part of client file/database; client file/database includes intake and update information.~~ • ~~Review of Policies and Procedures manual indicates compliance.~~ • ~~Agency list of nutritional/healthy products.~~ • ~~Client satisfaction survey.~~
~~9.7~~	~~Service Specific Licensure, Permits Certification and Training~~ ~~Providers/vendors must maintain proper licensure. Records of local health department food handling/food safety inspection are maintained on file.~~ ~~Food pantry provider must have at least one City of Houston certified Food Pantry Manager on staff. Staff and volunteers are trained on food handling and food storage procedures.~~	• ~~Documentation of training in each employee's file~~ • ~~Documentation of current licensure, permits, certifications and inspections.~~
~~9.8~~	~~Volunteer Feedback~~ ~~If volunteers are used, mechanism is in place for obtaining volunteer perspectives annually about observations of client satisfaction.~~	• ~~Mechanism for gaining appropriate volunteer feedback is documented and implemented annually.~~
~~9.9~~	~~Professional Consultation~~ ~~The agency received a consultation from a licensed dietician regarding the nutrition/caloric needs and dietary issues of persons with HIV infection and has incorporated this guidance into service delivery.~~	• ~~Review of Policies and Procedures manual indicates compliance.~~ • ~~Documentation of consult with registered dietician.~~ • ~~Agency list of nutritional/healthy products.~~

#	STANDARD	MEASURE
9.0	**Service Specific Requirements**	
~~9.10~~	~~Temperature~~ ~~Proper temperature is maintained at point of delivery and during storage, based on food products provided and applicable laws as designated by the appropriate local government agency. Foods are kept at their proper temperature. Refrigerator and freezer temperatures are regularly monitored.~~	• ~~Agency has Policies and Procedures to document proper temperatures.~~ • ~~Review of temperature log indicates compliance.~~ • ~~Documentation of appropriate external compliance is in file.~~
~~9.11~~	~~Inventory~~ ~~Food inventory is updated and rotated as appropriate on a first-in, first-out basis, and shelf life standards and applicable laws are observed. Perishable foods are disposed of by their expiration dates or earlier if any indication of spoilage is evident. Non-perishable foods are disposed of if there is any indication of spoilage, damage, or package tampering.~~	• ~~Review of Policies and Procedures manual indicates compliance.~~ • ~~Staff interviews.~~
~~9.12~~	~~Equipment~~ ~~Facilities providing refrigerated/frozen food products have working equipment for proper storage and safe handling.~~	• ~~Review of temperature logs indicates compliance.~~ • ~~Policies and Procedures Manual documents methods for proper food handling and storage.~~
~~9.13~~	~~Food Safety~~ ~~Agency is in compliance with the following items:~~ • ~~A procedure for rejecting/discarding unsafe and expired foods exists and is posted.~~ • ~~There is posted notice in restrooms to remind food handlers that they must wash their hands.~~ • ~~There is posted notice to alert food handlers to wear disposable gloves before handling unpackaged foods.~~ • ~~If bulk foods are repackaged, there are procedures that ensure safe food handling and storage.~~ • ~~Food storage and handling areas are clean and free from rodents and insects. The agency maintains proof of use of periodic exterminator services.~~	• ~~Policies and Procedures manual documents procedure for rejecting/discarding unsafe food.~~ • ~~Staff training and knowledge is documented in file.~~ • ~~Staff interviews.~~ • ~~Inspection of facilities (including food storage and handling areas and restrooms) indicate compliance.~~

#	STANDARD	MEASURE
9.0	**Service Specific Requirements**	
~~9.14~~	~~Food Distribution~~ ~~The agency has a written schedule for distribution of food bank. Clients are notified of the food distribution schedule and any schedule changes at least three days ahead of the distribution date. Provision is made to provide food on an emergency basis outside of regular distribution times but within business hours.~~	• ~~Review of Policies and Procedures manual indicates compliance.~~ • ~~Review of client files indicates compliance.~~
~~9.15~~	~~Access~~ ~~Access to food bank (including storage and handling areas) is controlled/limited. Food bank is locked when food distribution is not taking place.~~	• ~~Review of Policies and Procedures manual indicates compliance.~~ • ~~Inspection of facilities (including food storage and handling areas and restrooms) indicate compliance.~~
9.16	Food Stamp Benefit Application Client file reflects verification of application for, and denial of, Food Stamp program benefits (to the extent possible). If Food Stamp eligible, client plan documents food bank assistance needs beyond what Food Stamp program provides.	• Review of client files indicates compliance.
9.17	Food Vouchers Food vouchers must be issued and recorded in the name of the client only. Tobacco, liquor and pet food or pet products may not be purchased with funds. Food voucher utilization is required to be tracked through submission of receipts.	• Documentation present in the client file.

DSHS STATE SERVICES
1112 HOUSTON HSDA OUTCOME MEASURES
FOOD BANK SERVICES –RURAL

Purpose: The purpose of the DSHS State Services Outcome Measures is to provide a measurement of the effectiveness of services in terms of health, quality of life, cost-effectiveness, and knowledge, attitudes, and practices (KAP), where applicable.

Outcome Measure	Indicator	Data Collection Method
1.0 Knowledge, Attitudes, and Practices		
2.0 Health		
2.1 Improved client diet	a. Increase the percent of clients who report having enough food. b. Increase the percent of clients who report adequate nutritional intake.	• Self-Administered Client Survey
2.2 Improved ability to meet prior nutritional counseling advice	Change in the percent of clients who report improved ability to meet prior nutritional counseling advice.	• Self-Administered Client Survey
3.0 Quality of Life		
4.0 Cost-Effectiveness		

NUTRITION

Fact Sheet Number 800

WHY IS NUTRITION IMPORTANT?

Good nutrition means getting enough macronutrients and micronutrients. Macronutrients contain calories (energy): proteins, carbohydrates, and fats. They help you maintain your body weight. Micronutrients include vitamins and minerals. They keep your cells working properly, but will not prevent weight loss.

Good nutrition can be a problem for many people with HIV. When your body fights any infection, it uses more energy and you need to eat more than normal. But when you feel sick, you eat less than normal.

Some medications can upset your stomach, and some opportunistic infections can affect the mouth or throat. This makes it difficult to eat. Also, some medications and infections cause diarrhea. If you have diarrhea (see fact sheet 554,) your body actually uses less of what you eat.

When you lose weight, you might be losing fat, or you might be losing lean body weight like muscle. If you lose too much lean weight, your body chemistry can change. This condition is called wasting syndrome or cachexia (see fact sheet 519.) Wasting can kill you. If you lose more than 5% of your body weight, it could be a sign of wasting. Talk to your health care provider.

NUTRITION GUIDELINES FOR PEOPLE WITH HIV

First, **eat more**. Extra muscle weight will help you fight HIV. This is very important. Many people want to lose weight, but for people with HIV, it can be dangerous.

Make sure you eat plenty of protein and starches, with moderate amounts of fat.

- **Protein** helps build and maintain your muscles. Meats, fish, beans, nuts, and seeds are good sources.
- **Carbohydrates** give you energy. **Complex** carbohydrates come from grains, cereals, vegetables, and fruits. They are a "time release" energy source and are a good source of fiber and nutrients. **Simple** carbohydrates, or sugars, give you quick energy. You can get sugars in fresh or dried fruit, honey, jam, or syrups.
- **Fat** gives you extra energy. You need some — but not too much. The "monounsaturated" fats in nuts, seeds, canola and olive oils, and fish are considered "good" fats. The "saturated" fats in butter and animal products are "bad" fats.

A moderate **exercise** program will help your body turn your food into muscle. Take it easy, and work exercise into your daily activities. See fact sheet 802 for more information on exercise.

Drinking enough **liquids** is very important when you have HIV. Extra water can reduce the side effects of medications. It can help you avoid a dry mouth and constipation. Remember that drinking tea, coffee, colas, chocolate, or alcohol can actually make you lose body liquid.

PRACTICE FOOD SAFETY

It's very important to protect yourself against infections that can be carried by food or water.

Be sure to wash your hands before preparing food, and keep all of your kitchen tools and work areas clean. Wash all fruits and vegetables carefully. Don't eat raw or undercooked eggs or meat, and clean up juices from raw meat quickly. Keep leftovers refrigerated and eat them within three days. Check the expiration date on foods. Don't buy them or eat them if they're outdated.

Some germs are spread through tap water. If your public water supply isn't totally pure, drink bottled water.

WHAT ABOUT SUPPLEMENTS?

Some people find it difficult to go shopping and prepare meals all the time. Supplements can help you maintain your body weight and get the vitamins and minerals you need. Don't use a product designed to help you lose weight, even if it says it contains everything needed for good nutrition! Your health care provider can help you choose a supplement that's right for you. Vitamin and mineral supplements can be very helpful. They are discussed in fact sheet 801.

THE BOTTOM LINE

Good nutrition is very important for people with HIV. When you are HIV-positive, you will need to increase the amount of food you eat and maintain your lean body weight.

Be sure to eat a balanced diet, including plenty of protein and whole grain foods, with some sugar and fat. An exercise program will help build and maintain muscle.

Drink plenty of liquids to help your body deal with any medications you are taking.

Practice food safety. Keep your kitchen clean, wash foods, and be careful about food preparation and storage. If your tap water isn't pure, drink bottled water.

If you feel you need to use nutritional supplements, be sure to get some expert advice from your health care provider.

FOR MORE INFORMATION

Eat Up! Nutrition Advice and Food Ideas for People Living with HIV and AIDS by Charlie Smigelski, RD, $10.00, http://www.eatupbooks.com/HIV-Nutrition-Book.htm

US Government Food Safety Information: http://www.foodsafety.gov/

US Department of Agriculture dietary guidelines: http://www.choosemyplate.gov

Revised June 16, 2011

chron | Editorial

NEWS SPORTS BUSINESS ENTERTAINMENT LIFE TRAVEL BLOGS JOBS HOMES CARS CLASSIFIEDS

9 Comments Recommend 8

Loaves and fishes

Modest donations could balance food budgets.

HOUSTON CHRONICLE
April 3, 2011, 8:59PM

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Recommend 8 recommendations. Sign Up to see what your friends recommend.

Talk about world hunger and the listener's eyes tend to glaze over: It's not that we don't care, it's just that the numbers are so vast it all tends to become an abstraction. Of the 7 billion or so people in the world, almost 1 billion are hungry.

That number has traditionally been arrived at by taking a country's income level and distribution and extrapolating how many people exist on such a low income that they are malnourished. The same methodology has been used in this country, where the U.S. Department of Agriculture estimates that 50 million Americans, including more than 17 million children, are food insecure, an all-time high.

But those statistics don't tell the whole story, since food prices and other factors vary widely in different communities. But now data is available, in a ground-breaking study, "Map the Meal Gap," produced by Feeding America, the country's largest hunger relief organization, which measures shortfalls in households' food budgets at the county level. This enables communities to develop strategies for reaching the people who most need help.

In the 18 counties served by the Houston Food Bank and its over 400 pantries, the annual shortfall is about $175.5 million - $118 million of which is in Harris County alone.

Betsy Ballard, Houston Food Bank's Director of Communications, told the Chronicle that while poverty is certainly a defining factor in food insecurity, "this study gives us a better idea of the at-risk population. More than a third of the food insecure are above the poverty level." Typically, a family experiencing food insecurity will do so several months out of the year, not necessarily all the time, depending on variables.

Resources

HOW YOU CAN HELP

Donate online: At www.

houstonfoodbank.org.

… or …

Send a check to:

Houston Food Bank,

Houston Food Bank,

3811 Eastex Freeway,

Houston, TX, 77026

But the good news revealed by the study is that food-insecure individuals in Harris County report, on the average, that for just $13 a week more, they could be food secure. That's not a large amount by almost anyone's reckoning - a movie and popcorn, maybe, or a paperback book. For those of us who can't relate to large numbers, it would make a very affordable gift.

THE BODY
The Complete HIV/AIDS Resource

Print this page • Back to Web version of article

Outsmarting HIV With Healthy Eating

By Nelson Vergel

January/February 2012

Living with a chronic illness like HIV can present certain nutritional challenges. Without effective HIV medication treatment, replicating virus can tax the body, destroying lean body mass and impairing immune function and quality of life.[1,2]

While this destruction of lean tissue can be controlled with effective HIV antiretroviral combination therapy, other challenges like fat accumulation and increases in lipids (cholesterol and triglycerides) and/or insulin resistance may arise in some patients after treatment initiation.[3] Although limited research has been done on the effects of nutritional approaches on pre- and post-HAART (highly active antiretroviral therapy) metabolic issues, general suggestions can be extracted from studies regarding other conditions like diabetes, cardiovascular disease, and obesity. These suggestions are aimed at helping the body deal with the effects of HIV or its medications on metabolism, body shape, and quality of life as we live longer with HIV.

The Components of Whole Food

Foods are made up of many different components -- some are "micro" or smaller quantity nutrients, like vitamins, and some are "macro" or larger quantity nutrients. The three macro groups that compose the majority of our diets are carbohydrates, proteins, and fats. These three units are the basic materials that fuel our activities and metabolism and maintain body composition. Selecting the best sources and amounts of these three macronutrients may help to minimize metabolic disorders (such as high cholesterol and blood sugar) and prevent loss of lean body mass and accumulation of body fat.[4-6]

The Best Carbohydrates

Carbohydrates provide our body's main source of quick energy. After carbohydrates are digested and after some processing by the liver, they are released into the bloodstream as a sugar called glucose to be delivered to the cells.

Throughout the majority of the last million years of our evolution, the human diet consisted of animal carcasses, some seeds, nuts, and fibrous vegetable and fruit carbohydrate sources that are generally nutrient-rich with lots of water, but are not calorie-dense like processed foods of today. The majority of these carbohydrate sources are vegetables, leaves, roots, and fruits (all rich in fiber). Because vegetable fiber tends to slow down digestion, a majority of the carbohydrates in these foods are absorbed relatively slowly, inducing less blood sugar (glucose) and insulin spikes than processed sweets that contain no fiber. Some people call these "slow carbs."

It was only after the advent of agriculture that human beings were introduced to higher intakes of grains as carbohydrate sources. Higher intakes of grains deliver lots of calories. Additionally, some grains deliver their sugar energy relatively quickly, especially if the grain is milled (which removes the fiber that slows down sugar absorption), as are the grains in breads and pasta. Unless you are very active and exercise enough to metabolize nutrients more rapidly, this quick glucose release into the bloodstream can create a dysfunctional hormonal environment that can ultimately promote obesity, cardiovascular disease, and diabetes. This hormonal shift also has a profound effect on lean body mass and fat metabolism, and possibly immune function.[7-9] The key hormone involved in this problem is called insulin, produced by an organ called the pancreas.

Insulin and Insulin Resistance

The hormone insulin is produced by the pancreas to control blood sugar and store it in muscles for later use as glycogen. Insulin's main job in the body is to promote the delivery of sugar energy as glucose to cells. When a small amount of glucose is delivered into the bloodstream, a small amount of insulin is produced by the pancreas to accompany it. When there is a large amount of glucose, the pancreas works to produce a large amount of insulin to facilitate its delivery so that cells can take in as much glucose as possible. Extra glucose that cannot be taken in by the cells circulates in the bloodstream and can be toxic to brain cells, so under normal circumstances, most of it is soon converted into triglycerides (fat) in the liver to be stored for later use. But we have to be careful with high blood levels of triglycerides, since they are what feed fat cells.

The correct amount of carbohydrate sources will provide enough sugar to give a healthy amount of glucose to the cells, but not too much at once. Thus, levels of glucose and insulin in the bloodstream are not unusually elevated for any long period of time. The pancreas works, but it is not overworked trying to keep up with an unusual demand for insulin.[10] However, in the U.S., much of the diet consists not only of large amounts of high-calorie carbohydrate sources, but also of carbohydrates from sweets and sodas, which are very concentrated sources of sugar. The net effect that intake of these calorie-dense carbohydrate foods creates is a bloodstream that is occasionally flooded with large amounts of glucose, a pancreas that is overworked, and large amounts of insulin and triglycerides circulating in the bloodstream. Note that excess insulin causes increased production of cholesterol.

Over time, these occasional glucose, triglyceride, and insulin floods can cause a decrease in the sensitivity of the cells' response to insulin, which reduces the cells' ability to take in glucose. Insensitivity to insulin is called insulin resistance, and it is a serious consideration in HIV because we are now seeing it as one of the core components of lipodystrophy and metabolic problems.[11] Some HIV medications can worsen insulin resistance, so we need to be aware of nutritional considerations that can help. Ways to decrease insulin resistance are to exercise, choose more metabolic-friendly HIV medications, and follow a proper diet. For instance, a prominent study from Tufts School of Medicine found that HIV-positive people consuming an overall high-quality diet, rich in fiber and adequate in energy and protein, were less likely to develop fat deposition.[12] This is why it is best to select the majority of your carbohydrate intake from fiber-rich, slow-releasing carbohydrate sources that do not contain an excessive amount of calories. And these good carbs should be accompanied by good sources of protein and fats.

Combining Carbohydrates With Protein, Fiber and Fat

Protein, fiber, or fat will slow the absorption into the blood of glucose from carbohydrates, which helps to reduce the rise in blood sugar and insulin spikes. So, mixing carbohydrates with protein, fiber, and good fats is one way to reduce their problematic effect on blood sugar and insulin. Ensure that every meal and snack you consume has a mix of these three macronutrients. But what are the best fats, protein, and high-fiber carbohydrates sources out there?

Fats and Oils

There are a number of different kinds of fats. There is motor oil, there is butter, and there are essential fatty acids. The most important oil to keep a Honda running right is not the kind with essential fatty acids (EFAs), but if you want to help your body

stay healthy and your immune system operating at its best, you had better consider getting these EFAs on a daily basis. They are called "essential" because your body cannot manufacture them, and must obtain them from an outside source, like food or supplements. These oils are necessary for every critical function in your metabolism, including building lean body mass and fighting infections.

The main point is that since we need EFAs and other fats for health, we should be getting them in our diets from fresh, high-quality sources. A proper diet reduces the amount of starchy carbohydrates while maintaining a certain amount of healthy fats so that there is a different macronutrient balance than the old high-carbohydrate, high-protein, low-fat diets contained. This means striving to get fatty acids from several sources, the least of which are the saturated fats in butter or animal fat. Understand that saturated fats are not the demons we have been led to believe. When we realize that we evolved getting a certain amount of saturated fat from foods in the wild, it is only logical that they would have a place in a healthy diet. One recent study showed that dietary saturated fat and mono-unsaturated fat were associated with healthy testosterone production in humans, while EFAs had no effect. So it appears that we need a little saturated fat for optimal hormonal health. However, most people get far too much saturated fat, which promotes insulin resistance and metabolic problems, and not enough EFAs, which are needed for healthy cells and immune function.[13]

The other important kind of fat that we should consciously include in our daily diet is mono-unsaturated fat, which we get from foods like olive oil. Recent data have shown that mono-unsaturated fats decrease the risk of certain cancers, and have an anti-inflammatory effect.[14] AIDS is an inflammatory disease, so mono-unsaturated fat intake logically has a place of importance in managing AIDS, too.

Fatty Acid Recommendations

EFAs include the omega-3 and omega-6 fatty acids. Most people get an imbalance of these two by consuming too small an amount of omega-3 fats, which have anti-inflammatory properties, and relatively too large an amount of omega-6 fats, which tend to promote inflammation when out of balance.[15] To get more omega-3s, eat more fish, including salmon, tuna, sardines, anchovies, mackerel, rainbow trout, and herring. Omega-6s are contained in common vegetable oils, like sunflower, safflower, and corn oils. Try to reduce your intake of these.

Oils and Cooking

Olive oil is one of the best oils to cook with. You can also cook with high-oleic sunflower oil, avocado, canola, macadamia, or any oil that is high in mono-unsaturated fatty acids.

Avoid cooking with oils made from corn and sesame. These oils contain more omega-6 fats, and less mono-unsaturated fats, so they have a higher potential for spoiling and turning to trans-fats, which are bad for the immune system. Try to avoid any intake of these oils when they are not absolutely fresh.

Also, choose oils that are minimally processed. Most of the clear oils in supermarkets are stripped of some of their natural components to make them more suitable for sitting on store shelves for long periods of time without spoiling. Do not use these stripped oils. When you do cook, do not overheat the oil so that it smokes, which causes the formation of carcinogens and destroys the beneficial fatty acids.

Avoid Margarine, Hydrogenated fats or Processed oils

Do your best to avoid processed fats or oils, as they have negative effects on cellular health, overall metabolism, and your immune system. Look out for the words hydrogenated and partially-hydrogenated. These kinds of manipulated fats probably do increase the risk of cancer and heart disease. They also weaken healthy cellular immune metabolism, which means that they might increase HIV progression. Lastly, they are also likely to promote high lipid levels and insulin resistance.

Protein, Food for the Immune System

Dairy protein fractions, such as caseine (contained in milk curd) and whey, are at the top of the list of proteins that optimally feed lean body mass growth. In dairy products, the amino acid balances, insulin-raising potential, and overall growth factor content add up to one thing: milk proteins were created to make mammals grow bigger. While there is a lot of hoopla related to which dairy protein fractions are best, there is more misinformation than reality in this area. Those with lactose intolerance should be careful in their selection of milk-based products. Aged cheeses and yogurt may be more tolerable for those who cannot digest lactose.

Egg Protein

Next on the list are egg proteins. The important thing to remember is that whole egg is probably somewhat better than egg white for lean body mass growth and overall health effect, because the yolk is a rich nutrient source, and its protein content complements the protein in the egg white. Together they are a better source of protein.

Meat Protein

While real food like meat often seems to take a back seat to protein powders because of a mindset created by slick advertising, professional athletes know the value of real food related to lean body mass growth. If you do not make real food and meat fundamentals in your diet, you will not grow lean body mass tissue as well. Fish, chicken, turkey, and beef are vitally important foods, not only because of their protein content, but because they contain numerous other nutritional components that are important for a healthy metabolism. The message is: eat real food, then supplement food with protein powder drinks if you need them.

Lean red meat is a superior source for lean body mass growth and blood-building nutrients. These include creatine, carnitine, phenylalanine, conjugated linoleic acid (CLA), and heme- (blood) iron, the most absorbable form of iron. And meat, in general, is less likely to cause allergic reactions than eggs or dairy proteins, like casein and whey. The only caution about red meat is that the high amount of saturated fat most commercial red meat contains could promote metabolic problems. So be moderate about including it in your diet and choose leaner meats if you do.

Important details on meat: cooking kills bacteria in meats. Stewed meat is better for digestion (chicken soup, beef stew). Roasting is okay. Try not to fry or barbecue with charcoal. Charred foods are associated with increased risk of gastrointestinal system cancers. Any cooking of meat or vegetable protein that causes the formation of a hard outer skin renders the protein that becomes the skin to be much less digestible because it cross-links the protein.

Vegetarian Diets

It is very difficult to gain lean muscle weight on a vegetarian diet. In fact, it is almost impossible for most people, especially when they are fighting infections that burn lean body mass. While I know a very few HIV-positive people who can do well adhering to a vegetarian regime, I find that the vast majority cannot do it and keep their lean body mass. Additionally, vegetarian diets increase the potential for anemia because of a lack of blood-building components such as highly absorbable heme-iron and vitamin B12.

If you do choose a vegetarian diet, your best protein sources are beans, seeds and nuts. Digestion of nuts and seeds will be improved by soaking them overnight to reduce the enzymes they contain that inhibit digestion of proteins. If you can eat them without digestive problems, many nuts and seeds are ideal foods because they contain protein, healthy fat, and complex carbohydrates in a very good balance for overall health. They also make a great snack between meals. However, the amino acid balances in these proteins do not appear to be optimum for lean body mass growth for humans. Again, vegetarian or vegan diets present a challenge to people with HIV or AIDS who need a full spectrum of amino acids and micronutrients. Unless you are

vegetarian for ethical reasons, consider eating eggs and fish.

Caution

People who are on HIV medications like tenofovir (in Viread, Truvada, Atripla, Complera, and the Quad), which may affect kidney function in some patients, should be careful about increasing their protein intake too high (over 1 gram per pound of body weight per day), as this can increase the potential for kidney problems. Ask your doctor if you are taking kidney burdening medicines, and, if so, only eat a higher protein diet under your doctor's direction. Those who have liver problems need good protein intake for the repair of liver tissue, but should also be careful about higher protein intake, and should also do so only under a doctor's supervision.

Calcium and Vitamin D -- Two Important Micronutrients

Bone loss has been reported in several HIV studies. It seems to be caused by the effect of the virus on the body. Certain medications like tenofovir (Viread) may make this problem worse. We also seem to have a high incidence of vitamin D deficiency due to potential HIV medication effects or metabolism issues. We know that calcium and vitamin D help to strengthen bone. Many of us chose to take calcium plus vitamin D supplements, but there are also foods that are rich in these nutrients. Calcium-rich foods include milk, cheese, spinach, fortified orange juice (be careful with the sugar, though!), fish, eggs, and beans. Vitamin D-rich foods include milk, most fish, and eggs. However, most of us do not consume the 1000 mg and 2000 IU needed per day for calcium and vitamin D, respectively, and need to take over-the-counter supplements. One word of caution: do not take your calcium supplements with your HIV medications since they may interfere with their absorption (at least two hours before or after is okay).

Miscellaneous Nutrition Tips

- If diet, weight loss, and exercise fail to lower your LDL cholesterol and triglycerides, ask your doctor for a prescription for lipid-lowering agents (statins, fibrates, etc.) or to switch your meds to a more lipid-friendly HIV medication combination.
- For your food, shop mostly in the outer part of the grocery store where the fresh produce, meats, and milk products/eggs are. Avoid overly processed canned or packaged foods, except for frozen vegetables. Read the labels and avoid products with many preservatives and additives. Trans-fats and hydrogenated oils, high fructose corn syrup, and high sugar should be on your radar when reading labels. Watch this funny video for more details on healthy eating.
- Try to eat several smaller balanced (protein + good carbs + good fats) meals or snacks instead of two to three large ones. Smaller meals/snacks are more easily digestible, keep blood sugar and insulin more constant through the day, and keep you from binge eating late at night.
- Eat more almonds, walnuts, pecans and pistachios (good cholesterol-lowering fats). Twice a day, snack on such nuts to get your good fats and fiber. If you wish, mix them with some dried fruit. Research has shown that people who eat nuts tend to have lower LDL cholesterol.
- Avoid junk and fast food. The best way to do this is to have enough food at home and to bring lunch to work. Cook a lot of food on weekends and freeze meals in small containers you can heat up later.
- Do not sabotage yourself by bringing sweets and junk into your home. Watch your cravings at night, when most people find it the most difficult to avoid overdrinking alcohol or eating ice cream, cookies, and comfort foods.
- Eat a large breakfast, a moderate lunch, and a small dinner. Skipping breakfast makes you more prone to overcompensate by eating more calories late in the day. Your body has spent several hours without food and is starved for nutrients in the morning. Do not feed it sugar and white flour products at this important time. Eggs, oatmeal (the type that has no added sugar, and you can add whey protein powder to it!), Greek-style yogurt with nuts and fiber supplements, low-fat cottage cheese with fruit, almond butter on multigrain (high-fiber) bread, and fruit are all good choices for breakfast.
- For lunch have some soup and a glass of water first and wait 10 minutes to trick your body into feeling full faster. Grilled chicken with vegetables, tuna salad over greens and nuts, a Greek salad with sliced steak, and any Mediterranean food choices are good.
- For dinner, fill yourself with stir-fried (use olive oil!) vegetables and lean meats. Two hours before bed, you can have

half an almond butter sandwich or yogurt with fruit. You will not be hungry and desperate with this diet!

- Eat fruits and vegetables of all colors. Each has a different antioxidant profile. The produce section of the market is basically a fresh vitamin department and a medicine chest. Some foods like garlic, onions, and ginger have genuine therapeutic effects. Eating the widest variety of fresh produce on a daily basis assures you of getting all the ingredients that nature provides that can help keep your body strong enough to handle bacteria and viruses so that you stay healthy.
- Avoid sodas, sweet drinks, and fruit juices (fruit sounds healthy, but juice contains too much sugar and no fiber to slow down its absorption into the blood).[16] Consuming sugar daily can affect your metabolism, create insulin resistance, make you fat, and have all kinds of negative health consequences. The suggested pecking order of carbohydrate food sources that support your health without increasing insulin resistance follows. Best are vegetables in their many forms. Next are beans and peas. These deliver more calories than vegetables, but the carbohydrates release much more slowly than grains. Next are whole grains, which are calorie-dense but contain carbohydrates that, in general, release somewhat slowly. At the bottom, and the most likely to promote body fat problems, are carbohydrates from milled grains, like wheat and corn. Whole grains are marginally better than processed grains, but when they are milled into flour the difference is not that great. The very worst carbohydrate sources are sweets, like candies, which can deliver as many as 2,000 calories per pound. Try to eat from the first group of slow-release carbohydrate sources most of the time, and if you are relatively healthy, you can have small amounts of milled wheat products or sweets once in awhile.

- Drink lots of water. Six to eight glasses a day is a good goal. If you get thirsty, you are already dehydrated!
- Eat a high-protein, complex carbohydrate-rich meal after workouts. Examples: chicken salad with nuts, cottage cheese or yogurt and nuts/fruit, celery sticks and hummus (chickpea butter), etc.
- Manage your intake of caffeine (it reduces appetite but can increase anxiety). Do not have any caffeine after 4 p.m., since it can impair your sleep.
- Minimize hidden sugars like high fructose corn syrup. Read the labels of food you buy. Diet sodas tend to make your brain crave sweets in general, so they are not good substitutes for sugary drinks. Water, water, water!
- If you do not consume at least 20 grams of fiber a day, add to your intake supplements like Citrucell or Benefiber, purchased in any grocery store. Fiber improves insulin sensitivity, makes you feel full longer, keeps your gut healthy (friendly gut bacteria that produce vitamins love fiber), keeps you regular and reduces diarrhea, and can lower the chances of getting colon cancer.[17]
- Eating healthy is eating smart, and it does not mean that you should starve yourself. Hopefully, this information has shed some light on healthy food sources and how they can affect health and the body. Now that we are living longer, food choices can determine how well we do as we age with HIV. So, take charge of your health and take care of your body. It is the only one you have.

Healthy Eating Shopping List

1. Produce

- Spinach and other green leafy vegetables
- Broccoli and cabbage
- Green beans
- Avocados
- Raspberries and all berries. You can buy frozen ones and add to whey protein shakes
- Whole fruits (remember no juices).
- Sweet potatoes, carrots
- Hummus
- Beans and other legumes (you can buy canned or frozen ones)

2. Nuts, Grains, Oil

- Mix of almonds and other nuts
- Peanut, almond, and cashew butters without hydrogenated oil (the healthy nut butters show oil and butter separated since the lack of hydrogenated oils prevents emulsification)
- Pumpkin and sunflower seeds

- Wild rice (the darker the rice, the better)
- Whole grain breads and pasta
- High fiber crackers
- Oatmeal (not the little packets; those are loaded with sugars)
- Olive oil

3. Dairy

- Low fat milk, cheese
- Yogurt (Greek style, no sugar added)
- Eggs (free range or Omega 3 enriched if possible)

4. Meat

- Lean meats
- Salmon, sardines and tuna
- Occasional glass of red wine per day (optional)

5. Supplements

- Whey protein (I like the Isopure brand since it does not give me gut problems and it is very light)
- Vitamin D

Nelson Vergel, a chemical engineer from Venezuela, has been HIV-positive since 1983, and is a leading treatment advocate on HIV disease. He created the Program for Wellness Restoration (PoWeR) and founded the Body Positive Wellness Center in Houston. Nelson has lectured extensively around the country and overseas, and with his research partner, Michael Mooney, co-authored the book Built to Survive. In 2010, he wrote and published Testosterone: A Man's Guide -- Practical Tips for Boosting Physical, Mental and Sexual Vitality. *He is currently a member of the DHHS Panel on Antiretroviral Guidelines, the AIDS Treatment Activists Coalition, and moderates PozHealth, one of the largest HIV health discussion listservs online.*

Read posts from Nelson's blog, "Surviving HIV."
Read Nelson's blog, "Outsmarting HIV: A Survivor's Perspective."

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http://www.thebody.com/content/65773/outsmarting-hiv-with-healthy-eating.html

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Food Resources by County

This information is maintained and provided by the United Way of Greater Houston
50 Waugh Drive Houston, TX 77007
2-1-1 (713) 957-HELP (4357) 1-800-833-5948 www.unitedwayhouston.org

Austin County

Bellville Christian Food Pantry
24 North Masonic
Bellville, TX 77418
(979) 865-2330
Eligibility: Based on income and family size
Intake procedure: Walk-ins accepted; By appointment; Call for information
Documents required: Social Security number; Proof of address; Proof of income; Valid ID
Hours: 2nd Thur 8:00am - 10:00am
Area served: Bellville

Sealy Christian Pantry
530 6th Street
Sealy, TX 77474
(979) 885-3866
Eligibility: Based on income and family size; Must reside in service area
Intake procedure: Walk-ins accepted
Hours: Wed 9:00am - Noon
Area served: Austin County excluding Bellville
Languages: Spanish

Chambers County

Mid-Chambers Christian Caring Center, Inc.
1120 N. Main
Anahuac, TX 77514
(409) 267-6898
Intake procedure: Call for information
Documents required: Current photo ID with physical address; Utility bill; Proof of income; Social Security card
Eligibility: Low-income
Hours: Mon & Thur 9:00am - 11:00am
Area served: Zip Codes 77514, 77560, 77597

Ft Bend County

East Fort Bend Human Needs Ministry, Inc.
435 Stafford Run Road
Stafford, TX 77477
www.humanneeds.org
(281) 261-1006
Intake procedure: Walk-ins accepted; Referrals; Interview process
Documents required: Proof of residence; Current bill with name and address; Social Security card for each household member, Texas DL or Texas ID
Hours: Tues Thur Fri 10:00am - 1:30pm; Wed 6:00pm - 8:00pm;
Area served: Zip Codes 77459, 77477, 77478, 77479, 77489, 77583, 77545, 77053*, 77083*, 77099* (*Houston zip codes in East Fort Bend County)

Rosenberg - Richmond Helping Hands, Inc.
902 Collins Road
Richmond, TX 77469
(281) 232-4904 Main
(281) 341-7536 Alternate
www.roserichhelpinghands.org
Intake procedure: Walk-ins accepted
Documents required: Two forms of ID
Eligibility: West Fort Bend County Only
Hours: Mon Tue Wed Thurs 10:00am - 2:30pm
Area served: West Fort Bend county

Second Mile Mission Center
504 FM 1092, Suite 1
Stafford, TX 77477
(281) 261-9199
secondmile.org
Intake procedure: Walk-ins accepted
Documents required: Proof of address; Driver's license or valid ID; Social Security cards for all

members of the family
Hours: Mon - Fri 9:00am - 3:30pm
Area served: Fort Bend
Languages: Spanish

St. Vincent de Paul Society
Richmond Food Pantry
410 Clay
Richmond, TX 77469
(281) 342-5092
Eligibility: Must reside in service area
Intake procedure: Walk-ins accepted; Agency referral; Assessment of needs
Documents required: Social Security card; Government documents; Driver's license or valid ID.
Hours: Sat 10:00am - 1:00pm
Languages: Spanish

Harris County

Aldine Y.O.U.T.H.
4700 Aldine Mail Route
Houston, TX 77039
(281) 449-4828
www.aldineyouth.org
Eligibility: Call for information
Intake procedure: Walk-ins accepted
Hours: Mon -Thur 9:00am - 4:00pm
Area served: Aldine and surrounding areas

Bayshore Baptist Church Food Pantry
11315 Spencer Highway
La Porte, TX 77571
www.bayshorebc.org
(281) 471-0332
Intake procedure: Walk-ins accepted
Documents required: Valid ID; Proof of address; Utility bill
Hours: Wed 9:00am - 3:00pm

Bellfort Seventh-Day Adventist Church
5878 Bellfort
Houston, TX 77033
www.bellfortsda.org
(713) 738-0840
Intake procedure: Walk-ins accepted
Intake procedure: Referral, appointment preferred, Walk-ins accepted
Documents required: Social Security Card for every family member; Paycheck stub if employed; Proof of residence
Hours: 3rd Sun 10:00am - Noon
Area served: Zip Codes 77021, 77033, 77036, 77048

Braes Interfaith Ministries
4300 West Bellfort
Houston, TX 77035
www.braesinterfaithministries.com
(713) 723-2671
Intake procedure: Emergency walk-ins accepted
Documents required: Valid ID; Proof of address; Social Security card(s) for all household members
Eligibility: Call for information
Hours: Mon Wed Fri 10:00am - 2:00pm
Languages: American Sign Language; Spanish
Area served: Zip Codes 77025, 77035, 77045, 77051, 77053, 77054, 77071, 77085, 77096
Site Hours: Mon Wed Fri 10:00am - 2:00pm
Languages: Spanish

Bread of Life, Inc.
1703 Gray Street
Houston, TX 77003
(713) 659-3237
www.breadoflifeinc.org
Intake procedure: Walk-ins accepted
Fees: None
Documents required: Call for information
Eligibility: Must be indigent
Hours: Mon - Fri 9:00am -7:00pm & 7:00pm - 7:00am; Sat & Sun 6:00pm - 6:00am
Languages: Spanish

Brentwood Community Foundation
Project WAITT
13033 1/2 Landmark Street
Houston, TX 77045
www.brentwoodfoundation.org

(713) 852-2551 Main
(713) 852-2550 Main
Documents required: Documentation of HIV status; Valid ID; Proof of address (lease agreement, mortgage coupon); Proof of income (award letter, check stubs); Current utility bills
Eligibility: HIV+
Hours: Mon - Fri 9:00am - 5:00pm
Languages: Spanish

Catholic Charities of the Archdiocese of Galveston-Houston
Guadalupe Area Social Services
326 South Jensen
Houston, TX 77003
www.catholiccharities.org
(866) 649-5862
Documents required: Driver's license or valid ID; Birth certificate; Proof of address & income
Eligibility: Call for information
Hours: Mon - Fri 8am - 12pm & 2pm - 6pm
Languages: Spanish

Christian Community Service Center
3434 Branard
Houston, TX 77027
www.ccschouston.com
(713) 871-9741 Main
(713) 961-1548 Fax
Intake procedure: Interview required; First come, first served
Documents required: Proof of residency; Photo ID; Proof of crisis
Eligibility: Low-income; Reside in service area
Hours: Mon - Fri 10am-2pm; Sat 9am-Noon
Area served: Zip Codes 77002-07, 77011, 77012, 77019-21, 77023, 77025-27, 77030, 77046, 77056, 77057, 77081, 77096, 77098, 77401

Christian Community Service Center, Inc.
Gethsemane United Methodist Church
6856 Bellaire Boulevard
Houston, TX 77074
(713) 871-9741
Intake procedure: Interview required; First come, first served
Documents required: Proof of residency; Photo ID; Proof of crisis
Eligibility: Low-income ; Reside in service area
Site Hours: Mon & Tues 10:00am - 2:00pm; Thurs 3:00pm - 6:00pm

The Christian Outreach Center
4333 West Little York Road
Houston, TX 77091
www.cochouston.com
(713) 683-0847
Documents required: Valid ID; Proof of address; Utility bill; Proof of income; Social Security card; Valid ID on all dependents
Eligibility: Low-income; must live in service area
Hours: Mon & Wed 1:30pm - 3:30pm
Area served: Zip Codes 77088, 77091, 77018, 77066, 77040, 77092

Churches United in Caring
944 Church Street
Crosby, TX 77532
(281) 328-3178
Intake procedure: Walk-ins accepted
Documents required: Three forms of ID - utility bill, rent receipt, Texas Driver's license; Proof of residence; Social Security card
Hours: Mon Wed Fri 10:00am - 11:30am
Area served: Zip Codes 77532, 77336

Community Family Centers
7524 Avenue E
Houston, TX 77012
www.communityfamilycenters.org
(713) 923-2316 Main
(713) 923-4243 Fax
Intake procedure: Walk-ins accepted; seen by appointment
Documents required: First visit: Valid ID; Proof of address and income
Eligibility: Low income
Hours: Mon - Thurs 8:00am - 4:00pm
Area served: Harris county
Languages: Spanish

Community Fellowship Baptist Church
2500 Campbell
Houston, TX 77026
(713) 228-7543
Eligibility: Minimum age 55 or disabled
Intake procedure: Referral; Appointment required
Documents required: Social Security Card
Hours: Wed Fri 10:00am - 2:00pm; Sat by appointment
Area served: Zip Codes: 77020, 77021, 77026
Languages: Spanish

Covenant House Texas
1111 Lovett Boulevard
Houston, TX 77006
(713) 523-2231 Main
(800) 999-9999 Toll-free
www.covenanthousetx.org
Eligibility: Call for information
Intake procedure: Call for information
Hours: Call for information
Languages: Spanish

Cypress Assistance Ministries
11202 Huffmeister Road
Houston, TX 77065
www.cypressassistanceministries.org
(281) 955-7684
Eligibility: Must reside in zip codes area
Intake procedure: Appointment required
Documents required: Utility bill; All award letters and sources of income (WIC, TWC, TANF, social security, SSI, SSD and child support); Valid Texas ID; Social Security card
Hours: Mon - Thur 10:00am - 2:00pm
Area served: Zip Codes 77065, 77429, 77433, 77447

De Madres a Madres, Inc.
1108 Paschall
Houston, TX 77009
www.demadres.org
(713) 223-2432 Main
(713) 223-0240 Fax
Intake procedure: Walk-ins accepted
Documents required: Valid ID; Proof of address
Hours: Tues - Fri 9:00am - 1:00pm
Area served: Zip Codes 77007, 77008, 77009, 77022, 77026
Languages: Spanish

East Spring Branch Food Pantry
Holy Cross Lutheran Church
7901 Westview
Houston, TX 77055
(713) 464-0852
Eligibility: Proof of residence; Must reside in service area
Intake procedure: Call for appointment; Walk-ins accepted
Documents required: Valid ID; Proof of address
Hours: Tues Thur 11:00am - 2:00pm; Sat 10:00am - Noon
Area served: Zip Codes 77024, 77043, 77055

ECHOS
Iglesia Episcopal Santa Maria Virgen
9600 Huntington Place
Houston, TX 77099
(713) 270-0369
Eligibility: One grocery order per household
Intake procedure: Walk-ins accepted
Documents required: Valid ID and information on everyone in the household; Bring grocery bags or boxes to carry food
Hours: 8:30am - 10:30am
Area served: Harris county

Emergency Aid Coalition
5401 Fannin
Houston, TX 77004
www.eachouston.org
(713) 528-3663 Main
(713) 526-5135 Alternate
(713) 528-2650 Fax
Intake procedure: Walk-ins accepted
Documents required: current photo ID, current lease or utility bill, children's birth certificates; Harris County resident
Hours: Mon 5:30pm - 8:30pm
Languages: Spanish

Fair Haven United Methodist Church Food Pantry
1330 Gessner
Houston, TX 77055
(713) 467-4363
Intake procedure: Walk-ins accepted
Documents required: Photo ID; Proof of address within last 30 days; Proof of income; Utility bill; Rent lease with paid receipt
Hours: Mon - Fri 10:00am - 2:00pm
Area served: Zip Codes: 77024, 77027, 77043, 77055, 77056, 77079, 77080, 77041; Carverdale area only

Faith Presbyterian Church
1715 Market Street
Baytown, TX 77523
(281) 422-2938
Intake procedure: Must be referred by Love Inc.
Documents required: Proof of address
Hours: Mon - Fri 8:00am - Noon
Area served: Baytown

Farrington Mission Center
3625 Gager Street
Houston, TX 77093
(713) 694-3580
Intake procedure: Walk-ins accepted
Documents required: Valid ID with current address and 2 utility bills or lease with same names & addresses listed
Eligibility: Reside in zip code 77093 or 77016
Hours: Mon 6:00pm - 8:00pm
Languages: Spanish

First Baptist North Houston Food Pantry
4422 Lauder
Houston, TX 77093
(281) 442-4357
Eligibility: Call for information
Intake procedure: Emergency walk-ins accepted; Call for information
Documents required: Two proofs of address with same name on both; Social Security card for every family member registered; Proof of income
Hours: Mon 9:30am - 11:15am
Area served: Zip Codes: 77032, 77039, 77093, 77050, 77078, 77060, 77016

Galena Park Food Pantry
1702 3rd Street
Galena Park, TX 77547
(713) 678-3118
Intake procedure: Emergency walk-ins accepted
Documents required: Valid ID
Eligibility: Call for information
Hours: Thur 9:00am - 11:00am
Area served: 77547

Grace United Methodist Church - Heights
1245 Heights Boulevard
Houston, TX 77008
(713) 862-8884 Main
(713) 861-4927 Fax
Intake procedure: Emergency walk-ins accepted
Documents required: Driver's license or valid ID; Proof of current address
Eligibility: Must reside in service area
Hours: Thur 2:00pm - 4:30pm

Greater Law Church of God in Christ
4807 Wayne
Houston, TX 77026
(713) 672-2817
Intake procedure: Walk-ins accepted
Documents required: Application
Eligibility: Must reside in service area; Call for information
Hours: 2nd and 4th Tues 2:00pm - 3:30pm
Area served: Zip Codes: 77026

Greater Mount Zion Missionary Baptist Church Annette Strawder here to Help Pantry
835 West 23rd Street
Houston, TX 77008
(713) 692-8413
Documents required: Valid ID or Driver's License
Languages: Spanish not spoken - must speak English or have an interpreter

Hours: 10:00am - 2:00pm Tuesday

Greater St. Matthew Baptist Church
7701 Jutland
Houston, TX 77033
(713) 734-5736
Eligibility: Resident of service area
Intake procedure: Call for information; Walk-ins accepted
Documents required: Proof of address; Social security card; Valid ID
Hours: Fri 9:00am - 12:00pm
Area served: Zip Codes 77033, 77051 (between Scott and Cullen)

Greater Zion Missionary Baptist Church
3202 Trulley Street
Houston, TX 77004
(713) 659-7734
Eligibility: Resident of service area
Intake procedure: Referrals only (2-3 referrals daily)
Hours: Tues 10:00am - 2:00pm
Area served: Zip Code 77004

Gulf Coast Community Services Association
Good Neighbor Food Pantry
9320 Kirby Drive
Houston, TX 77054-2515
www.gccsa.org
(713) 393-4700 Main
(713) 393-4751 Fax
Intake procedure: Call for appointment
Documents required: Valid ID; Social Security card for all family members; Proof of income for 90 days prior to service request
Hours: Mon Wed Fri 10:00am - 5:00pm; Tue Thur 10:00am - 6:00pm
Area served: Harris county
Languages: Spanish, Vietnamese

Gulf Coast Community Services Association
J.D. Walker Multi-Service Center
Good Neighbor Food Pantry
7613 Wade Road
Baytown, TX 77521
www.gccsa.org
(281) 426-4757 Main
(713) 393-4751 Fax
Intake procedure: Call for appointment
Documents required: Valid ID; Social Security card for all family members; Proof of income for 90 days prior to service request
Hours: Mon Wed Fri 10:00am - 5:00pm; Tue Thur 10:00am - 6:00pm
Area served: Harris county

Hebron Seventh Day Adventist Church
7902 Wheatley
Houston, TX 77088
(281) 931-6021 Main
Eligibility: Call for information
Hours: Wed 12:30pm
Area served: Serves all areas

House of Amos
8030 Boone Road
Houston, TX 77072
www.houseofamos.org
(281) 495-9061
Intake procedure: Call for appointment; Walk-ins accepted; Call for information
Documents required: Valid ID; Proof of address or utility bill
Hours: Mon - Thur 9am - Noon; Sat 9am - Noon

Houston's First Baptist Church
Mission Training Center
8009 Long point
Houston, TX 77055
www.houstonfirst.org
(713) 554-8801
Eligibility: Call for information

Houston Dept of Health & Human Services
Magnolia Health Center
7037 Capitol Avenue
Houston, TX 77011
(832) 393-5427 Appointment Line WIC
(713) 928-9800 Main
www.ci.houston.tx.us/departme/health
Intake procedure: Call for information

Hours: Call for information
Area served: Harris County
Site hours: Mon 8:30am - 5:30pm; Tues - Fri 7:30am - 4:30pm
Languages: Spanish

Humble Area Assistance Ministries
1302 First Street
Humble, TX 77338
www.haamministries.org
(281) 446-3663
Eligibility: Call for information
Hours: Mon - Thur 10:00am - 2:00pm
Area served: 77336, 77338, 77339, 77345, 77346, 77347, 77357, 77365, 77396, 77372, 77532
Languages: Spanish

Jordan Grove Baptist Church
2603 Anita
Houston, TX 77004
www.jordangrove.org
(713) 522-8000 Main
Intake procedure: Walk-ins accepted
Documents required: TX driver's license; Utility bill; Proof of address; Social Security number
Hours: Wed 8:30am - 11:00am
Area served: Zip Code 77004, other zip codes served on an emergency basis

Julia C. Hester House, Inc.
2020 Solo
Houston, TX 77020
www.jchesterhouse.org
(713) 672-2573
Intake procedure: Emergency walk-ins accepted
Documents required: Valid TX Driver's License; Social Security card; Birth Certificate; Utility Bill
Eligibility: Individuals and families in crisis
Hours: Fri 9:00am - Noon
Languages: Spanish

Katy Christian Ministries
5011 E. 5th Street
Katy, TX 77493
www.ktcm.org
(281) 391-5261
Intake procedure: Emergency walk-ins accepted; Interview at social services program
Eligibility: Reside in service area
Hours: Mon - Thur 9am - 4pm; Fri 9am - 3pm
Languages: Spanish

Larkin Community Center
5414 Larkin
Houston, TX 77007
www.mdumc.org/serve/larkin.asp
(713) 869-9143
Intake procedure: Walk-ins accepted
Documents required: Utility bills; Rent or mortgage statement; Proof of address
Hours: Tues 9:00am - Noon
Area served: Zip Codes: 77007, 77008
Languages: Spanish

Leap of Faith Ministries
11410 Martin L. King Boulevard
Houston, TX 77048
(713) 469-1417
Intake procedure: Call for appointment
Documents required: Valid ID; Proof of address; Application
Hours: Mon - Fri 9:00am - 3:00pm
Area served: Harris county

MANNA (Ministry Assistance of the Near Northwest Alliance)
2101 West 34th Street
Houston, TX 77018
(713) 682-7556
Intake procedure: Call for information; Walk-ins accepted
Documents required: Social Security card for everyone in household; Picture ID for applicant
Hours: Mon Tues & Thur 9:30am -11:30am

Manna House Third Ward Pantry
3118 ½ Blodgett Street
Houston, TX 77004
(713) 529-3381
Intake procedure: Walk-ins accepted
Documents required: Valid ID; Proof of address;

Proof of income
Eligibility: Low-income
Hours: Thur & Fri 9:00am - 1:00pm
Area served: Zip Code 77004

Mission Bells Food Pantry
14700 Bellaire Boulevard
Houston, TX 77083
(281) 530-1675
Intake procedure: Walk-ins accepted
Documents required: Proof of address; Valid ID
Hours: Wed 6:00pm - 8:00pm; Tues Thur Sat 10:00am - Noon
Area served: Zip Codes 77072, 77082, 77083, 77478

Mission Greenspoint
243A Greens Road
Houston, TX 77060
(281) 872-1422
Intake procedure: Call for appointment
Eligibility: Must reside in service area
Hours: Call for information
Languages: Spanish

Missouri Street Church of Christ
3400 S. Business Highway 146
Baytown, TX 77523
(281) 427-0459
Eligibility: Call for information; One person per household
Intake procedure: Referrals; Walk-ins accepted
Documents required: Current proof of address; Driver's license or valid ID; Other ID;
Hours: Tues Thur 5:00pm - 6:00pm
Area served: Zip Codes 77520, 77521, 77522
Languages: Spanish

Mt. Vernon United Methodist Church
2723 Burnett Court
Houston, TX 77020
www.gbgm-umc.org/mtvernonhou
(713) 229-9846
Intake procedure: Walk-ins accepted
Documents required: Valid ID; Social Security card; Proof of address
Hours: 2nd and 4th Tue and Wed of the month 10:00am - 2:00pm
Area served: Zip Codes 77020, 77026

My Brother's Keeper Outreach Center
12713A Bissonnet Street
Houston, TX 77099
mybkoutreach.org
(281) 498-9933 Main
(281) 498-9944 Fax
DESCRIPTION: Provides a food pantry to those in need.
Intake procedure: Call for information
Documents required: Current lease or mortgage statement; Valid picture ID; Social Security card for each family member; Proof of all income; Award letter for food stamps, SSI, etc.
Hours: Mon Wed Fri 10:00am - 2:00pm
Area served: Harris

Neighborhood Centers Inc.
Cleveland-Ripley Community Center
720 Fairmont Parkway
Pasadena, TX 77504
www.neighborhood-centers.org
(713) 944-9186 Main
(713) 944-6128 Fax
Intake procedure: Call for days and times
Documents required: Valid ID; Proof of income
Area served: Pasadena
Languages: Spanish

Neighborhood Centers Inc.
La Porte Community Center
526 San Jacinto
La Porte, TX 77571
www.neighborhood-centers.org
(281) 471-1824 Main
(281) 471-2977 Fax
Intake procedure: Call for days and times
Documents required: Valid ID; Proof of income
Area served: Zip Codes 77536, 77571, 77572, 77586
Languages: Spanish

Norris Chapel United Methodist Church
7415 St. Lo Road
Houston, TX 77033
(713) 733-7856
Eligibility: Must reside in service area
Intake procedure: Walk-ins accepted
Documents required: Proof of residence (driver's license, utility bill)
Hours: 1st and 3rd Wed 10:00am - 11:00am
Area served: Zip Codes: 77033

North Central Baptist Church
2102 Tidwell
Houston, TX 77093
(713) 692-6316 Main
(713) 692-2196 Fax
Eligibility: Low-income; No limit to families served as long as they meet requirements
Intake procedure: Emergency walk-ins accepted; Call for information
Documents required: Valid ID; Proof of address; Proof of income
Hours: Tues 5:00pm - 7:00pm
Languages: Spanish

North Channel Assistance Ministries
13837 1/2 Bonham
Houston, TX 77015
(713) 453-8028
Intake procedure: Walk-ins accepted
Documents required: Valid ID; TANF or Food Stamp award letter; Proof of income; Proof of address; Shot records or birth certificates for children
Eligibility: Call for information; Minimum age 18
Hours: Mon - Fri 8:00am - 2:00pm
Area served: Zip Codes 77013, 77015, 77029, 77044, 77049, 77078, 77530
Languages: Spanish

Northwest Assistance Ministries
15555 Kuykendahl Road
Houston, TX 77090
www.namonline.org
(281) 583-5600
Intake procedure: Walk-ins accepted
Eligibility: Must reside in service area
Hours: - Thur 8am - 5pm; Fri 8am - 4pm
Languages: Spanish

Notre Dame Catholic Church
7720 Boone Road
Houston, TX 77072
www.notredamechurch.org
(281) 498-4653
Intake procedure: Call for application
Eligibility: Minimum age 60 or disabled living on a limited income
Hours: Tues Wed Thurs 9:00am - Noon

Our Lady of Guadalupe Church
1124 Beech
Baytown, TX 77523
(281) 428-1506
Eligibility: Based on income and family size
Intake procedure: Call for information; Call for appointment
Documents required: Valid ID; Proof of address; Utility bill; Proof of income
Hours: Thur 10:00am - Noon; Fri 4:00pm-7:00pm
Area served: Zip Codes: 77520, 77521, 77530, 77532, 77562
Languages: Spanish

Our Lady Star of the Sea
1401 Fidelity
Houston, TX 77029
(713) 674-6620
Intake procedure: Emergency walk-ins accepted
Documents required: Proof of address; Valid ID
Hours: Tues Thur 9am - 11am every other week
Area served: Zip Codes 77013, 77015, 77029

Prince of Peace Catholic Church
19222 State Highway 249
Houston, TX 77070
(281) 469-2686 ext. 238
Intake procedure: Walk-ins accepted
Documents required: Proof of address; Proof of income; Proof of need
Hours: Emergency food Mon - Thur 8:30am -

8:30pm
Area served: Zip Codes 77064, 77066, 77070, parts of 77065, 77068, 77014, 77069

Queen of Peace Catholic Church
3011 Telephone
Houston, TX 77023
(713) 921-6127
Intake procedure: Walk-ins accepted
Documents required: Proof of address
Hours: Tues 10:00am - Noon
Area served: Zip Codes 77023, 77087
Languages: Spanish

Restoration Assistance Ministries
1369 Spears Road
Houston, TX 77067
(281) 873-4726
Intake procedure: Call for appointment; Walk-ins accepted
Documents required: Valid ID; Proof of address; Utility bill; Proof of income; Social Security card(s); Lease if living in apartment
Hours: Mon - Wed 10:00am - 2:00pm

Resurrection Metropolitan Community Church
2025 West 11th Street
Houston, TX 77008
www.resurrectionmcc.org
(713) 861-9149
Documents required: Valid ID
Hours: Call for appointment
Area served: No area restrictions

Riceville Mt. Olive Baptist Church
11231 South Gessner Road
Houston, TX 77071
www.riceville.org
(713) 774-4880
Intake procedure: Applications must be filled out completely
Hours: 1st and 2nd Wednesday at 6:30pm
Area served: Houston, Missouri City, Sugarland

The Salvation Army - Greater Houston Area Command Social Service Department
2208 Main Street
Houston, TX 77002
www.salvationarmyhouston.org
(713) 658-9205 Main
(713) 658-9206 Fax
Intake procedure: Call for appointment
Hours: Mon - Fri 8:00am - 5:00pm
Area served: Harris county

The Salvation Army Community Center
International Corps Community Center
(West Houston)
5757 Ranchester, Suite 1900
Houston, TX 77036
www.salvationarmyhouston.org
(713) 988-5201 Main
(713) 988-5644 Fax
Intake procedure: Emergency walk-ins accepted
Documents required: Valid ID; Two forms of ID
Eligibility: Must go to the food stamp office first
Hours: Mon - Fri 8:30am - 3:00pm
Area served: Houston

The Salvation Army
Pasadena Corps Community Center/
Boys & Girls Club
2732 Cherrybrook Lane
Pasadena, TX 77502
www.salvationarmyhouston.org
(713) 378-0020 Main
(713) 378-0018 Fax
Intake procedure: Emergency walk-ins accepted
Documents required: Valid ID; Two forms of ID
Eligibility: Must go to the food stamp office first
Hours: Mon - Fri 8:30am - 3:00pm
Area served: Cities: Baytown, Channelview, La Porte, Pasadena, Webster
Languages: Spanish

South Park Baptist Church
5830 Van Fleet
Houston, TX 77033
(713) 644-1666 Main
Eligibility: Low-Income; Reside in service area; Minimum age 60
Intake procedure: Walk-ins accepted; Referrals

Documents required: Food stamp or social security award letter; Medicaid; Social Security number; Proof of address
Hours: Wed 10:00am - 2:00pm
Area served: Zip Code 77033
Languages: Spanish, French, Haitian

South Side Church of Christ
13835 Buxley
Houston, TX 77045
(713) 434-8111
Intake procedure: Walk-ins accepted
Documents required: Valid ID; Proof of address; Proof of income
Eligibility: Zip Codes 77035, 77045, 77047, 77053, 77055
Hours: 4th Saturday 9:00am - 1:00pm

Southeast Area Ministries
2102 Houston Boulevard
South Houston, TX 77587
(713) 944-0093 Main
(713) 944-9379 Alternate
Eligibility: Must reside in service area; Meet income guidelines; Minimum age 65 or disabled for monthly assistance
Intake procedure: Walk-ins accepted; Referrals
Documents required: Proof of address; Driver's license or valid picture ID; Social Security number for each family member or Birth Certificate
Hours: Mon - Thur 10:00am - 1:30pm
Area served: Zip Codes 77017, 77034, 77061, 77075, 77087, 77089, 77504, 77587
Languages: Spanish

Spring Assistance Ministries
810 East Louetta
Spring, TX 77373
www.springassistanceministries.org
(281) 353-4480
Intake procedure: Call for information
Documents required: Texas drivers license; Utility bill
Eligibility: Must reside in service area
Hours: Mon 1:00pm - 3:00pm; Wed 9:00am - 11:30am; Thur 1:00pm - 3:00pm
Area served: 77073, 77090, 77338, 77373, 77380, 77381, 77382, 77386, 77388, 77389

St. Bernadette Christian Action
15500 El Camino Real
Houston, TX 77062
www.stbchurch.org
(281) 486-0337 ext. 301
Intake procedure: Walk-ins accepted
Documents required: Drivers license or valid ID; Current lease or proof of residence
Eligibility: Resident of 77058, 77059, 77062, 77586, or 77098 zip codes. If caller is from 77586, referral required from Seabrook United Methodist Church and Interfaith Caring Ministries
Hours: Mon - Thur 9:30am - 11:30am
Languages: English & Spanish (on most days)

St. Charles Borromeo
501 Tidwell
Houston, TX 77022
(713) 692-6303 Main
(713) 692-6314 Fax
Intake procedure: Walk-ins accepted
Documents required: Proof of address; Utility bill; Drivers license or valid ID; Social Security card for each family member served
Hours: Sat 7:30am - 10:00am
Area served: Zip Codes: 77022, 77076, 77093
Languages: Spanish

St. Christopher Catholic Church
8150 Park Place
Houston, TX 77017
www.stchristopherhouston.org
(713) 645-6614
Intake procedure: Only take 40 requests per week; Call or walk-in to pre-register Mon - Thur 9:30am - 8:00pm; Fri 9:30 - Noon
Documents required: Current proof of address; Valid picture ID
Eligibility: Serves parts of zip codes 77012, 77017, 77061, 77087 within parish boundaries
Hours: Sat 9:30am - 11:00am

Languages: Spanish; Vietnamese (translator)

St. Francis of Assisi
5100 Dabney
Houston, TX 77026
(713) 673-7737
Eligibility: Must reside in service area
Intake procedure: Call for appointment; Walk-ins accepted
Documents required: Driver's license or valid ID; Proof of income and residence; Social Security cards and birth certificate of family members 19 years and younger
Hours: Mon-Thur 7:00am-Noon
Area served: Zip Code 77026

St. Francis Xavier
4600 Reed Road
Houston, TX 77051
www.sfxhouston.org
(713) 731-2716 Main
(713) 738-3337 Fax
Intake procedure: Call for appointment; Walk-ins accepted
Documents required: Proof of income; Proof of address
Eligibility: Must reside in service area
Hours: Mon - Fri 8:00am - 10:00am
Area served: Zip Codes 77051, 77048, 77033

St. Giles Presbyterian Church
5900 Pinemont Drive
Houston, TX 77092
(713) 680-9976
Eligibility: Unemployed, asst one time a month
Intake procedure: Walk-ins accepted
Documents required: Call for information
Hours: Mon - Tues 10am-1pm; Fri 10am-Noon
Area served: Zip Codes: 77040, 77088, 77091, 77092

St. Jerome's Vincentian Center
8825 Kempwood Drive
Houston, TX 77080
(713) 468-5910
Eligibility: Unemployed or underemployed
Intake procedure: Walk-ins accepted
Documents required: Valid ID; Proof of address; Birth certificates for all household members seeking assistance
Hours: Mon - Thur 9:30am - Noon
Area served: Zip Codes 77041, 77043, 77080, parts of 77055 (north of Long Point only)
Languages: Spanish

St. John Vianney Social Ministry
625 Nottingham Oaks Trail
Houston, TX 77079
www.stjohnvianney.org
(281) 497-4434
Documents required: Drivers license or valid picture ID; Proof of address (copy of lease); Proof of income; Utility bill
Eligibility: Must reside in service area or be a registered parishioner
Hours: Mon - Fri 9:00am - 11:00am
Area served: Zip Codes 77077 and 77079, or a registered parishioner
Languages: Spanish

St. Joseph Social Ministry
1505 Kane
Houston, TX 77007
www.stjosephparish.cc
(713) 222-8903
Intake procedure: Call for information
Documents required: Valid ID; Proof of address; Proof of income
Hours: Mon - Fri 9:00am - Noon, 1:00pm - 4:00pm
Area served: Zip Codes: 77007, 77009

St. Justin Martyr Social Ministry
13350 Ashford Point Drive
Houston, TX 77082
www.sjmtx.org
(281) 556-6882
Intake procedure: Walk-ins accepted
Documents required: Valid ID; Lease agreement; Proof of address; Proof of income
Eligibility: Must reside in service area
Hours: Mon Wed Fri 10:00am - 1:00pm

Area served: Zip Codes 77077, 77082, 77083

St. Mary Magdalene Social Services
527 South Houston Avenue
Humble, TX 77338
(281) 540-1907
Intake procedure: Walk-ins only
Documents required: Verification of food stamp eligibility; TX drivers license or valid ID
Eligibility: Must reside in service area
Hours: Mon Wed Fri 10:00am - Noon
Area served: Zip Codes 77346, 77396, parts of 77338 (east of Lee road)
Languages: German, Spanish

St. Matthew the Evangelist Catholic Church
9915 Hollister
Houston, TX 77040
www.stmatthewhou.org
(713) 466-4099 Main
(713) 896-7235 Fax
Intake procedure: Call for appointment
Documents required: Valid ID; Utility bill; Application
Eligibility: Must reside in zip code 77040
Hours: Mon & Wed 10:00am-2:00pm
Area served: Zip Codes 77040, 77088, 77086

St. Pius Catholic Church
824 Main
Pasadena, TX 77506
www.stpiusvchurch.com
(713) 473-9484 ext. 316
Intake procedure: Call for appointment
Documents required: Social Security card; Valid ID; Lonestar card; Proof of address
Eligibility: Must reside in service area
Hours: Tues & Wed 2:00pm - 4:00pm
Area served: Pasadena, Deer Park, City of South Houston (77587) and Galena Park (77547)
Languages: Spanish

St. Stephen Presbyterian Church
2217 Theta Street
Houston, TX 77034
(713) 946-4006
Intake procedure: Registration required; Walk-ins accepted for 1st time clients
Documents required: Proof of address; Valid ID; Proof of income
Eligibility: Based on income and family size
Hours: 9:00am - 11:00am 3rd Fri of each month
Area served: Zip Codes: 77017, 77034, 77075, 77089, 77587
Languages: Spanish

St. Thomas Presbyterian Church
14100 Memorial Drive
Houston, TX 77079
(281) 497-4846
Intake procedure: Call for appointment
Documents required: Social Security card; Green card
Hours: Mon - Thur 9:00am - Noon
Area served: Zip Codes: 77079

St. Vincent de Paul Society of
St. Bartholomew Catholic Church
5356 11th Street
Katy, TX 77493
(281) 391-1540
Eligibility: Must reside in service area
Intake procedure: Must contact Katy Christian Ministries first
Hours: Tues Thur 6:00pm - 8:00pm
Area served: Katy
Languages: Spanish

Target Hunger
Berea Missionary Baptist Church
11507 Homestead
Houston, TX 77016
(281) 449-1859
Documents required: Valid photo ID; Utility bill; Rent receipt; Proof of any income received
Eligibility: Must meet federal income poverty limits

Target Hunger
Denver Harbor Multi-Service Center
6402 Market
Houston, TX 77020

(713) 670-2102
Documents required: Valid photo ID; Utility bill; Rent receipt; Proof of any income received
Eligibility: Must meet federal income poverty limits

Target Hunger
Greater True Vine Missionary Baptist Church
3010 Fontinot
Houston, TX 77026
(713) 672-9086
Documents required: Valid photo ID; Utility bill; Rent receipt; Proof of any income received
Eligibility: Must meet federal income poverty limits

Target Hunger
Langston Family Life Center
2814 Quitman
Houston, TX 77026
(713) 226-4953
Documents required: Valid photo ID; Utility bill; Rent receipt; Proof of any income received
Eligibility: Must meet federal income poverty limits

Target Hunger
Law Memorial Church of God in Christ
4807 Wayne
Houston, TX 77026
(713) 670-8335
Documents required: Valid photo ID; Utility bill; Rent receipt; Proof of any income received
Eligibility: Must meet federal income poverty limits

Target Hunger
Mt. Vernon United Methodist Church
2723 Burnett Court
Houston, TX 77020
(713) 229-9846
Documents required: Valid photo ID; Utility bill; Rent receipt; Proof of any income received
Eligibility: Must meet federal income poverty limits

Target Hunger
Our Mother of Mercy Catholic Church
2007 Granger
Houston, TX 77020
(713) 672-0026
Documents required: Valid photo ID; Utility bill; Rent receipt; Proof of any income received
Eligibility: Must meet federal income poverty limits

Target Hunger
St. Francis of Assisi Catholic Church
5102 Dabney
Houston, TX 77020
(713) 673-7737
Documents required: Valid photo ID; Utility bill; Rent receipt; Proof of any income received
Eligibility: Must meet federal income poverty limits

Target Hunger
St. Peter Claver
6005 North Wayside
Houston, TX 77028
(713) 672-0804
Documents required: Valid photo ID; Utility bill; Rent receipt; Proof of any income received
Eligibility: Must meet federal income poverty limits

Target Hunger
2814 Quitman
Houston, TX 77026
www.targethunger.org
(713) 226-4953 Main
(713) 226-4954 Alternate
Documents required: Valid photo ID; Utility bill; Rent receipt; Proof of any income received
Eligibility: Must meet federal income poverty limits
Area served: Zip Codes 77016, 77020, 77026, 77028, 77078
Languages: Spanish

Target Hunger
The Island of Hope Church of God In Christ

1508 Gregg Street
Houston, TX 77020
(713) 222-0373
Documents required: Valid photo ID; Utility bill; Rent receipt; Proof of any income received
Eligibility: Must meet federal income poverty limits

Tomball Emergency Assistance Ministries
300 West Main
Tomball, TX 77375
www.teamtomball.com
(281) 351-6700
Eligibility: Must reside in service area
Intake procedure: Walk-ins accepted
Documents required: Proof of address; Social Security number
Hours: Tues and Fri only10:00am - 2:00pm
Area served: Zip Codes: 77375 NOTE: Will serve 77362 and 77429 if inside Tomball Independent School District

Uvalde Baptist Church
901 Uvalde Road
Houston, TX 77015
www.uvaldebaptist.org
(713) 453-2235
Intake procedure: Walk-ins accepted
Documents required: Proof of address
Hours: Food Pantry: 2nd Tues 8:00am-Noon; Food Fair 4th Sat 8:00am - Noon

Wesley Community Center, Inc.
Reba Veal Henderson Food Cooperative
1235 Lorraine (Entrance on Gano)
Houston, TX 77009
www.wesleyhousehouston.org
(713) 222-8725
Fees: $10 yearly registration fee; $30 distribution fee for each visit
Intake procedure: Call for distribution reservation
Hours: Every other Thur 10:00am - 5:00pm
Area served: Houston
Languages: Spanish

West Houston Assistance Ministries
10501 Meadowglen Lane
Houston, TX 77042
www.whamministries.org
(713) 977-9942
Intake procedure: Walk-ins accepted
Documents required: Valid ID; Proof of address, income and crisis
Hours: Mon - Fri 10:00am - 2:00pm
Area served: Zip Codes: 77042, 77057, 77063, 77077, 77082
Languages: Spanish

Westbury Church of Christ
10424 Hillcroft
Houston, TX 77096
www.westburycoc.com
(713) 729-7880
Eligibility: Must reside in service area
Intake procedure: Walk-ins accepted; Referrals
Documents required: Driver's license or valid ID; Social Security number; Proof of address; Utility bill
Hours: Sat 10:00am - Noon
Area served: Zip Codes: 77036, 77081, 77096
Languages: Spanish

West-Side Social Services
1315 South Dairy Ashford
Houston, TX 77077
www.westsidesocialservices.org
(281) 589-0130 Main
(281) 293-9677 Fax
Intake procedure: Call for information; Walk-ins accepted
Documents required: Valid ID; Proof of address; Utility bill; Application; Proof of income
Hours: Wed 1:00pm - 6:00pm; Fri 1:00pm - 3:00pm
Area served: Zip Codes 77042, 77077, 77079, 77082, 77083

Windsor Village United Methodist Church
Social Services Office
12401 ½ South Post Oak Road
Houston, TX 77045

www.kingdombuilder.com/Home.asp
(713) 551-8792
Intake procedure: Call for application
Documents required: Valid ID; Social Security card for everyone in the household
Hours: Tues Wed 9:00am - 11:00am; Thur 10:30am - 12:30pm
Area served: Harris, Fort Bend Counties

Liberty County

Catholic Community of St. Joseph
804 South Cleveland Street
Dayton, TX 77535
(936) 258-5808
Intake procedure: Walk-ins accepted
Documents required: Valid ID; Proof of address; Utility bill; Proof of income
Hours: Mon Wed 9:00am - Noon
Area served: Zip Code 77535
Languages: Spanish

Operation Refuge, Inc.
1625 N. Blair
Cleveland, TX 77327
(281) 592-6701 Main
(281) 592-0204 Alternate
Intake procedure: Call for application
Documents required: Valid ID; Proof of address; Proof of income
Hours: Mon Tues Thur Fri 11:00am - 1:30pm

Repair the Breach Ministries
1713 Lilley Avenue
Cleveland, TX 77327
www.rtbm.thischurch.org
(281) 593-3767 Main
(281) 592-1414 Fax
Documents required: Valid ID; Proof of address; Utility bill; Proof of income; Social Security card
Eligibility: Must have government assistance or Low-income
Hours: Mon - Wed 10:00am - 2:00pm

Spirit of Sharing, Inc.
405 Texas Avenue
Liberty, TX 77575
(936) 336-6602
Intake procedure: Emergency walk-ins accepted
Documents required: Utility bill; Social Security card; Proof of income; Verification of needs
Eligibility: Minimum age 18
Hours: Mon Wed Fri 10:00am - 3:00pm
Area served: Zip Codes 77575, 77561, 77535
Languages: Spanish

Montgomery County

Creative Outreach Ministries
14699 Steede Road
Montgomery, TX 77356
www.creativeoutreach.com
(936) 441-5433
Intake procedure: Call for instructions on how to apply
Hours: Mon - Fri 10:00am - 5:00pm
Area served: Montgomery County

First Christian Church
3500 North Loop 336 West
Conroe, TX 77304
(936) 756-3554
Intake procedure: Walk-ins accepted
Hours: Wed 9:00am - Noon
Area served: Conroe, Willis

Gateway Baptist Food Pantry
2930 Rayford Road
Spring, TX 77386
(281) 363-4500 Main
(281) 363-0012 Fax
Intake procedure: Walk-ins accepted
Documents required: Valid ID; Proof of address; Application
Eligibility: Must reside in service area
Hours: Sat 9:00am - 11:00am
Area served: Zip Codes 77373, 77378, 77380, 77381, 77385, 77386, 77388, 77389

Interfaith of the Woodlands

4242 Interfaith Way
The Woodlands, TX 77381
www.woodlandsinterfaith.org
(281) 367-1230
Eligibility: Must reside in service area and experience a documented financial crisis
Intake procedure: Appointment required
Hours: Mon - Fri 8:00am - 5:00pm
Area served: Zip Codes 77380, 77381, 77382, 77383, 77384, 77385, 77386, 77375, 77389, 77354, 77355

Martin Luther King Center
603 South 6th Street
Conroe, TX 77301
(936) 788-2468
Intake procedure: Call for application
Hours: Mon - Fri 4:00pm - 8:00pm
Area served: Duggan area in Conroe

The Mission
21130 Highway 59 North
New Caney, TX 77357
(936) 539-9211
Intake procedure: Application in person
Documents required: Valid ID; Proof of address and income
Hours: Tues Wed Thur 9:00am - 11:00am

Area served:Zip Codes: 77302, 77303, 77306, 77336, 77339, 77345, 77357, 77365, 77372
Languages:Spanish

Montgomery Co. Emergency Assistance, Inc. Conroe Office
1022 McCall Avenue
Conroe, TX 77301
mcea-tx.org
(936) 539-9211
Eligibility: Low-income
Intake procedure: Walk-ins accepted; Complete application; Interview with a caseworker
Documents required: Valid ID; Social Security card; Proof of income; Proof of need
Area served: Montgomery County
Languages: Spanish

Montgomery Co. Emergency Assistance, Inc. Magnolia Office
West Montgomery Co. Comm. Develop. Ctr
31355 Industrial Lane, Suite 500
Magnolia, TX 77355
http://mcea-tx.org
(936) 539-9211 Main
(936) 539-9211 Fax
Eligibility: Low-income
Intake procedure: Walk-ins accepted; Complete application; Interview with a caseworker
Documents required: Valid ID; Social Security card; Proof of income; Proof of need
Area served: Montgomery County
Languages: Spanish

Montgomery Co. Emergency Assistance, Inc. New Caney Office
21130 Highway 59 North
New Caney, TX 77357
http://mcea-tx.org
(281) 577-8979
Eligibility: Low-income
Intake procedure: Walk-ins accepted; Complete application; Interview with a caseworker
Documents required: Valid ID; Social Security card; Proof of income; Proof of need
Area served: Montgomery County
Languages: Spanish

Montgomery Co. Emergency Assistance, Inc. Woodlands Office
1600 Lake Front Circle, Suite 201
The Woodlands, TX 77380
http://mcea-tx.org
(281) 292-4155
Eligibility: Low-income
Intake procedure: Walk-ins accepted; Complete application; Interview with a caseworker
Documents required: Valid ID; Social Security card; Proof of income; Proof of need
Area served: Montgomery County
Languages: Spanish

Nourishment for the Needy

27351 Blueberry Hill, Suite 46
Conroe, TX 77385
(281) 292-2695
Intake procedure: Call for application
Hours: Tues Thur 9:00am - 2:00pm
Area served: South Montgomery County

Society of Samaritans
31355 Friendship Drive Lane, Suite 500
Magnolia, TX 77355
(281) 259-8452
Intake procedure: Walk-ins accepted; Call for application
Documents required: Valid ID; Social Security card; Proof of address; Valid ID for children
Eligibility: Based on application and interview.
Hours: Mon Wed Fri 10:00am - 2:00pm; Tues Thur 10:00am - 4:00pm
Area served: Only the Magnolia Independent School District area of 77354, 77355, 77316, 77356, 77447, 77484

St. John of the Cross
2000 Loop 494
New Caney, TX 77357
www.stjohnofthecross.com
(866) 539-2938
Documents required: Proof of address; Social security card; Green Card; Drivers license
Eligibility: Low-income.
Hours: Mon & Thur 9:30am - 11:30am
Area served: Zip codes 77302, 77306, 77357, 77365, or 77372

Tamina Community Center
18955 Main
Conroe, TX 77385
www.taminacenter.org
(281) 465-4646
Eligibility: Call for information
Documents required: Call for information
Hours: Mon - Fri 3:00pm - 6:00pm

The Salvation Army Conroe Corps
Community Center/Boys & Girls Club
304 Avenue E
Conroe, TX 77301
www.salvationarmyhouston.org
(936) 760-2440
Intake procedure: Emergency walk-ins accepted
Documents required: Valid ID; Two forms of ID
Eligibility: Must go to the food stamp office first
Hours: Mon - Fri 8:30am - 3:00pm
Area served: Montgomery County
Languages: Spanish

TLC Food Pantry
110 W. Montgomery
Willis, TX 77378
(936) 443-0416
Documents required: Proof of address
Hours: Mon - Fri 10:00am - 1:00pm
Area served: Willis

Waller County

Brookshire-Pattison Food Pantry
531 FM 359 South
Brookshire, TX 77423
(281) 822-4200
Eligibility: Emergency need
Intake procedure: Application needed; May receive assistance once a month
Documents required: Proof of address; Proof of income; Social Security Number; Valid ID
Hours: Mon Wed Thu Fri 9:00am - 11:30am
Area served: Zip Codes 77423, 77466 within the Royal Independent School District

Community Outreach of Hempstead
PO Box 161
Hempstead, TX 77445
(979) 826-3889
Documents required: Social Security number; Proof of address; TANF
Hours: Tues 10:00am - 2:00pm
Area served: Hempstead

Titus Community Inc.

Chuck Wagon Ministry
1234 FM 359 North
Brookshire, TX 77423
www.tituscommunity.com/
(281) 375-8864 Main
(832) 259-8864 Alternate
Eligibility: No restrictions
Intake procedure: Walk-ins accepted
Hours: Tues 1:00pm - 3:00pm
Area served: Brookshire

Waller Assistance and Restoration Ministry
31315 FM 2920, Suite 11
Waller, TX 77484
www.wallerassistance.org
(936) 372-3025
Area served: Parts of Waller and Harris counties
Languages: Spanish

Walker County

Good Shepherd Mission
1005 M.L.K.
Huntsville, TX 77320
www.walkercountyonline.com/org/mission
(936) 291-8156
Eligibility: Resident of Walker County
Intake procedure: Walk-ins accepted
Documents required: Verification letter from TDHS; Social Security card; Long-term aid letter
Hours: Mon Wed Fri 9:00am - Noon