

Food Pantry - Rural	Pg
Service Category Definition - State Services	1
Nutrition – AIDSinfonet.org, September 2013	3
Food Pantries - referral.unitedwayhouston.org, April 2014	4

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 Houston EMA/HSDA Standards of Care.

FY 2015 RWPC “How to Best Meet the Need” Decision Process

Step in Process: Council		Date: 06/12/14
Recommendations:	Approved: Y _____ No: _____ Approved With Changes: _____	If approved with changes list changes below:
1.		
2.		
3.		
Step in Process: Steering Committee		Date: 06/05/14
Recommendations:	Approved: Y _____ No: _____ Approved With Changes: _____	If approved with changes list changes below:
1.		
2.		
3.		
Step in Process: Quality Assurance Committee		Date: 05/14/14
Recommendations:	Approved: Y _____ No: _____ Approved With Changes: _____	If approved with changes list changes below:
1.		
2.		
3.		
Step in Process: HTBMTN Workgroup		Date: 04/08/14
Recommendations:	Financial Eligibility:	
1.		
2.		
3.		



NUTRITION

WHY IS NUTRITION IMPORTANT?

Good nutrition means eating the right *kinds* and *amounts* of food. Good nutrition can be a problem for many people with HIV. In order to fight infection, the body uses energy and nutrients from food at an increased rate.

HIV infection can cause weight loss, but the medications you're prescribed may cause fat gain. In order to prevent muscle loss and/or fat gain, you should eat a variety of lean meat sources at least three times each day (eggs, poultry, fish, lean beef, chicken, pork). If you gain or lose more than 10lbs in 6 months, talk to your healthcare provider.

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. This is called malabsorption. If you experience an upset stomach, diarrhea, or mouth pain, see your doctor and dietitian.

NUTRITION GUIDELINES FOR PEOPLE WITH HIV

First, **eat more often**. Try to eat 4-6 times per day instead of 2-3 times per day. This will help prevent muscle loss. 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 meat, fruits, and vegetables.

- **Meat** (protein) helps build and maintain your muscles. Chicken, pork, beef, fish, eggs, and dairy are the best foods to eat for muscle maintenance.
- **Fruits & Vegetables & Whole Grains** (carbohydrates) give you energy and antioxidants. These are "power" foods that will help you fight infections. Every meal should contain fruits and vegetables.

- **Nuts & oils** (fats) provide energy for low-intensity exercise and normal body functions. You need some — but not too much.

A moderate **exercise** program will help your body turn your food into muscle. Within 15 minutes after exercise, eat a small meal or snack with meat, fruits, and veggies or drink a glass of chocolate milk. 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. The best way to know if you're getting enough water is to monitor the color of your urine. Light-yellow is ideal.

PRACTICE FOOD SAFETY

- Keep foods **out** of the temperature danger zone—41°–140° F.
- Wash your hands often. Use soap & water and scrub for at least 20 seconds. Wash hands immediately before and after handling raw food.
- Throw it out, when in doubt—never eat anything that you think is possibly spoiled.
- Wash all fresh produce thoroughly, even those that you remove the skin from, such as bananas, melons, and oranges.
- Sanitize countertops, cutting boards, and other food preparation areas frequently during meal preparation
- Never eat raw eggs or raw fish, such as in some eggnog recipes or sushi.
- Cook meat, poultry, and fish to the following recommended temperatures:
 - Poultry: 165° F
 - Ground meat: 155° F
 - Pork, beef, veal, lamb and fish: 145° F
- Reheat leftovers by heating to a minimum temperature of 145° F

- Avoid drinking well water

WHAT ABOUT SUPPLEMENTS?

Supplements can be dangerous. Avoid supplements unless you have discussed with your doctor and dietitian. Supplements (vitamins, minerals, protein powder, meal replacement drinks, amino acids, herbs) are often contaminated, expensive, and not regulated by the FDA. Supplements could contain ingredients that interfere with your medications.

THE BOTTOM LINE

Eating healthy foods is very important for people with HIV. When you are HIV-positive, you will need to change the types and amounts of foods you're eating.

Be sure to eat a balanced diet, including plenty of lean meats, fruits & vegetables, and whole grain foods. 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

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

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

Dong K, Imai CM.. Medical nutrition therapy for HIV and AIDS. In: Mahan LK, Escott-Stump S, Raymond JL. Krause's Food and the Nutrition Care Process. St Louis, MO: Elsevier Saunders; 2012:864-883.

Revised Sep 1,2013

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

Sealy Christian Pantry

624 Ward St.(6th & Ward)

Sealy, TX 77474

(979) 885-2120

Eligibility: Based on income and family size;

Must reside in service area

Intake procedure: Walk-ins accepted

Hours: Wed 9am-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; Soc Sec card

Eligibility: Low-income

Hours: Mon & Thurs 9am-11am

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; Soc Sec card for each household member, Texas DL or ID

Hours: Tues Thurs Fri 10am-1:30pm; Wed 6pm-8pm;

Area served: Zip Codes 77459, 77477, 77478, 77479, 77489, 77583, 77545, 77053, 77083, 77099

Katy Christian Ministries

Fulshear Food Pantry

30415 5th Street

Fulshear, TX 77441

www.ktcm.org

(281) 346-8051

www.ktcm.org

Intake procedure: Emergency walk-ins accepted;

Interview at social services program

Eligibility: Reside in service area

Hours: Mon-Sat 9am-5pm

Languages: Spanish

Katy Christian Ministries

Katy Food Pantry

5011 E. 5th Street

Katy, TX 77493

(281) 391- 3730

www.ktcm.org

Intake procedure: Emergency walk-ins accepted;

Interview at social services program

Eligibility: Reside in service area

Hours: Mon-Thurs 8:30am-5pm, closed 12-12:30

Languages: Spanish

Second Mile Mission Center

1135 Highway 90A

Missouri City, TX 77489

www.secondmile.org

(281) 261-9199

Intake procedure: Walk-ins accepted

Documents required: Proof of address; Driver's license or valid ID; Soc Sec cards for all members of the family

Eligibility: Fort Bend County resident

Hours: Mon Wed Fri 9am-5pm; Tues Thurs 9am-

8pm; Sat 9am-Noon

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: Soc Sec card; Government documents; Driver's license or valid ID.

Hours: Sat 10am-1pm

Languages: Spanish

Harris County

Bayshore Baptist Church Food Pantry

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

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
 Hours: Mon Wed Fri 10am-2pm
 Area served: Zip Codes 77025, 77035, 77045,
 77051, 77053, 77054, 77071, 77085, 77096
 Languages: American Sign Language; Spanish

Bread of Life, Inc.

1703 Gray Street
 Houston, TX 77003
www.breadoflifeinc.org
 (713) 659-3237
 Intake procedure: Walk-ins accepted
 Eligibility: Must be indigent
 Hours: Wednesdays
 Languages: Spanish

Catholic Charities of the Archdiocese of Galveston-Houston Guadalupe Area Social Services

326 South Jensen
 Houston, TX 77003

The Christian Outreach Center

4333 West Little York Road
 Houston, TX 77091
www.cochouston.com
 (713) 683-0847
 Intake procedure: Call for information
 Documents required: Valid ID; Proof of address
 & income; Utility bill; Soc Sec card; Valid ID on all
 dependents
 Eligibility: Low-income
 Hours: Mon Wed 1pm-3pm
 Area served: Zip Codes 77088, 77091, 77018,
 77066, 77040, 77092

Churches United in Caring

944 Church Street
 Crosby, TX 77532
 (281) 328-3178

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-5pm
 Languages: Spanish

Christian Community Service Center

3434 Branard
 Houston, TX 77027
www.ccschouston.com
 (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
 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
 Languages: Spanish

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: Photo ID; Proof of
 residency & crisis
 Eligibility: Low-income; Reside in service area
 Site Hours: Mon Tues Thurs Fri 10am-2pm; Sat
 9am-Noon
 Area served: Zip Codes 77031, 77036, 77072,
 77074

Intake procedure: Walk-ins accepted
 Documents required: Three forms of ID: utility
 bill, rent receipt, Texas driver's license; proof of
 residence; Soc Sec card
 Hours: Mon Wed Fri 10am-11:30am
 Area served: Zip Codes 77532, 77336

Community Family Centers

7524 Avenue E
 Houston, TX 77012
www.communityfamilycenters.org
 (713) 923-2316
 Intake procedure: Walk-ins accepted; seen by
 appointment
 Documents required: Valid ID; Proof of address
 & income
 Eligibility: Low income
 Hours: Mon-Fri 8am-4pm

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: referral; appointment required
Documents required: Soc Sec Card
Hours: Wed Fri 10am-2pm; Sat by appointment
Area served: Zip Codes 77020, 77021, 77026
Languages: Spanish

Cypress Assistance Ministries

11202 Huffmeister Road
Houston, TX 77065
www.cypressassistanceministries.org
(281) 955-7684
Eligibility: Must reside in service area
Intake procedure: Appointment required
Documents required: Utility bill; All award letters and sources of income (WIC, TWC, TANF, Soc Sec, SSI, SSD & child support); Valid Texas ID; Soc Sec card
Hours: Mon-Thurs 10am-2pm

East Spring Branch Food Pantry

Holy Cross Lutheran Church
7901 Westview
Houston, TX 77055
eastspringbranchfoodpantry.com
(713) 464-0852
Intake procedure: Call for appointment; Walk-ins accepted
Documents required: Valid ID for all household members; Proof of address
Hours: Mon 11am-1pm; Tues Thurs 11am-2pm; Sat 10am-Noon
Area served: Zip Codes 77024, 77043, 77055, 77080, 77092

Emergency Aid Coalition

5401 Fannin
Houston, TX 77004
www.eachouston.org
(713) 528-3663 Main
(713) 526-5135 Alternate
Eligibility: Families only, every 2 months; Harris County resident
Intake procedure: Walk-ins accepted
Documents required: current photo ID, current lease or utility bill, children's birth certificates
Hours: Mon-Fri 9:30am-Noon
Languages: Spanish

Farrington Mission Center

3625 Gager Street
Houston, TX 77093
(713) 694-3580
Intake procedure: Walk-ins accepted
Documents required: Valid ID with current address & 2 utility bills or lease with same names & addresses listed
Eligibility: Zip code 77093 or 77016
Hours: Mon 6pm-8pm
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 info
Hours: 2nd & 4th Sat 9am-12pm
Area served: 77547

Grace Point Food Pantry

1315 South Dairy Ashford
Houston, TX 77077
(281) 589-0130
www.Churchisfun.org
Intake procedure: Call for information; Walk-ins accepted
Documents required: Valid ID; Proof of address; Utility bill; Application
Eligibility: Must reside in 77072, 77077, 77079, 77082, 77094
Hours: Wed 1pm-5:45pm; Fri 10am-12pm (Fri may not be open, please call first)
Languages: Spanish

Grace United Methodist Church-Heights

1245 Heights Boulevard
Houston, TX 77008
(713) 862-8884
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: Thurs 2pm-4:30pm

Greater Mount Zion Missionary Baptist Church
Annette Strawder Here to Help Pantry
 835 West 23rd Street
 Houston, TX 77008
 (713) 862-5117
 Documents required: Valid ID or Driver's License
 Hours: 10am-2pm Tuesday
 Languages: English only

Greater St. Matthew Baptist Church
 7701 Jutland
 Houston, TX 77033
www.greatersaintmatthewchurch.org
 (713) 734-5670
 Eligibility: Resident of service area
 Intake procedure: Call for info; Walk-ins accepted
 Documents required: Proof of address; Soc Sec card; Valid ID
 Hours: Fri 9am-12pm
 Area served: Zip Codes 77033, 77051 (between Scott and Cullen)

Greater Zion Missionary Baptist Church
 3202 Trulley Street
 Houston, TX 77004
 (713) 659-7735
 Eligibility: Resident of service area
 Intake procedure: Referrals only (2-3 daily)
 Hours: Tues 10am-2pm
 Area served: Zip Code 77004

Gulf Coast Community Services Association
 9320 Kirby Drive
 Houston, TX 77054-2515
www.gccsa.org
 (713) 393-4700
 Intake procedure: Call for appointment
 Documents required: Valid ID; Soc Sec card for all family members; Proof of income for 90 days prior to service request
 Hours: Mon Wed Fri 9am-5pm; Tue Thurs 9am-6pm
 Area served: Harris County
 Languages: Spanish

Hebron Seventh Day Adventist Church
 7902 Wheatley
 Houston, TX 77088
 (281) 931-6021
 Eligibility: Call for information
 Hours: Third Weds, 12:30pm-3:30pm

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 info
 Documents required: Valid ID; Proof of address or utility bill
 Hours: Mon-Thurs 9am-Noon; Sat 10am-Noon

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

Humble Area Assistance Ministries
 1302 First Street
 Humble, TX 77338
www.haaministries.org
 (281) 446-3663
 Intake procedure: Walk-ins accepted
 Documents required: Photo ID; Proof of address, income and temporary crisis
 Hours: Mon-Thurs 10am-2pm
 Area served: 77336, 77338, 77339, 77345, 77346, 77347, 77357, 77365, 77396, 77372, 77532
 Languages: Spanish

Jordan Grove Baptist Church
 2603 Anita
 Houston, TX 77004
 (713) 522-8000
www.jordangrove.org
 Intake procedure: Walk-ins accepted
 Documents required: Texas driver's license; Utility bill; Proof of address; Soc Sec 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; Soc Sec card; Birth Certificate; Utility Bill
 Eligibility: Individuals and families in crisis.
 Hours: Fri 9am-Noon
 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: Photo ID; Utility bills; Rent or mortgage statement; Proof of address; Birth certificates of children to receive services. All proofs must be current.
Hours: Fri 9am-11am
Area served: Zip Code 77007
Languages: Spanish

Leap of Faith Ministries

6780 Southwest Freeway
Houston, TX 77074-3041
(713) 987-4623

Intake procedure: Appointments, no walk-ins
Documents required: Valid ID; Proof of address; Application
Hours: Mon-Fri 9am-3pm

MANNA (Ministry Assistance of the Near Northwest Alliance)

2101 West 34th Street
Houston, TX 77018
(713) 682-7556

Intake procedure: Call for info; Walk-ins accepted
Documents required: Soc Sec card for everyone in household; Picture ID for applicant
Eligibility: Assistance once every 30 days
Hours: Mon Tues Thurs 9:30am-11:30am
Area served: Zip Codes 77007, 77008, 77009, 77018, 77022, 77037, 77040, 77076, 77088, 77091, 77092

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 & income
Eligibility: Low-income
Hours: Thurs Fri 9am-1pm
Area served: Zip Code 77004 & 77021 but not one will be turned away that is in need.

Mission Bells Food Pantry

14700 Bellaire Boulevard
Houston, TX 77083
www.wpchouston.net/food_pantry.cfm
(281) 530-1675

Intake procedure: Walk-ins accepted
Documents required: Proof of address; Valid ID

Hours: Tues 6pm-8pm; Tues Thurs Sat 10am-12p
Area served: Zip Codes 77072, 77082, 77083, 77468, 77469

Mission Greenspoint

243-A Greens Road
Houston, TX 77060
(281) 872-1422

Intake procedure: Call for appointment
Eligibility: Zip Codes 77016, 77032, 77037, 77038, 77039, 77040, 77060, 77066, 77067, 77073, 77086, 77088, 77091, 77092, 77093, 77338, 77396

Hours: Mon-Thurs 10am-3pm
Languages: Spanish

Missouri Street Church of Christ

3400 S. Business Highway 146
Baytown, TX 77523
(281) 427-0459

Eligibility: elderly or unemployed; assistance one time per month per household
Intake procedure: Referrals; Walk-ins accepted (arrive by 3:15 to sign in)
Documents required: Current proof of address (no PO Boxes); Driver's license or valid ID.
Hours: Tues Thurs 3:15pm-5pm
Area served: Zip Codes 77520, 77521
Languages: Spanish

My Brother's Keeper Outreach Center

12713-A Bissonnet Street
Houston, TX 77099
mybkoutreach.org
(281) 498-9933

Documents required: Current lease or mortgage statement; Valid picture ID; Soc Sec card for each family member; Proof of all income; Award letter for food stamps, SSI, etc.
Hours: Mon Wed Fri 10am-2pm; 2nd Sat 10am-Noon; 4th Tues 6:30pm-8:30pm
Area served: Harris and Ft. Bend counties

Norris Chapel United Methodist Church

7415 St. Lo Road
Houston, TX 77033
(713) 733-7856

Eligibility: Must reside in Zip Code 77033
Intake procedure: Walk-ins accepted
Documents required: Proof of residence (driver's license, utility bill)
Hours: 1st and 3rd Wed 10am-12pm

North Central Baptist Church

2102 Tidwell
Houston, TX 77093
(713) 692-6316

Eligibility: Low-income; No limit to families served as long as they meet requirements
 Intake procedure: Emergency walk-ins accepted; Call for info
 Documents required: Valid ID; Proof of address & income
 Hours: Tues 5pm-7pm
 Languages: Spanish

North Channel Assistance Ministries

13837½ 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 info; Minimum age 18
 Hours: Tues-Fri 8am-1pm
 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: Call for appointment; walk-ins accepted for emergency food
 Eligibility: Must reside in service area
 Hours: Mon-Thurs 8am-5pm; Tues 5pm-8pm, Fri 8am-4pm
 Languages: Spanish

Notre Dame Catholic Church

Care Ministry
 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 9am-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 & income; Utility bill
 Hours: Thurs 10am-Noon

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 Thurs 9am-11am every other week
 Area served: Zip Codes 77013, 77015, 77029

Pathways Church of Houston

5900 Pinemont Drive
 Houston, TX 77092
 (713) 680-9976
 Intake procedure: Walk-ins accepted
 Eligibility: Unemployed, assisted one time a month
 Hours: Mon Tues Fri 10am-Noon
 Area served: Zip Codes 77040, 77088, 77091, 77092

Prince of Peace Catholic Church

19222 State Highway 249
 Houston, TX 77070
www.pophouston.org
 (281) 469-2686 ext. 238
 Intake procedure: Walk-ins accepted
 Documents required: Proof of address, income and need
 Hours: Mon-Thurs 8:30am-8:30pm, Sat Sun 8:30am-4:30pm
 Area served: Zip Codes 77064, 77066, 77070, parts of 77065, 77068, 77014, 77069

Pure Light Missionary Baptist Church

5208 Noble Street
 Houston, TX 77020
 (713) 675-1894
 Intake procedure: Walk-ins accepted; call for information
 Eligibility: Seniors only
 Hours: 1st & 3rd Sat 10am-12pm
 Area served: Zip Codes 77016, 77020, 77026

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 10am-Noon
 Area served: Zip Codes 77023, 77087
 Languages: Spanish

Restoration Assistance Ministries

8520 Sweetwater Ln.
Houston, TX 77037
(281) 405-0530
Intake procedure: Call for appointment; Walk-ins accepted
Documents required: Valid ID; Proof of address & income; Utility bill; Soc Sec card(s); Lease if living in apartment
Hours: Mon-Wed 10am-2pm

Riceville Mt. Olive Baptist Church

11539 South Gessner Road
Houston, TX 77071
www.riceville.org
(713) 774-4880
Intake procedure: Applications must be filled out completely
Hours: 1st and 2nd Weds 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
Intake procedure: Call for appointment
Documents required: Valid ID; Two forms of ID
Hours: Mon-Fri 8am-5pm
Area served: Harris County

**The Salvation Army
Pasadena Corps Community Center
Boys & Girls Club**

2732 Cherrybrook Lane
Pasadena, TX 77502
www.salvationarmyhouston.org
(713) 378-0020
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-3pm
Area served: Cities: Baytown, Channelview, La Porte, Pasadena, Webster
Languages: Spanish

Society of St. Vincent de Paul

Confidential Address
Houston, TX 77021
www.svdphouston.org
(713) 741-8234
Intake procedure: Call for information
Hours: Mon-Fri 9am-5pm
Area served: Houston-Galveston Archdiocese

Southeast Area Ministries

2102 Houston Boulevard
South Houston, TX 77587
www.southeastareaministries.com
(713) 944-0093
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; Soc Sec number for each family member or birth Certificate
Hours: Mon-Thurs 9:30am-1pm
Area served: Zip Codes 77017, 77034, 77061, 77075, 77087, 77089, 77504, 77587, Cooper's Mill Apts
Languages: Spanish

Southside Church of Christ

13835 Buxley
Houston, TX 77045
(713) 434-8111
Intake procedure: Walk-ins accepted
Documents required: Valid ID; Proof of address & income
Eligibility: Zip Codes 77035, 77045, 77047, 77053, 77055
Hours: 4th Saturday 9am-12pm

Spring Assistance Ministries

810 East Louetta
Spring, TX 77373
(281) 353-4480
www.springassistanceministries.org
Documents required: Texas driver's license; Utility bill
Hours: Mon 1pm-3pm; Wed 9am-11:30am; Thur 1pm-3pm
Area served: 77373, 77338, 77073, 77389, 77090, 77379, 77388, 77380, 77386, 77382, 77381

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-Thurs 9:30am-11:30am
Languages: English & Spanish (on most days)

St. Charles Borromeo

501 Tidwell
Houston, TX 77022
(713) 692-6303
Intake procedure: Walk-ins accepted
Documents required: Proof of address; Utility bill; Drivers license or valid ID; Soc Sec card for each family member served
Hours: Sat 7:30am-10am
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-Thurs 9:30am-8pm; 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-11am
Languages: Spanish; Vietnamese (translator)

St. Francis of Assisi

5100 Dabney
Houston, TX 77026
(713) 673-1913 Phone/Fax
Intake procedure: Call for appointment; Walk-ins accepted
Documents required: Driver's license or valid ID; Proof of income & residence; Soc Sec cards and birth certificate of family members 19 years and younger
Eligibility: Must reside in service area; 77026
Hours: 2nd & 4th Tues 9:00am- 12:00pm

St. Francis Xavier

4600 Reed Road
Houston, TX 77051
www.sfxhouston.org
(713) 731-2716
Intake procedure: Call for appointment; Walk-ins accepted
Documents required: Proof of income & address
Eligibility: Must reside in 77051 or 77033 zip codes
Hours: Mon-Fri 8am-10am

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-Thurs 9:30am-Noon
Area served: Zip Codes 77041, 77043, 77080, parts of 77055 (north of Long Point only)
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 & income
Hours: Mon-Fri 9am-Noon, 1pm-4pm
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 & income
Hours: Mon Wed Fri 10am-1pm
Area served: Zip Codes 77077, 77082, 77083

St. Matthew the Evangelist Catholic Church

9915 Hollister
Houston, TX 77040
www.stmatthewhou.org
(713) 466-4099
Intake procedure: Walk in during site hours
Documents required: Valid ID; Utility bill; Application
Eligibility: Must reside in zip code 77040, 77064
Hours: Mon Wed 10am-2pm

St. Paul's Lutheran Church

712 Schilling Ave.
Baytown, TX 77520
(281) 422-9333
www.stpaulsbaytown.org
Intake procedure: Walk-ins accepted
Documents required: Valid ID, Proof of address & income
Eligibility: Must be below the federal poverty level
Hours: Thur 9:00am-12:00pm

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: Valid ID; Proof of address & income
 Eligibility: Based on income and family size
 Hours: 3rd Fri 9am-11am
 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: Soc Sec card; Green card
 Hours: Mon-Thurs 9am-Noon
 Area served: Zip Code 77079

**St. Vincent de Paul Society of
 St. Bartholomew Catholic Church**
 5356 11th Street
 Katy, TX 77493
www.st-bart.org
 (281) 391-1540
 Eligibility: Must reside in service area
 Intake procedure: Must contact Katy Christian Ministries first
 Hours: Tues Thurs 6pm-8pm
 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
 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

**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
 Northeast Multi-Service Center**
 9720 Spaulding
 Houston, TX 77016
 (713) 491-5500
 Intake procedure: Call for information

**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 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

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; Soc Sec
 number
 Hours: Tues Thurs 10am-2pm
 Area served: Zip Code 77375 NOTE: Will serve
 77362 & 77429 if in Tomball ISD

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 8am-Noon; Food
 Fair 4th Sat 8am-Noon

Wesley Community Center, Inc.

1410 Lee Street
 Houston, TX 77009
 (713) 223-8131
www.wesleyhousehouston.org
 Intake procedure: Call on Fridays for
 appointment
 Hours: Mon - Thu 9am-5pm by appointment
 only
 Area served: Houston
 Languages: Spanish

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 Thurs 10am-5pm
 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 for all household
 members; Proof of address, income & crisis
 Hours: Mon-Fri 10am-2pm
 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 Zip Codes 77036,
 77081, 77096
 Intake procedure: Walk-ins accepted; Referrals
 Documents required: Driver's license or valid ID;
 Soc Sec number; Proof of address; Utility bill
 Hours: Sat 10am-Noon
 Languages: Spanish

West-Side Social Services

1315 South Dairy Ashford
Houston, TX 77077

www.westsidesocialservices.org

(281) 589-0130

Intake procedure: Call for information; Walk-ins accepted

Documents required: Valid ID; Proof of address;

Utility bill; Application; Proof of income

Hours: Wed 1pm-6pm; Fri 1pm-3pm

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

(713) 551-8792

Intake procedure: Call for application

Documents required: Valid ID; Soc Sec card for all household members

Hours: Tues Wed 9am-11am; Thurs 10:30am-12:30pm

Area served: Harris, Fort Bend Counties

Liberty County**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 & income

Hours: Mon Tues Thurs Fri 11am-1:30pm

Repair the Breach Ministries

1713 Lilley Avenue

Cleveland, TX 77327

(281) 593-3767

repairthebreachministries-org.webs.com

Documents required: Valid ID; Proof of address;

Utility bill; Proof of income; Soc Sec card

Eligibility: Must have government assistance or Low-income

Hours: Mon-Wed 10am-2pm

Montgomery County**Martin Luther King Center**

603 South 6th Street

Conroe, TX 77301

(936) 788-2468

Eligibility: Call for information

Hours: Mon - Fri 4:00pm - 8:00pm

Area served: Duggan area in Conroe

Creative Outreach Ministries

723 W. Davis

Conroe, TX 77301

www.creativeoutreach.com

(936) 441-5433

Intake procedure: Call for info

Hours: Mon-Fri 10am-5pm

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 9am-Noon

Area served: Conroe, Willis

Gateway Baptist Food Pantry

2930 Rayford Road

Spring, TX 77386

(281) 363-4500

Intake procedure: Walk-ins accepted

Documents required: Valid ID; Proof of address; Application

Eligibility: Resident of zip codes 77373, 77378, 77380, 77381, 77385, 77386, 77388, or 77389

Hours: Sat 9am-11am

Interfaith of the Woodlands

4242 Interfaith Way

The Woodlands, TX 77381

www.woodlandsinterfaith.org

(281) 367-1230

Intake procedure: Appointment required

Documents required: Call for info

Eligibility: resident of zip codes 77380-77386, 77379, 77375 (Village of Creekside Park), 77374

(Village of Sterling Ridge) experiencing documented financial crisis

Hours: Mon-Fri 8am-5pm

Mission Northeast Inc

22098 Loop 494

New Caney, TX 77357

(281) 354-1200

www.missionne.org

Intake procedure: Application in person

Documents required: Valid ID; Proof of address and income

Hours: Tues Wed Thurs 9am-11am

Languages: Spanish

Montgomery Co. Emergency Assistance, Inc.

Conroe Office

1022 McCall Avenue
Conroe, TX 77301
<http://mcea-tx.org>
(936) 539-9211

Eligibility: Low-income
Intake procedure: Walk-ins accepted; Complete application; Interview with a caseworker
Documents required: Valid ID; Soc Sec card; Proof of income & 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

St. John of the Cross

2000 Loop 494
New Caney, TX 77357
www.stjohnofthecross.com
(281) 399-9008

Documents required: Proof of address; Soc Sec card; Green Card; Drivers license
Eligibility: Low-income
Hours: Mon & Thurs 9:30am-11:15am
Area served: Zip codes 77302, 77306, 77357, 77365, 77372
Languages: Spanish

**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-3pm
Area served: Montgomery County
Languages: Spanish

Society of Samaritans

31355 Friendship Drive Lane, Suite 500
Magnolia, TX 77355
(281) 259-8452

Eligibility: Based on application & interview; must reside in zip code 77316, 77354, 77355, 77447, or 77484
Intake procedure: Walk-ins accepted; Call for application
Documents required: Valid ID; Soc Sec card;

Proof of address; Valid ID for children
Hours: Mon Wed Fri 10am-2pm; Tues Thurs 10am-4pm

Tamina Community Center

18955 Main
Conroe, TX 77385
www.taminacenter.org
(281) 465-4646
Eligibility: Call for info
Hours: Wed 9am-Noon

TLC Food Pantry

110 W. Montgomery
Willis, TX 77378
(936) 856-8317
Documents required: Proof of address
Hours: Mon-Fri 10am-1pm
Area served: Willis

Waller County**Brookshire-Pattison Food Pantry**

531 FM 359 South
Brookshire, TX 77423
(281) 822-4220
Eligibility: Emergency need
Intake procedure: Application needed; May receive assistance once a month
Documents required: Proof of address & income; Soc Sec Number; Valid ID
Hours: Mon Wed Thu Fri 9am-11:30am

Titus Community Inc.

Chuck Wagon Ministry
1234 FM 359 North
Brookshire, TX 77423
www.tituscommunity.com/
(281) 375-8864 Main
(832) 259-8864 Alternate
Intake procedure: Walk-ins accepted
Hours: Tues 1pm-3pm
Area served: Brookshire

Waller Assistance and Restoration Ministry

31315 FM 2920, Suite 11
Waller, TX 77484
www.wallerassistance.org
(936) 372-3025
Documents required: ID, proof of residency & income, food stamp eligibility info & birth certificates or shot records for children
Eligibility: Call for info; Must live in Waller ISD
Hours: Mon Thurs 10am-2pm; Tues 1pm-4pm
Languages: Spanish