

SECTION 8 FOOD AND NUTRITION

Most services in this section are restricted by area or zip code. For ease of use, many are listed by general area served. It is highly recommended that someone interested in a service call to ask about eligibility requirements, including zip codes served.

Many social and assistance ministries also offer food pantries. To find the nearest location, see Section 6.2.

SECTION 8.1 FOOD PANTRIES / EMERGENCY FOOD

There are many food pantries, each with varying eligibility requirements and hours of operation. To find the nearest food pantry:

2-1-1 Texas/United Way Helpline

☎ 2-1-1

💻 www.unitedwayhouston.org/our-211-helpline/

Community Family Center

☎ 713-923-2316

💻 www.communityfamilycenters.org

Crisis Assistance Center (Montgomery County)

☎ 936-539-9211

💻 www.cac-mctx.org

East Fort Bend Human Needs Ministry

☎ 281-261-1006

💻 www.humanneeds.org

FoodPantries.org

💻 www.foodpantries.org/ci/tx-houston

Fort Bend County Social Services

☎ 281-238-3502

💻 www.co.fort-bend.tx.us

Houston Food Bank (pantries by zip code)

☎ 713-532-3663

💻 www.houstonfoodbank.org

Montgomery County Food Bank

☎ 936-539-6686

💻 mcfoodbank.org

Target Hunger assists individuals and families who live in the inner-city neighborhoods of Houston.

☎ 713-226-4953

💻 www.targethunger.org

Waller County House of Help Food Pantry

☎ 979-826-4445

💻 hohhempstead.org

Warm Pantry

☎ 936-372-5173

💻 wallerassistance.org

Bethel Heavenly Hands (Harris County)

☎ 713-729-6477

Catholic Charities-Guadalupe Center

(Harris County)

☎ 713-227-9981

City Wide Club Food Program

(provides vouchers only - Harris, Ft. Bend, Montgomery, and Waller)

☎ 713-752-2582

💻 citywideclub.com

Fair Haven United Methodist Food Pantry

(Spring Branch/Memorial)

☎ 713-467-4363

💻 www.fairhavenumc.org

Gano Baptist Mission Center

(North Houston)

☎ 713-227-0304

💻 missioncenters.org

Gulf Coast Community Services Association (Harris)

☎ 713-393-4700

💻 www.gccsa.org

Heights Interfaith Ministries (Heights)

☎ 713-861-6155

💻 www.himfoodpantry.org

Interfaith of The Woodlands

☎ 281-367-1230

Joy Fellowship Center

(East/Southeast Harris)

☎ 713-921-0197

💻 missioncenters.org

Montgomery County Emergency Assistance

☎ 936-539-9211

Montgomery County Food Bank

(pantries by zip code)

☎ 936-539-6686

💻 mcfoodbank.org

North Channel Assistance Ministries

(Northeast Harris)

☎ 713-453-8028

💻 www.woodforestpc.org/mission/ncam/

Second Mile Mission Center (Ft. Bend)

☎ 281-261-9199

💻 www.secondmile.org

Society of Samaritans

(Greater Magnolia area)

☎ 281-259-8452

💻 www.societyofsamaritanstx.org

Southeast Area Ministries

(Southeast Harris)

☎ 713-944-0093

💻 southeastareaministries.com

South Union Church of Christ

(South Harris)

☎ 713-747-5440

💻 www.sumbc.org

St. Bernadette Christian Action

(Clear Lake)

☎ 281-486-0337

💻 www.stbchurch.org

St. John Vianney (Spring Branch/Memorial)


☎ 281-497-4434

💻 www.stjohnvianney.org


HOLIDAY FOOD PROGRAMS

Many social and assistance ministries offer holiday baskets or holiday food items. To find the nearest location, see Section 6.2.

2-1-1 Texas/United Way Helpline

 2-1-1


City Wide Club of Clubs hosts two huge community meals, one on Thanksgiving Day and the other on Christmas Eve. In addition to a hot meal, participants receive groceries, clothing, and other needed supplies and services. Registration is required.

 713-752-2582

 citywideclub.com

Harris County Area Agency on Aging Houston Meals for the Elderly (HoME)

Program provides home-delivered meals to people ages 60 and older, their spouses, caregivers, or dependents who will otherwise not have a hot Thanksgiving Day meal. Requests are taken beginning in October until slots are filled.


 832-393-4301

MONTHLY GROCERY PROGRAMS

Some programs provide a premade bag of groceries while others let clients shop the pantry for what they need.


Emergency Aid Coalition gives one bag of groceries per family member plus non-food items such as laundry detergent when available.

 713-528-3663


 www.eachouston.org

Houston Food Bank operates an emergency food pantry for people who are employed and who need food assistance. Services can be accessed every 30 days.

 832-369-9390


 www.houstonfoodbank.org


Mamie George Community Center in Richmond operates a self-select market food pantry for residents receiving services through Catholic Charities.

 281-202-6200

 www.catholiccharities.org
(keyword: Mamie George center)


Northwest Assistance Ministries offers a self-select market food pantry for people living in the service area. Low-income older adults can qualify for food each month.


 281-583-5600

 namonline.org
(keyword: nutrition center)


PROGRAMS THAT MAY OFFER FRESH PRODUCE

Houston Food Bank Food Fairs

 832-369-9390 (for fair locations)

 www.houstonfoodbank.org

Montgomery County Food Bank

 936-539-6686

Some social ministries also have food pantries that are zip code specific. See **Social Ministry Coalitions (Section 6.2)**.

SECTION 8.2 FOOD STAMPS

Food Stamps (Lone Star Card) HHSC Food Stamp Program

☎ 713-767-2000

National Help Desk

☎ 1-800-777-7328

Hempstead Health and Human Services

☎ 979-826-0502

HHSC Status of Lone Star Card Application

☎ 1-800-448-3927

Houston and Harris County

☎ 713-652-0077

☎ 1-800-733-8394

Lone Star Legal Aid helps eligible SE Texas residents with food stamp applications and related legal issues. To find the office near you:

☎ 1-800-733-8394 (Houston office, including intake line)

☎ 713-652-0077 (Harris, Fort Bend, and parts of Montgomery Counties)

☎ 1-888-595-8969 (Waller and parts of Montgomery County)

☎ 936-539-2130 (Waller and parts of Montgomery Counties)

💻 www.lonestarlegal.org

Supplemental Nutrition Assistance Program (SNAP) helps low-income people and families buy the food they need for good health.

Eligibility requirements apply. Texas Health and Human Services Commission (HHSC)

💻 www.hhsc.state.tx.us/

Texas Health and Humans Services Commission Montgomery County

☎ 281-592-0531

SECTION 8.3 MEALS ON WHEELS

There are several agencies that provide home-delivered meals to Harris, Fort Bend, Montgomery, and Waller County older residents who are homebound and/or who are disabled. Each agency serves specific zip codes, and eligibility and wait times may vary by agency. Call 2-1-1 to find the agency that serves the zip code.

Baytown Meals on Wheels

☎ 281-427-2145

Bay Area Meals on Wheels

☎ 281-326-3336

💻 www.bayareamealsonwheels.com

City of Jacinto City

☎ 713-675-4487

City of South Houston

☎ 713-947-7700

City of La Porte

☎ 281-470-9897

Evelyn Rubinstein Jewish Community Center of Houston (ERJCC)

Serves Kosher meals on request

☎ 713-595-8177

💻 www.erjcchouston.org/seniors/meals-on-wheels

Fort Bend Senior Meals on Wheels

☎ 281-633-7049

☎ 1-800-643-9654

💻 www.fortbendseniors.org

Interfaith Ministries

Also provides pet food to eligible clients through aniMeals

☎ 713-533-4978

💻 www.imgh.org/meals-on-wheels

Meals on Wheels Montgomery County

☎ 936-756-5828

💻 www.mowmc.org

Northwest Assistance Ministries

☎ 281-885-4622

💻 namonline.org/get-help/meals-on-wheels

Salvation Army Meals on Wheels - Pasadena

☎ 713-378-0020

YWCA

☎ 713-868-9922

💻 www.ywcahouston.org
(keyword: what we do/senior programs)

SECTION 8.4 NUTRITION

Malnutrition in older adults can be caused by:

- Chronic diseases (arthritis or cognitive limitations, like Alzheimer's and dementia) that may lead to physical limitations. These conditions can make shopping, preparing, and consuming food difficult
- Medications
- Dental problems can result in seniors avoiding foods that have the best nutrition
- Changes in the senses of smell and taste can cause a decrease in food consumption, disinterest in, and even an aversion to formerly preferred foods
- Eating alone. Food is often associated with family and social events. Preparing food and eating alone can be difficult for older people who have reached a stage in life where many of their loved ones have either died or moved away. Older men who have lost their wives (who did the cooking) may be at special risk

INFORMATION & RESOURCES

Houston Bureau of Health Promotion and Education Programs

☎ 832-393-4856

💻 www.houstonhealth.org

The **National Women's Health Information Center** How to Read a Food Label

💻 www.womenshealth.gov

Nutrition.gov offers access to information on food and nutrition

💻 www.nutrition.gov

MedlinePlus is a government website that has information about herbal medicines and dietary supplements, how effective they are, and what interactions they have with other medicines.

💻 medlineplus.gov/druginformation.html



Galveston County
FOOD BANK
houstonfoodbank.org



Mobile Food Distribution

Jan 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	December 31st 2018 Port Bolivar: 2:30pm Port Bolivar Volunteer Fire Dept 1806 Broadway St	1 GCFB CLOSED NEW YEAR DAY	2 GCFB CLOSED INVENTORY	3 GCFB CLOSED INVENTORY	4 GCFB CLOSED INVENTORY	5 GCFB CLOSED INVENTORY
6 GCFB CLOSED	7 Port Bolivar: 2:30pm Port Bolivar Volunteer Fire Dept 1806 Broadway St	8 San Leon: 8am Lighthouse Christian Bayshore Park Galveston: 1pm Gulf Breeze 1211 21st Street	9 Hitchcock: 8am Strong Tower Ministry 7801 Burns Street Registration begins at 7:30 am	10 Galveston: 8am Holy Family Parish 1420 31 st Street League City: 1pm LC Rotary Club Railroad and 3 rd St. NEW LOCATION	11 Hitchcock: 9am New Macedonia 6619 Prino Street	12 Galveston: 8am New Life Church 6320 Heards Ln. Dickinson: 8am Faith for Life Church 1417 FM 646 East
13 GCFB CLOSED	14 Port Bolivar: 2:30pm Port Bolivar Volunteer Fire Dept 1806 Broadway St	15 Galveston: 9am Turning Point 4124 Broadway	16 La Marque: 8am First United Methodist Church 1825 Howell Ave	17 Galveston: 8am Holy Family Parish 1420 31 st Street	18 League City: 1pm League City United Methodist Church 1601 League City Pkwy NEW LOCATION	19 Webster: 8am Spirit & Truth 522 W. NASA Pkwy. Dickinson: 7am M.I. Lewis 215 FM 517 East
20 GCFB CLOSED	21 Port Bolivar: 2:30pm Port Bolivar Volunteer Fire Dept 1806 Broadway St	22	23 Hitchcock: 8am Strong Tower Ministry 7801 Burns Street Registration begins at 7:30 am	24 Galveston: 8am Holy Family Parish 1420 31 st Street League City 1pm Dominion Church 6400 Calder Dr	25 Hitchcock: 9am New Macedonia 6619 Prino Street	26 Bacliff: 8am Lighthouse Christian 622 Oklahoma La Marque: 8am Unity Church 1221 Cedar Drive
27 GCFB CLOSED	28 Port Bolivar: 2:30pm Port Bolivar Volunteer Fire Dept 1806 Broadway St	29 Texas City: 9am Cross Pointe Church 722 3 rd Ave. North	30 La Marque: 8am First United Methodist Church 1825 Howell Ave	31 Galveston: 8am Holy Family Parish 1420 31 st Street		

If you would like to be added to the email list to receive this calendar monthly please email cyrana@galvestoncountyfoodbank.org