Need food or know someone who does? Here are 10 resources in the Houston community that can help:

1. **Houston Food Bank** - The Houston Food Bank works with nearly 600 agencies in Southeast Texas to feed 137,000 people every week. Call (832) 369-9390 or visit houstonfoodbank.org to find food.

2. **WIC (Women, Infants, and Children)** - WIC is a supplemental nutrition program that offers nutritious food and nutrition education to pregnant, breastfeeding, and postpartum women and their children. Located at the Magnolia Multi-service Center, 7037 Capitol St, Houston, TX 77011; 832-393-5427

3. **Target Hunger** - Organized by the Houston Food Bank, Target Hunger provides food to senior citizens, pregnant, breastfeeding, and postpartum mothers, and children under 6. Participants receive one box of food each month. Located at the Magnolia Multi-service Center, 2nd Monday of every month

4. **Community Family Centers** - CFC is a community organization in the East End that provides emergency food assistance. CFC is partnered with UTHealth School of Nursing to provide health education to patrons. Located at 7524 Avenue E, Houston, TX 77012; 713-923-2316; communityfamilycenters.org

5. **Catholic Charities of the Archdiocese of Galveston-Houston** - Provides food pantry assistance every month to families in need. 326 S. Jensen Drive, Houston, TX 77003; 1.866.649.5862

6. **L.I.F.E. Houston**
   
   2002 S. Wayside, Suite 113  
   Houston, TX 77023  
   713-528-6044  
   [http://foodforbabies.wix.com/lifehouston](http://foodforbabies.wix.com/lifehouston)

   L.I.F.E. Houston has been feeding hungry babies since 1988. When families with infants need formula, L.I.F.E. Houston makes sure they can get it. Their main program – Food for Hungry Babies – is a major part of the safety net for families in the greater Houston metropolitan area. L.I.F.E. Houston is the only agency that provides emergency food for babies.

   If you need help from this organization, fill out the survey below to be contacted by a member of the L.I.F.E. Houston staff:
   [http://survey.constantcontact.com/survey/a07e9qwxob3hzafkcm4/a0113ibvapsve/questions](http://survey.constantcontact.com/survey/a07e9qwxob3hzafkcm4/a0113ibvapsve/questions)
7. **Kids’ Meals**  
330 Garden Oaks  
Houston, TX 77018  
713-695-7544  
[http://www.kidsmealshouston.org](http://www.kidsmealshouston.org)

The mission of Kids’ Meals, Inc. is to end hunger among children by delivering nutritious meals to the doors of preschool children in need, free of cost, every weekday, year round. As the nations only meals-on-wheels services for children, Kids’ Meals provides healthy, home-delivered lunches to hungry children under the age of five who live in poverty. Kids’ Meals is bridging the gap for children ages 1-5 who are not old enough yet to receive free breakfast and lunch at school.

8. **Houston Food Bank Emergency Food Pantry**  
535 Portwall Street  
Houston, TX 77029  
832-369-9390  

The purpose of the Emergency Food Pantry is to serve working families who can’t access their neighborhood pantry. The pantry requires proof of employment in the form of a paycheck or paystub from an employer. The pantry generally does not accept any time of letter from employers as proof of employment. If client is homeless, disabled, elderly or not working, the Emergency Food Pantry will give them a food package and refer them to their local pantry.

If you need help from this organization, please find further information about the Emergency Food Pantry at the link below:  

9. **Loaves and Fishes**  
2009 Congress Ave  
Houston TX 77002  
Hours: Lunch at 11am  

Loaves and Fishes serves lunch daily except for Monday, no questions asked. The staff, residents and volunteers prepare a nutritious, home–cooked meal. Loaves and Fishes always prepares plenty, so bring your friends and family. There’s no need to RSVP.

10. **Emergency Aid Coalition**  
5401 Fannin St  
Houston TX 77004  

The grocery program provides approximately one (1) sack of groceries per family member. We serve all families regardless of employment status. You should arrive at 9:00 a.m. Monday-Friday to be served. Groceries may include canned meat, beans, vegetables, rice, powdered milk, soup, tomato sauce, pasta, and baked goods such as bread and pastries. Some non-food items such as laundry detergent, diapers and bar soap are also provided. Pantry items included are based upon availability.
Tienes hambre o conoces a alguien que sí tiene? Aquí son 10 recursos en la comunidad de Houston que te puede ayudar:

1. **Houston Food Bank** - El banco de alimentos de Houston trabaja con casi 600 organizaciones comunitarias en el sureste del estado de Texas para alimentar a 137,000 personas cada semana. **Llame (832) 369-9390 o visite houstonfoodbank.org para conseguir comida.**

2. **WIC (Women, Infants, and Children)** - WIC es un programa suplementario que da beneficios para comida nutritiva y educación de nutrición a madres embarazadas, post partos, lactando y niños. **Ubicado en el Magnolia Multi-service Center, 7037 Capitol St, Houston, TX 77011; 832-393-5427**

3. **Target Hunger** - Un programa organizado por el Houston Food Bank que distribuye comida a los ancianos, madres embarazadas, post partos, o que están lactando, y niños menores de 6 años. Participantes reciben una caja de comida cada mes. **Ubicado en el Magnolia Multi-service Center, el segundo lunes de cada mes**

4. **Centros Familiares de la Comunidad** - Una organización comunitaria en el East End que provee asistencia emergencia. Es aliada con el UTHealth Colegio de Enfermería para proveer educación de salud a clientes. **Ubicado en 7524 Avenue E, Houston, TX 77012; 713-923-2316; communityfamilycenters.org**

5. **Catholic Charities of the Archdiocese of Galveston-Houston** - Provee asistencia emergencia. **326 S. Jensen Drive, Houston, TX 77003; 1.866.649.5862**

6. **L.I.F.E. Houston**
   2002 S. Wayside, Suite 113
   Houston, TX 77023
   713-528-6044
   [http://foodforbabies.wix.com/lifehouston](http://foodforbabies.wix.com/lifehouston)


   Si necesita ayuda de esta organización, llene la siguiente encuesta para estar contactado por un miembro del personal de L.I.F.E. Houston: [http://survey.constantcontact.com/survey/a07e9qwxob3hzafkcm4/a0113ibvapsve/questions](http://survey.constantcontact.com/survey/a07e9qwxob3hzafkcm4/a0113ibvapsve/questions)
7. **Kids’ Meals**  
   330 Garden Oaks  
   Houston, TX 77018  
   713-695-7544  
   [http://www.kidsmealshouston.org](http://www.kidsmealshouston.org)

La meta de Kids’ Meals, Inc. es terminar la hambre entre niños por distribuir alimentos nutritivos a las puertas de niños preescolares necesitados, gratuitos, todos los días de la semana, todo el año. Como el único servicio nacional que provee alimentos por camiones, Kids’ Meals provee almuerzos saludables a casa a niños hambrientos menores de 5 años que viven en pobreza. Kids’ Meals mejora la vida de niños de 1-5 años que no tienen suficientes años para recibir alimentos gratuitos en la escuela.

8. **Houston Food Bank Emergency Food Pantry**  
   535 Portwall Street  
   Houston, TX 77029  
   832-369-9390  

La meta de la despensa emergencia de comida es servir a familias trabajadoras que no tienen acceso a su despensa local. La despensa requiere prueba de empleo en forma de cheque de un empleador. La despensa generalmente no acepta ninguna carta de empleadores como prueba de empleo. Si un cliente es vagabundo, incapacitado, anciano o desempleado, la despensa le dará un paquete de comida y referirá a su despensa local.


9. **Loaves and Fishes**  
   2009 Congress Ave  
   Houston TX 77002  
   Hours: Lunch at 11am

Loaves and Fishes sirve almuerzo diario sin los lunes, sin preguntas. El personal, residentes, y voluntarios preparan un alimento nutritivo. Siempre preparan bastante, así que lleve contigo sus amigos y familia. No es necesario decírnos que vengan.

10. **Emergency Aid Coalition**  
    5401 Fannin St  
    Houston TX 77004

El programa de los productos agrícolos provee una bolsa de comida por cada miembro de la familia. Servimos todas familias sin importar su estatus laboral. Debe llegar a las 9am, lunes a viernes, para ser servido. Productos incluyen carne enlatada, frijoles, verduras, arroz, leche a polvo, sopa, salsa de tomate, pasta, y pan. Algunas cosas como detergente, pañales, y jabón también son proveídas. Artículos proveídos son basados en la disponibilidad.