



# Food Resources

For more resources, please consult  
<https://harrishealthcares.org/>

## 1. Bethel's Heavenly Hands

- Food distribution - groceries every week, except for 5th week of the month; pick-up on Tuesday mornings
- 12260 Sandpiper Dr, Call 713 - 729 - 6477 for more information

## 2. Senior Box Program

- Food distribution - monthly box of food for low income seniors provided by Houston Food Bank
- Must be low-income, must be older than 59 yo.
- Call 832-369-9390 for more information

## 3. Bread of Life

- Food distribution - food boxes provided twice a month to anyone in need; pick-up always on Saturday mornings
- Visit [breadoflifeinc.org](http://breadoflifeinc.org) to learn more or call 832-939-7477

## 4. IMPACT Resource Center

- Food distribution - provides prepared meals and pantry staples, open to all, pick-up on Tuesday mornings + Wednesday evenings
- 1704 Weber Street, Call 712-864-5667 for more information

## 5. India House

- Food distribution - provides two monthly food distributions to anyone in Houston
- 8888 West Bellfort Boulevard, 713-929-1900

## 6. Loaves and Fishes Soup Kitchen

- Free, hot, home-cooked lunches provided from Tuesday to Sunday, lunch line begins at 10:30 AM (lunch starts at 11AM)
- 3300 Caroline St, Call 713-520-0461 to learn more

## 7. Trinity Episcopal Kitchen

- Food distribution - walk-in lunch program providing one bagged lunch per person
- 5401 Fannin St, Call 713-528-3663 for more information

## 8. TANF

- Texas govt. program providing monthly assistance payments to eligible families; can use on groceries, housing, etc.
- Apply at [yourtexasbenefits.com](http://yourtexasbenefits.com), call 877-541-7905 for info

## 9. Urban Harvest

- Mobile farmers' market for anyone; those with SNAP benefits can earn money to buy more produce
- Visit [urbanharvest.org](http://urbanharvest.org) to find the markets' schedule or call 713-880-5540

## 10. Women, Infants, and Children Benefits

- Government food benefits for pregnant women, new mothers, children up to age 5; can qualify for SNAP and WIC
- Visit <https://www.houstonhealth.org/services/family-child-health/wic> for eligibility info