

Food Resource GUIDE



Food Assistance Resources

Mayor John Whitmire and the City of Houston want to ensure that families have access to reliable food distribution information. Below is a Food Assistance Resource Guide compiled from responses received through our community and Minister's Advisory Board partners. This guide includes local food assistance programs and food pantries, along with their dates, times, and contact information. Please feel free to share this information with families, congregations, or community members who may benefit from it.

Faith-Based Organizations and Food Pantries

Local churches and faith-based organizations provide free food with no paperwork required. Services include food pantries and community resources. Most operate multiple days per week during regular business hours.

WHAM – Food Pantry Assistance

West Houston Assistance Ministries (WHAM) provides food to fight hunger in the community. All **zip codes are served**, and food is available **once per week per household** to help as many families as possible.

Food Assistance Options:

1. General Services (Drive-Up/Car Access)

- Boxes with fresh produce, protein, and groceries are distributed **Fridays, 8:00–10:00 a.m., or until supplies run out.**
- Personal care items and baby essentials (diapers, wipes, formula) are available upon request.
- **Registration is required** for families to receive assistance.

2. Walk-Up / Home Delivery

- Volunteers deliver food and essentials on a **first-come, first-served basis** to those who are disabled, elderly, or unable to travel to WHAM.

- **Walk-Up Distribution:** Mondays, 8:00–10:00 a.m.
- Each delivery serves approximately 40 households within a 10-mile radius and includes about 50 pounds **of food** per household.

3. Drive-Thru Food Fair (Starting January 2026)

- Held every **2nd and 4th Saturday of the month, 9:00–11:00 a.m.**
- Open to **registered clients** in the Linked2Feed database
- Free food for the **first 250 families**, including drivers and walk-ins
- Includes **fresh produce, dairy, and meat** (when available)

The Church Without Walls – North Campus

5314 Bingle Rd, Houston, TX 77092

Saturdays: 10:00 AM – 12:00 PM (or until supplies run out)

Good Hope Church

3015 N. MacGregor Way, Houston, TX 77004

Saturdays: 9:00 AM – 12:00 PM

Phone: 713-524-6578 | Website: goodhope.org

Living Water International Apostolic Ministries

7802 Jensen Drive, Houston, TX 77093

Services: Food pantry, veteran housing, and community resources

Phone: 281-936-8175 (Call for appointment)

Jacinto City Food Pantry

1026 Mercury Drive, Jacinto City, TX 77029

Monday, Wednesday, Friday: 9:00 AM – 12:00 PM

Phone: 713-485-6640

Harvest Time Church

17770 Imperial Valley Dr., Houston, TX 77060

1st & 3rd Tuesdays: 8:00 AM

2nd & 4th Saturdays: 8:00 AM

Website: itsyourharvest.com

Boynton Chapel Methodist Church

2812 Milby Street

Houston, TX 77004

713-748-6066

The food pantry is open every Saturday at 10:00 a.m. Occasionally, hours may shift to 2:00 p.m. to accommodate community needs.

Volunteers are always welcome to assist with service and distribution.

More Food Assistance Resources

Houston Food Bank – Food Assistance

The **Houston Food Bank** partners with community organizations and hosts direct food distribution events throughout the region, including in November. Distributions include **fresh and packaged foods**, all provided **free of charge**. Food is also available through local pantries, meal programs, and other community distribution sites.

You can:

- Find nearby food pantries – visit houstonfoodbank.org
- See hours and locations
- Locate meal programs and food distributions
- Access TEFAP food programs

Tips:

- Call ahead to confirm hours, services, and any requirements before visiting a pantry.
- Use the **Houston Food Bank mobile app** to find locations on the go.
- **Pickup proxy update:** Anyone can pick up food on behalf of a senior or someone without transportation. You only need their **distribution registration number**.

YMCA Food Assistance

The YMCA provides free food assistance at multiple locations throughout Harris County. No income requirements or paperwork needed.

Willow Creek Apartments

7575 Office City Drive, Building #66, Houston, TX 77012
Monday & Tuesday: 9:00 AM – 1:00 PM

Mission Woods Pantry

25469 Borough Park Drive, Spring, TX 77380
Monday, Wednesday & Friday: 9:00 AM – 1:00 PM
Thursday: 9:00 AM – 11:00 AM (Produce only)

Second Servings Pop-Up Grocery Stores (YMCA)

The YMCA, in partnership with **Second Servings of Houston** and **CITGO**, provides **free, fresh groceries** to families through monthly Pop-Up Grocery Store events at YMCA locations across Greater Houston.

Available groceries may include:

- Fresh fruits and vegetables
- Bagged salads

- Meat
- Dairy
- Prepared meals
- Baked goods

What to bring:

- Reusable shopping bags (recommended)

Find an event near you:

Brenda & John Duncan Family YMCA

10655 Clay Rd, Houston, TX 77041

Fort Bend Family YMCA

4433 Cartwright Rd, Missouri City, TX 77459

Houston Texans YMCA

5202 Griggs Rd, Houston, TX 77021

M.D. Anderson Family YMCA

705 Cavalcade St, Houston, TX 77009

West Orem YMCA

5801 West Orem Dr, Houston, TX 77085

Want to help or volunteer?

Email: outreach@ymcahouston.org

Additional Resources

United Way Greater Houston

Need Help? Call 2-1-1

When you call 2-1-1:

- Select 1 to speak to a local information and referral specialist about resources in your community
- Select 2 for public benefits assistance (SNAP Food Benefits, Medicaid, CHIP, TANF)
- Select 5 for mental health or substance abuse assistance.

Free Navigation Services

Navigation Services are available for people who want more ongoing support. Through this service, a Navigator works one-on-one with individuals to understand their short- and long-term goals, build a personalized plan, and connect them to trusted nonprofit partners that provide services like job training, counseling, food assistance, health care, and youth and family programs.

A Navigator will:

- Learn about your needs and goals
- Create a personalized plan

This service is **free** and connects you to over **100 nonprofit partners** in your community.

[United Way – Special Distributions](#)

Goodwill Connect - Career & Support Services

Goodwill Connect is an online platform that helps individuals access career, training, and support services offered by Goodwill Houston. It provides tools and resources to help people find jobs, build skills, and reach financial stability.

Services available through Goodwill Connect include:

- Job search tools and job fairs
- Weekly information sessions
- Career coaching
- Career centers
- Career pathways and job training programs
- Youth services
- Veteran services
- Family and financial strengthening programs
- Mission and employment support programs
- Employee support services

Volunteer Opportunities

Houston Food Bank needs volunteers! Sign up at houstonfoodbank.org/volunteer

Thank you for your continued partnership and care for our community! More resources and distribution events will be shared soon — please stay connected with local community partners for updates.