



Free food help in Houston: where to start.

SNAP, WIC, free meals for kids, food pantries, and meals for seniors. If you need food today, start at the top.

Need food today?

- 1 **Find a pantry:** houstonfoodbank.org Find Food Map. Type your ZIP code. Help finding food: **832-369-9390**.
- 2 **Call the pantry first** to check hours and what they ask for.
- 3 **Or dial 2-1-1** (or 877-541-7905).

TEFAP is free emergency food at some pantries. Look for “TEFAP” on the map listing, call the site, and ask to apply. You may get food the same day.

SNAP (Lone Star Card)

- Helps people with low incomes buy food. **Apply** at YourTexasBenefits.com, the app, or a benefits office.
- **Free help applying:** dial 2-1-1, pick a language, press 2. Interpreters available.
- Almost no money? You may get SNAP **faster** (“expedited”), as soon as the same day or next business day.
- Can't buy alcohol, tobacco, medicine, non-food items, or (since April 1, 2026) candy and most sweetened drinks.
- Card help: **800-777-7328**. Use only the official app or website.

WIC (moms, babies, kids under 5)

Healthy food and nutrition help. On Medicaid, SNAP, or TANF? You already meet the income rules. Apply at TexasWIC.org or call **800-942-3678**.

Kids' meals

- **School:** if anyone at home gets SNAP or TANF, all students qualify for free meals. Others can apply any time through their school.
- **Summer:** free for ages 18 and under. June 1 to Aug. 30 only: text **FOOD** to **304-304**. Or dial 2-1-1.

Seniors (60+)

- **Start with the Area Agency on Aging** (832-393-4301): hot meals at senior centers, and home-delivered meals for those who are homebound or have a disability.
- **Houston Food Bank Senior Box:** free monthly food box (income limits apply).
- **SNAP:** if everyone at home is 60+ or has a disability, an easier application gives 3 years of benefits.

What to bring

Pantry: ask when you call; photo ID if you have one.

SNAP: ID, proof of address, last 2 pay stubs, bank statement, rent and utility bills.

Phone numbers

2-1-1 Texas: dial **2-1-1** or (877) 541-7905. Press 2 for SNAP help.

Food Bank, finding food: **832-369-9390**

Texas WIC: **800-942-3678**

Area Agency on Aging (senior meals):
832-393-4301



Full guide, with every source: whatwouldjesusprompt.org/food-help

Last checked: October 12, 2026. General information, not legal advice. What Would Jesus Prompt? is not a government office. Only the program can decide if you qualify. Rules and numbers can change, so confirm with the official source.

Free from What Would Jesus Prompt? Questions or need free help? Use the request form at whatwouldjesusprompt.org