

Referring Patients to Access Nutritious and Healthy Food

Hundreds of food banks and free pantries, partnered with the Houston Food, operate in the greater Houston area and most locations are non-profits, churches, community action agencies, or local charities. Based on their availability of food, the centers will provide free food assistance, groceries, and meals.

[Houston Food Bank \(HFB\)](#)

Practices can refer patients to the Houston Food Bank. The processes below can be provided to patients to inform them on the registration process, requirements, and how to receive food.

[Community Resource Center: Process for Patients to Receive Curbside Food Pickup at 535 Portwall St.](#)

They offer services, such as curbside food pickup, health and wellness programming, and nutrition education. Anyone is qualified to receive food assistance. There is no income cutoff and you do not have to live in Houston to receive HFB services. Registration and appointment is required.

1. Call 832-369-9390 for a representative to walk through the registration process over the phone.
2. Registration: Complete Intake Form (a link is sent) – asks for form of ID, proof of income, situational questions about COVID-19, such as reporting loss of wages, no income, etc.
3. Visit <http://www.orderahead.org> (a link is sent) and create login.
4. Select up to 14 items to be put in your food box.
5. Make appointment by selecting a day/time to pick up food box. No walk-ins! Select 77029 as zip code to ensure pickup at Community Resource Center at 535 Portwall St.
6. Bring a form of ID to verify identity and pick up your food.
7. For the next visit, check the Order Ahead platform for food availability. Approximate frequency of picking up food boxes is between 1.5 and 2 weeks, depending on availability of food.

[Senior Box Program: Process for Patients to Receive Food](#)

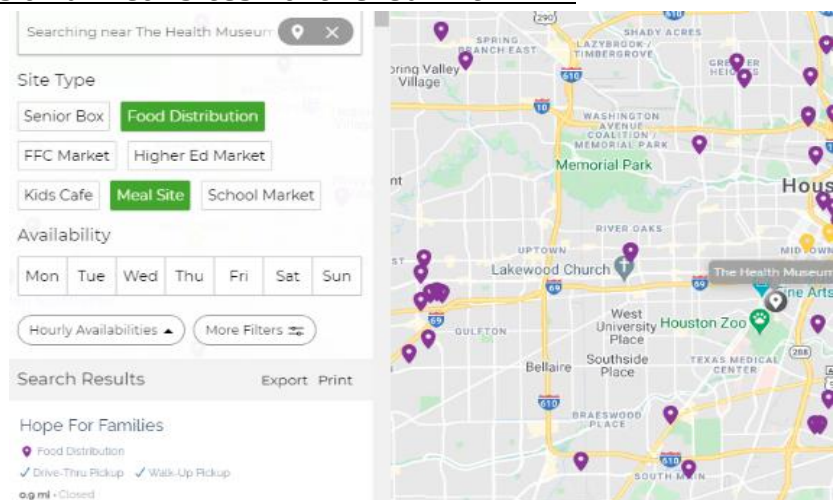
Eligibility: Seniors who are age 60 and over, and total household income must be no more than \$1383 for household of 1 and \$1868 for household of 2. They must reside in these counties: Harris, Montgomery, Galveston, Brazoria, Waller, Walker, Chambers, Liberty, Fort Bend. Best efforts will be made to serve all who qualify, but seniors may be placed on a Waiting List if monthly caseload has been exceeded.

- Refer to the map on the “Senior Box Sites” tab for a list of location days/times
- Sign-up in person at a distribution site.
- To apply, you will need to present proof of ID, and provide age, income, and residency information.
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Finding Food Pantries and Meal Sites Partnered with HFB

To find food distribution centers based on geographic location, follow these steps:

1. Visit the [Food Pantries Near You Agency Locator](#).
2. Enter location in the search bar.
3. Select “Food Distribution” and “Meal Site”.
4. Select your Pickup Availability.



Action Steps for Physician Practices

- ❖ **Directly contact food pantries near the practice and create partnerships by gathering information about eligibility requirements, hours of operation, process and frequency of food pickup, etc. Provide the patient with a handout of the collected information to let patients choose locations based on their convenience and eligibility.**

By becoming familiar with nearby food pantries, practices can offer referrals that are most beneficial to the patient. Since each food pantry has their own requirements to provide food assistance, this helps ensure patient are aware of the requirements and food pickup process and can successfully receive nutritious food.

1. Use the [Agency Locator](#) and enter the practice location in the search bar.
2. Select "Food Distribution" and "Meal Site", and select Pickup availability.
3. Contact food pantries near you and ask the following questions:
 - Is there a registration process? What does that look like?
 - Who is eligible to get food? What is the income cutoff?
 - What do people need to bring with them to receive food? (ID, pay stub, etc.)
 - How often can they get food?
 - Are appointments required or do you welcome walk-ins?
 - Is there a requirement for patients to live in a certain location to receive these services?
 - What are the days and times of food distribution?
4. Document the information gathered, along with phone number and address, on a handout.
5. Provide patients with this handout of food pantries (near the practice location) with collected information.

- ❖ **Provide the [Agency Locator](#) link to patients.**

You can also provide them with the instructions located in the "Finding Food Pantries and Meal Sites Partnered with HFB" section (*Page 1 of this resource*).

- ❖ **Provide a list of food pantries (addresses and phone numbers) located near the patient's home.**

Enter the patient's address in the [Food Pantries Near You Agency Locator](#) search bar, select "Food Distribution", "Meal Site", and Pickup Availability. Click "Print" to provide a list of agencies located near the patient's home.

<p>NRG/YELLOW LOT 9001 S MAIN ST, HOUSTON, TX, 77025  Food Distribution</p>	<p><i>Sample List of Food Pantries to Give to Patients (Using the Agency Locator)</i></p>
<p>Hope For Families 3015 N MacGregor Way, Houston, TX, 77004 Mark Stone 281-386-7386  Food Distribution  Drive-Thru Pickup  Walk-Up Pickup</p>	
<p>Christ Rose Foundation 7034 Tierwester Street, Houston, TX, 77021 Cloydia Garrette 832-715-8177  Food Distribution  Walk-Up Pickup  Drive-Thru Pickup</p>	

Additional Locations of Food Pantries

- [Helpline \(832\) 369 – 9390](#) - volunteers provide referrals on local churches, charities, and groups that operate free food pantries in Harris County and help apply for emergency food assistance
- [Harris County Food Banks and Pantries List, Houston Free Food Resources](#)