

Food Aid for Texas Families



The food bank is just one source of good nutrition. Use the information below to learn about other food assistance for you and your family.



SNAP - Supplemental Nutrition Assistance Program

- SNAP helps households buy healthy food at grocery stores. Adults age 18 and older can apply for SNAP. Eligibility is based on income

Next Steps: Visit www.YourTexasBenefits.com or call (877) 541-7905 to learn more about SNAP and apply for food benefits.



WIC - Special Supplemental Nutrition Program for Women, Infants, and Children

- Women who are pregnant and families with children younger than age five may qualify for food benefits from WIC. Eligibility is based on income.

Next Steps: Visit www.YourTexasBenefits.com to apply for WIC or call (800) 942-3678 for information and where to find a WIC office near you.



Meals for Children During the Current Public Health Emergency

- Children 18 and younger can get meals made to take home at some schools, churches and local groups. These no-cost meals may only be available during the public health emergency or during special Summer programs.

Next Steps: Contact school districts in your area and ask if they offer these meals or if another local group does. Check for times and locations. Ask for details on the pick up process for the location of your choice.



School Meals

- Enrolled students can get healthy meals at school. The cost is determined by the family income or can be free to all students depending on the location. Students may get meals free, at a reduced price or the regular reasonable price. At some schools, free afterschool snacks or meals may also be available.

Next Steps: Contact your school for information or visit www.SquareMeals.org/AmIEligible to determine your income eligibility for school meals.



Additional Information: Visit www.211Texas.org or call 2-1-1 to speak to someone about food resources in your area.



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