

# NUTRITION RESOURCES

## **Harris County Public Health: Diabetes Prevention Program**

**Program Description:** DPP is a lifestyle change program for people with pre-diabetes to reduce their risk of type 2 diabetes and improve their overall health. The Prevent T2 curriculum can be offered in English or Spanish over the course of 12 months.

**Helpline:** English (713) 274-7167; Spanish (713) 274-7169

**Email:** [dpp@phs.hctx.net](mailto:dpp@phs.hctx.net)

**Website:** <https://publichealth.harriscountytexas.gov/Services-Programs/All-Programs/Diabetes-Prevention-Program-DPP>

**Program Qualifications:** Must be 18 and up, BMI above 25 (BMI above 23 if Asian), Hemoglobin A1C levels between 5.7% - 6.4%, Previous clinical diagnosis of gestational diabetes, and not currently pregnant. Participants must not currently be diabetic or diagnosed with type 1 or 2 diabetes in the past.

**Service(s) Provided:** Lessons are taught by certified lifestyle coaches along with a registered dietitian and cover material such as reverse pre-diabetes, weight loss, increase energy, physical activity, heart health, and stress management. Enrolled participants also receive 30 pounds of fresh produce bi-weekly, scales, pedometers, water bottles, drawing, and other incentives.

**Service Area:** La Porte (77571, 77505, 77507, 77536, 77572); Pasadena, TX (77502, 77506, 77503, 77504, 77059, 77586, 77058, 77536, 77507, 77571, 77501, 77508); Crosby (77532)

## **Harris County Public Health: Women, Infants, and Children (WIC)**

**Program Description:** WIC is a nutrition program for pregnant or breastfeeding women and families (parents, stepparents, guardians, and foster parents) with children younger than 5.

**Location(s):** 10 Harris County WIC Clinic locations; Antoine, Baytown, Bear Creek, Cypress Station, Emerald Plaza (Veterans Memorial), Fallbrook, Humble, Shaver (Pasadena), Tomball, and Scarsdale

**Availability:** Monday – Thursday, 8:00 AM – 5:30PM; Friday 8:00AM – 12:00PM; 3rd Saturday of the month 8:00AM – 12:00PM; Closed Friday following the 3rd Saturday. WIC Call Center Hours: Monday -Wednesday 8:00AM – 6:00PM; Thursday 8:00 AM – 3:00PM; Friday 8:00AM – 2:00PM

**Helpline:** Appointment Line 713-407-5800; Breastfeeding helpline 713-407-5898

**Website:** <https://publichealth.harriscountytexas.gov/Services-Programs/Services/WIC>

### **Program Qualifications:**

1. Must reside in Texas (US citizenship is not a requirement for eligibility)
2. Meet one of the following:
  - a. You are pregnant
  - b. You have had a baby within the past six months
  - c. You are breastfeeding or post-partum and non-breastfeeding
  - d. You are the parent/guardian for an infant or child up to five years old
3. Meet required income guidelines (Applicants in one of the above categories who receive Medicaid, Temporary Assistance to Needy Families (TANF), or SNAP can automatically qualify for WIC services.

# NUTRITION RESOURCES

**Service(s) Provided:** WIC offers access to affordable healthy foods, nutrition classes, healthy foods, one-on-one counseling with nutritionists, recipe and cooking demonstrations, referrals to other programs, and breastfeeding support.

**Service Area:** WIC is a statewide program, HCPH WIC helps connects individuals in Harris County

## **Harris County Public Health: Nutrition and Physical Activity Program**

**Program Description:** The Nutrition and Physical Activity program is committed to empowering and educating members of the community on ways to eat healthier and increase physical activity to help maintain a healthy weight. Programs suited to cover all ages: Eat Play Grow (Ages 2-5), CATCH (Elementary to Middle School age), Cooking Matters (Ages 7 & up), and Senior Classes.

**Location:** Locations may vary. Classes can be scheduled with the Nutrition and Physical Activity team and be held in schools, community centers, and local organizations within Harris County.

**Helpline:** Email [Esther.gabay@phs.hctx.net](mailto:Esther.gabay@phs.hctx.net) or call (713) 274-8546

**Website:** <https://publichealth.harriscountytexas.gov/healthyharris>

**Program Qualifications:** Available for all ages

**Service(s) Provided:** Nutrition and physical education lessons are free for all ages and can range approximately from 45 minutes to 1 hour.

## **City of Houston Nutrition Programs**

**Location:** Locations Vary

**Availability:** Monday – Friday 8:00AM – 5:00PM,

**Helpline:** (832) 393-4301 or 2-1-1

**Website:** <https://www.houstonhealth.org/services/aging/nutrition-programs>

**Service(s) Provided:** Offer nutrition programs designed to eliminate food insecurity for older, vulnerable adults, and adults 60 years or older. Provide and deliver home-bound individuals with meals, commonly known as "meals on wheels." Also offer Community Dining Sites at community centers throughout Houston and Harris County five days a week. Provide transportation to and from community meal sites for eligible older adults who do not have transportation.

**Service Area:** Greater Houston Area

## **Houston Food Bank**

**Location:** Food Distribution Locator: <https://www.houstonfoodbank.org/find-help/agency-locator/>

**Availability:** Main Office Hours: Monday – Friday, 8:00AM – 6:00PM; Saturday 9:00AM – 2:00PM; closed Sunday

**Helpline:** (832) 369-9390 (for food assistance);

[NutritionEducation@houstonfoodbank.org](mailto:NutritionEducation@houstonfoodbank.org) (for nutrition education programs)

**Website:** <https://www.houstonfoodbank.org/our-programs/nutrition-education/>

**Service(s) Provided:** Provide programs and services aimed at helping families achieve long-term stability including nutrition education, job training, health management, and help in securing state-funded assistance.

**Service Area:** Greater Houston Area

# NUTRITION RESOURCES

## **Supplemental Nutrition Assistance Program (SNAP)**

**Location:** Multiple locations.

**Office locator tool:** <https://www.yourtexasbenefits.com/Screeners/FindanOffice>

**Availability:** Monday – Friday, 8:00AM - 5:00PM

**Helpline:** 2-1-1; For mobile application assistance from Harris County Public Health's Connect Program, call (832) 927- 7946 or email

[HCPHConnect@phs.hctx.net](mailto:HCPHConnect@phs.hctx.net).

**Website:** <https://www.yourtexasbenefits.com/ytb/Public/Login>

### **Program Qualifications:**

- People who don't have a lot of money and meet all program rules.
- Most adults ages 18 to 49 with no children can get SNAP for only three months in a three-year period. Benefit period might be longer depending on circumstances.
- Households in which all members are either older adults (age 60 and older) or people with disabilities are eligible to participate in the [Texas Simplified Application Project \(TSAP\)](#), which provides three years of benefits at a time.

**Service(s) Provided:** SNAP helps people buy the food they need for good health.

**Service Area:** State and National Program

## **Bite of Hope: A Hope Clinic Initiative**

**Location:** Multiple Locations around Houston

**Availability:** 9:00-5:00PM Monday-Friday

**Contact Info:** 713-773-0803

**Website:** [www.abiteofhope.org](http://www.abiteofhope.org)

**Service(s) Provided:** At Bite of Hope provides cooking classes, afterschool classes and workshops for all ages focused on healthy food choices.

## **Common Threads**

**Location:** National; virtual access

**Availability:** Varies by program; On-demand options available

**Helpline:** (512) 879-3412 or email [classes@commonthreads.org](mailto:classes@commonthreads.org)

**Website:** <https://www.commonthreads.org/>

**Service(s) Provided:** In-person or virtual nutrition and healthy cooking classes aimed at families most impacted by lack of resources.

**Service Area:** National

## **Beauty's Community Garden**

**Location:** 3201 Airline Dr, Houston, TX 77022

**Availability:** Varies by program and event

**Helpline:** (832) 910-8261

**Website:** <https://beautyscommunitygarden.org/>

**Service(s) Provided:** Free nutrition, healthy cooking, and gardening classes for adults and youth. Also offers a free health education magazine.

**Service Area:** Greater Houston Area