

Be Well Communities™

Healthy eating resource guide for the Houston area



Be Well Communities™ is The University of Texas MD Anderson Cancer Center's place-based strategy for cancer prevention and control, working with communities to promote wellness and stop cancer before it starts. Be Well Communities unites individuals, schools, workplaces, government agencies, health care providers and policymakers to plan and carry out sustainable, community-led solutions that will make positive, long-lasting changes in people's lives. Be Well Communities is a pillar initiative of MD Anderson's Cancer Prevention and Control Platform.

An important component of the Be Well Communities model is working with community-based organizations such as schools, workplaces, community colleges, and parks and recreation departments, who all have an important role to play in reducing the risk of cancer. More than 50 local, regional and state organizations are actively engaged on Be Well Communities steering committees in the areas of healthy eating, active living, sun safety, tobacco-free living and preventive care.

This healthy eating resource guide has been created by the Be Well Communities team to provide support and knowledge-based resources for community-based organizations in the Houston area, who serve individuals who want to learn more about healthy eating, cooking, gardening and related topics. The guide also contains resources that support access to food assistance programs.

Please note, this resource is for organizations and does not include information for individuals on accessing food, such as emergency food assistance, congregate meals, etc. Specific and local information on resources for addressing needs related to non-medical drivers of health, such as housing, are available from [Harris County Public Health](#) (click on "Community Resource List" for the current month's guide).

- For more information or technical assistance, contact: BeWellCommunities@MDAnderson.org
- To learn about Be Well Communities, visit: MDAnderson.org/BeWellCommunities

THE UNIVERSITY OF TEXAS
MD Anderson
Cancer Center

Making Cancer History®

Food assistance resources

These programs provide food assistance to people who qualify.



Organization	Description
WIC	
Chambers County WIC	Call the following numbers for information on all WIC center locations and hours of operation in Chambers County <ul style="list-style-type: none">• Anahuac Office 409-267-2772• Winnie Office 409-267-2652• Mont Belvieu Office 409-267-2620
Harris County Public Health WIC	Call 713-407-5800 for information on all WIC center locations and hours of operation in Harris County.
Texas WIC	Call 800-942-3678 for information. Individuals can apply online. After submitting the form, someone from a local WIC clinic will be in contact.
Texas WIC Newsletter	Sign up for this monthly newsletter, it is available for parents with children between the ages of 12 months and 5 years old.
Texas WIC Online Classes	Participate in free classes and gain access to educational materials and live sessions; enrollment in WIC is not needed to participate.
SNAP	
Harris County Public Health Connect Resource Navigation Program	Learn more information about Connectors who work with clients to determine what state services they qualify for and to assist through the application process at this site. A form is available to contact the connectors. Email their team here or call 832-927-7946.
Houston Food Bank	Fill out an online form on this site to connect with a certified Community Assistance Program Navigator that will walk clients through the entire application process for SNAP and Medicaid.
Text SNAP to 74544	Utilize the text message-based system to re-screen for SNAP services eligibility.
USDA SNAP Retail Locator	Use this tool to locate retailers that accept SNAP.
Your Texas Benefits	Learn more information about state benefits, including SNAP. Individuals can fill out a pre-screening tool to find out which benefits and support services they may qualify for.

Nutrition education

These groups provide free health education that empowers people to make healthy food choices.



Organization	Description
A Bite of Hope	This site contains information on programs that focus on empowering communities with health and nutrition knowledge. Email their team here or call 713-773-0803 x275.
Common Threads	This site contains information on free online nutrition education and cooking classes for children and their families. Courses are SNAP-Ed approved interventions designed to increase nutrition knowledge and vegetable consumption.
Houston Food Bank	This site contains information on a variety of classes that are hosted both in person and virtually and available in English and Spanish. Nutrition education can be requested online by filling out a form or emailing their team here .
Houston Health Department	This site contains information about community-based health education. A wide selection of free, health education courses on the topics of diabetes, hypertension, obesity and tobacco use to community members across the lifespan. Education is offered through clinic-based health, community-based health, and health education by request.
Prairie View A & M Cooperative Extension Program	This site contains information about adult and youth education programs education in Agriculture and Natural Resources, 4-H Youth Development, Community and Economic Development, and Family and Community Health, available to Harris County residents.
Texas A&M AgriLife Extension – Harris County Expanded Food and Nutrition Education Program	This site contains information about adult and youth nutrition education programs available to Harris County residents. Gardening classes are available virtually and webinar information is provided in the Upcoming Events section. Email their team here or call 713-349-0880, see the class options here .
Texas A&M AgriLife Extension – Harris County Better Living for Texans Nutrition Programs	This site contains information about a nutrition education program for adults and children who are SNAP participants and SNAP eligible. The program helps people make healthy meals, improve their physical fitness, save money at the grocery store, grow their own foods, and adopt better food safety habits. Email their team here or here or call 713-274-0950.

<p>Texas A&M AgriLife Extension – Harris County AgriLife Extension Diabetes Program</p>	<p>This site contains information on a 6-week diabetes self-management program for Spanish-speaking adults with Type 2 diabetes. Email their team here or call 979-845-2142.</p>
<p>Urban Harvest</p>	<p>This site contains information about adult and youth gardening and nutrition education classes.</p>
<p>MD Anderson Cancer Center</p>	<p>This site contains information on free community outreach programs to educate people about healthy lifestyle choices that can reduce their cancer risk. Presentations are available virtually and in-person in English, Spanish and Vietnamese.</p>

Free nutrition education material



Visit these sites to order free print materials for your group or organization.

Organization	Description
MyPlate	This site contains printable tip sheets and resources.
Team Nutrition USDA	This site contains print materials to order for schools and childcare centers that participate in the Federal Child Nutrition Programs.
Centers for Disease Control and Prevention – State and Community Health Media Center	This site contains free or low-cost (printable online or order from this site), audience-tested ads and support materials in English and other languages.
USDA Nutrition	Printable materials and handouts on a variety of specific nutrition-related topics.
WIC	<p>WIC catalog available to browse and order materials. To request materials, email them here.</p> <p>Texas residents: WIC provides up to 50 courtesy copies of print materials per month. You can also print copies using the PDFs provided online.</p> <p><i>Items marked “Restricted for WIC Use Only” are reserved for WIC staff.</i></p>
MD Anderson Cancer Center	Information on ordering print materials on cancer prevention, screening and risk reduction tips.

Additional organizations

These organizations provide healthy eating-related assistance for specific communities in the Greater Houston Area. Reach out to the Be Well Communities team [here](#) to be added to this list.



Organization	Service Area	Description
BakerRipley	Various neighborhoods	BakerRipley offers mobile food fairs, senior meal sites, and more at their Senior Health & Wellness centers.
Beauty's Community Garden	Acres Homes / Independence Heights	Beauty's Community Garden is a place for community members to come together to access and learn about healthy whole foods they can plant, providing community service hours and hands-on gardening clinics. Call their team for more information, 832-910-8261.
Brighter Bites	Greater Houston Area	Brighter Bites delivers a comprehensive, multi-component school program that increases access to fresh fruits and vegetables combined with nutrition education for obesity prevention among low-income children and their families. The Brighter Bites program consists of three main components, 1) a weekly food distribution of 30 pounds of fresh produce per family; 2) nutrition education, in partnership with CATCH; 3) a fun food experience during pick-up time to involve parents and children.
Collaborating Voices Foundation	Acres Homes / Greater Houston Area	Collaborating Voices Foundation provides Community Resources & Awareness for Seniors, Children, Veterans, Homeless Outreach, Disaster Relief, Donation Hub. Also collaborates with Food Truck Disaster Relief Stop Hunger Go Mobile.
Communities for Better Health	Greater Houston Area	Communities for Better Health has worked in Acres Homes to expand access to healthy food options (Sowing Seeds Community Garden, Acres Homes Farmers Market, healthy corner store initiative), increased education and awareness about food access, and created health equity champions. Call their team to learn more, 832-390-4984.

Destined for Empowerment	Sunny Side South Park	Destined for Empowerment operates the Sunnyside Community Garden and provides senior services. Call their team to learn more, 832-834-4910.
Harris County Area Agency on Aging	Harris County	Harris County AAA provides congregate meals at community and senior centers as well as home delivered meals. Call their team to learn more, 832-393-4301.
Harris County Precinct 1	Harris County Precinct 1	Harris County Precinct One started the Healthy Food Financing Initiative to bring more options to every community.
Harris County Precinct 2	Harris County Precinct 2	Harris County Precinct Two offers various health services to community members.
Harris Health System	Harris County	Harris Health System operates a food prescription program in collaboration with on-site food pharmacies at select locations, for patients. For program inquiries email their team here .
Hearts and Hands of Baytown	Baytown	Hearts and Hands of Baytown offers a comprehensive approach to providing supportive services to alleviate the physical and emotional toll of hunger in a dignified and supportive way. They offer numerous programs for individuals to access food. Call their team to learn more, 832-597-8908.
Honor Humanity	Acres Homes	Honor Humanity Inc. is an organization focused on increasing compassion for underserved communities by supporting organizations with creative ways to elevate and bring awareness to their programs, with a primary focus on food insecurity.
Humble Area Assisted Ministries	Northeast Harris County	Humble Area Assisted Ministries provides meals on wheels and senior nutrition packs for seniors, among other programs and services. Call their team to learn more, 281-446-3663.
Marcelous-Williams Resource Center	Highlands and Chambers County	Marcelous-Williams Resource Center provides clients with case management assistance for benefits applications. Call their team to learn more, 855-449-1472.

<u>Memorial Hermann Community Benefit Corporation</u>	Acres Homes, Near Northside, Northline, Southwest Houston	Food as Health—one of the four interconnected pillars that serve as the foundation for Memorial Hermann Community Benefit Corporation’s work—addresses food insecurity, food access and offers nutritional knowledge and education.
<u>Nature & Eclectic Outdoors</u>	Acres Homes / Third Ward	Nature and Eclectic Outdoors offers many programs to promote outdoor activity, including school gardens. Call their team to learn more, 512-731-0936.
<u>North Pasadena Community Outreach</u>	Pasadena	North Pasadena Community Outreach works together to improve the health and education of the community, including hosting mobile food fairs and providing application assistance to enroll in public benefits. Call their team to learn more, 713-473-6300.
<u>Prairie View A & M Wellness in Houston</u>	Greater Houston Area	PVAMU Wellness in Houston promotes health, wellness, and nutrition through a variety of classes and community gardens.
<u>Settegast Heights Redevelopment Corporation Northeast Community</u>	Settegast Heights	Settegast Heights Redevelopment Corporation Northeast Community provides senior food distribution. Call their team to learn more, 713-535-0201.