

Free Meals/Food

Name	Address	Phone	Hours	About
1960 Hope Center	744 Cypress Creek Parkway, Suite B, Houston, TX 77090	(832) 965-5511	Mon-Fri, 9am to 3pm	Daytime respite center, drop in between 9am and 3pm. Providing dignity through hospitality by offering clothing, showers, laundry, coffee, light lunch, AA meetings, haircuts, and Bible study to those who are homeless. They are dedicated to helping those who are homeless by meeting their needs (physically, socially, spiritually, and emotionally).
Beacon Day Center	1212 Prairie St, Houston, TX 77002	(713) 220-9737	Thurs-Mon, 7am to 2pm	The Beacon Day Center serves lunch from 11:00 to 1:00 pm, and provides laundry, shower services and rest rooms all day. Access to social services include: Legal services through Beacon Law, Housing assessments through Coordinated Access, Clinic services through Cathedral Health Clinic and general social services, including "Gold Cards" (Harris Health financial assistance) through Compass Houston. The Beacon also hosts activities for clients, such as yoga, bible study, writing workshops, art classes and other activities.
Berean's Adventist Community Services	2119 St Emanuel St, Houston, TX 77003	(832) 928-4937	Wed, 7p to 8:30p Every third Sat, 12p to 3p	Berean Adventist Community Services offers supplementary groceries, clothing, toiletries, and household goods as available. They also offer referrals to local agencies for those who have greater needs such as housing and utility assistance, however, are not able to provide this type of assistance through services at Berean. Arrive 30 minutes early for registration, bring a form of ID. Emergency Food Bags can be obtained on every third Saturday by special request and Wednesday evenings by appointment from 7pm - 8:30pm. Service on holidays will depend on the availability of staff on hand. We ask that you call in advance for Special Pick-up Services. For more information or to request services, please call Linda Walker at 713-654-8945. Services are available to anyone who has a one-time or periodic need.
Bread of Life	1703 Gray St, Houston, TX 77003	(713) 650-0595		
Cross Roads at Park Place	3827 Broadway Blvd, Houston, Texas 77017	(713) 252-3604	Tue/Thu, 7am to 1pm	Cross Roads is the day program held at the Servants of Christ United Methodist Church, that provides breakfast and lunch, shower, laundry services, clean clothes, along with assistance applying for a Gold Card, SNAP (food stamps), and other social services.
Emergency Food Bank	5401 Fannin St, Houston TX 77004	(713) 528-3663	Sun-Fri, 11am to 1pm	
L.I.F.E. (Local Infant Formula for Emergencies) Houston	Various sites (please call for closest open location)	(713) 528-6044	Mon-Thu, 9:30am to 3:30pm Fri, 9:30am to 2pm	L.I.F.E. Houston provides infant formula and information about proper infant nutrition. The intake process takes around 30 minutes and requires 1) photo ID for parent/caregiver; 2) baby's birth certificate or verification of birth facts; and 3) medically necessary formulas require a note from the doctor or WIC office. When available, families can also get help with jarred baby food or infant cereal. Families can get help no more than six times before the child's first birthday.
Loaves & Fishes	2009 Congress Ave, Houston, TX 77002	(713) 224-1373	Tue-Sun, 11am to 11:30am	
Martha's Kitchen	322 S. Jensen Dr, Houston, TX 77003	(713) 224-2522	Mon-Fri, 11:30am to 12:30pm	Martha's Kitchen is a mission activity under St. Martha Catholic Church. Hot lunches are served for free, no ID required.
Montrose Grace Place	2304 Mason St, Houston, TX 77006	(832)-819-0528	Thurs, 6pm to 10pm	Montrose Grace Place provides a safe, welcoming environment for vulnerable, homeless youth of all sexual orientations and gender identities, by providing nourishment, healthy relationships, and hope for the future. Located at "The Pink Giraffe House." Must be between ages of 13-21. Entry Doors close at 7:15pm or when 25 youth have been admitted, whichever comes first. Line up outside front door starts at 5:30pm. They provide a home-cooked meal, clothing, toiletries, bus pass, small non-perishable food items, and more.
SEARCH	2015 Congress Ave, Houston, TX 77002	(713) 739-7752	Mon-Fri, 11:30am	Lunch is served at 11:30am on weekdays. Many other services are also provided at SEARCH, found in other sections (clinic, clothing, drop-in centers, etc.).
Stand Up for Kids-Houston	1827 W. Alabama St, Houston, TX		Tues night outreach, 6:30 to 7:30pm	Please email: houston@standupforkids.org Stand Up for Kids Houston serves young adults up to age 25 only. They provide clothing, food, and hygiene supplies. They help with job applications, resumes, ID/Birth Certificate application and voucher, GED, college financial aid applications, and information on local services for the homeless. They have a street outreach in the Montrose area (near Montrose & Lovett Blvd) on Tuesday nights 6:30-7:30 pm and a drop-in center for youth/young adults up to age 25 at 1827 W Alabama Street on Friday nights 6:30-8:30