

HSC Health Family Medicine Food Resources in Tarrant County

Part of the HSC Whole Health Initiative

WOMEN, INFANTS AND CHILDREN

Provides certain foods for children 0-3 years old including formula, milk, cheese, and peanut butter.

Eligibility

Pregnant women up to 6 months postpartum, infants up to their 1st birthday, and children up to their 5th birthday, monthly income of \$1,074 for a single person, identified as having a nutritional risk via the WIC prescreening tool.

 www.texaswic.org

TARRANT AREA FOOD BANK

A list of mobile pantries for all of Tarrant County is on the website. Patients can access the food bank and mobile pantries as often as needed, when available.

Eligibility

No age or income eligibility requirements. Open to all in need.

 www.tafb.org/find-food/

Senior Specific Program

 www.tafb.org/senior-box-program/

MEALS ON WHEELS

Referrals can be made online. Ensure can be provided if the patient meets criteria for the program and the doctor provides a prescription.

Eligibility

Age 60 and up, under 60 and based on need, person must be home bound, unable to prepare nutritious meals, and without regular assistance.


 www.mealsonwheels.org

WELLPOINT/ANTHEM

The Wellpoint "grocery card" benefit is part of its Everyday Extras included in select Medicare Advantage plans. Outside of this benefit, members may always contact member services to connect with a "Medicare Resources Support" associate to address food insecurity.

Eligibility

Member must have this included in their benefit and also have a special supplemental benefit for the chronically ill. The "SSBCI" benefit is not uniformly offered to all enrollees of the plan. Members must have one of the chronic conditions required to be able to select a "SSBCI" benefit.

 www.anthem.com

HSC HEALTH RESOURCE GUIDE


Food Resources in Tarrant County

OPEN DOORS FOR WOMEN IN NEED, NUTRITIONAL GROCERIES

Groceries provided by Sprout. Made available to families in need Monday-Thursday during office hours.

 opendoors4women.org

 817-920-9326

 3600 Horne St,
Fort Worth, TX 76107


 Monday-Thursday, 8 AM - 5 PM

GARDEN ON THE GO

Provides fresh fruits and vegetables at a low cost (\$5 per bag). The items change weekly based on what is in season and fresh. Each bag includes 15-19 pieces of fruits and vegetables.

Eligibility

Open to anyone in the community

 www.texashealth.org

1st Saturday

Azle Lions Club
412 Commerce St,
Azle, TX 76020

2nd Saturday

Agnes Community Center
5406 Agnes Circle
Springtown, TX 76082

4th Saturday

Azle Christian Church
117 Church St,
Azle, TX 76020

MOM'S MEALS

A self-pay option is available for \$8-9 per meal.

Eligibility

You must meet one of the following: are over the age of 65, medically disabled, require assistance with grocery shopping and/or preparing meals, or are insured by Medicaid or Medicare Advantage plans.

Getting started:

1. You must contact your insurance's Member Services or Client Services department to determine eligibility for home-delivered meal benefits. This number can be found on the back of your insurance card.
2. Your insurance will assess with you and determine if/how many meals you qualify for. If you do not qualify, please visit <https://tafb.org/find-food/> for alternative options.
3. Your insurance will then send paperwork with benefit details to Mom's Meals.
4. Mom's Meals will process the paperwork in 3-5 days.
5. Mom's Meals will contact you with a welcome call to notify you of the initial delivery.

 momsmeals.com

HSC HEALTH RESOURCE GUIDE

Food Resources in Tarrant County

NICA (NORTHSIDE INTER-COMMUNITY AGENCY)

Provides a variety of food to feed everyone, even those with dietary restrictions.

Eligibility

Open to anyone in Tarrant County

 nicaagency.org  817-626-1102

 1600 Circle Park Blvd
Fort Worth, TX 76164  Tuesday-Friday, 9 AM - 3 PM

DOUBLE UP FOOD BUCKS

When you use your SNAP card at participating locations, Double Up matches your purchasing dollar for dollar so you and your family can get more fruits and veggies!

Eligibility

If you have an active SNAP card, you can get started with Double Up today, no sign-up needed. Get started by finding a participating farmer's market or grocery store near you.



 doubleuptexas.org/find-a-location  To confirm hours and locations, contact the Help Desk at 512-730-1807

COMMUNITY FOOD BANK

Provides a free surplus of food including fresh and frozen meats, produce, dairy and dessert.

Eligibility

Open to anyone in Dallas, Denton, Ellis, Hood, Johnson, Parker, Tarrant and Wise county.

 food-bank.org  817-924-3333

 3000 Galvez Ave,
Fort Worth, TX 76111  Monday-Thursday, 9 AM - 1 PM

FOODPANTRIES.ORG


Provides a current list of Fort Worth food pantries and information on: food closets, food banks, soup kitchens, congregate meal location, food boxes, vouchers, etc.

 foodpantries.org

MISSION ARLINGTON

Pantry, clothing, prescription assistance, and other basic need help. Individuals and families can obtain short-term supplies of groceries designed to last for several days, based on family size.

 www.yourtexasbenefits.com

 210 W South St
Arlington, TX 76010

 817-277-6620