

SOUTH TEXAS EARLY PREVENTION STUDIES (STEPS/SNAP-ED PROJECT 2022-2025)



RIO GRANDE VALLEY (RGV) DIRECTORY

SOME FAMILIES MAY EXPERIENCE A DISRUPTION OF FOOD INTAKE OR EATING PATTERNS DUE TO LACK OF FUNDS AND/OR OTHER SITUATIONS. THE FOOD BANK, CHURCH FOOD PANTRIES AND OTHER AGENCIES AROUND THE RGV OFFER HUNGER RELIEF IN OUR COMMUNITY. IF YOU ARE IN NEED OF FOOD RESOURCES, PLEASE VISIT ANY OF THE SITES IN THIS DIRECTORY.

ALGUNAS FAMILIAS PUEDEN EXPERIMENTAR UNA INTERRUPCIÓN EN SU ALIMENTACIÓN A CAUSA DE FALTA DE DINERO O ALGUNA OTRA SITUACIÓN. EL BANCO DE COMIDA, IGLESIAS Y OTRAS AGENCIAS EN EL VALLE DEL RIO GRANDE PUEDEN AYUDAR A FAMILIAS QUE ESTEN PASANDO POR UN MAL MOMENTO ECONÓMICO. SI USTED NECESITA AYUDA, POR FAVOR ACUDA A ALGUNA DE LAS LOCALIDADES EN ESTE DIRECTORIO.

NOTE: DEPENDING ON THE LOCATION, THERE MAY BE A WAIT TO OBTAIN FOOD AND/OR OTHER ITEMS.

Last Updated August 2023.

Food Bank of the Rio Grande Valley

724 N. Cage Blvd. Pharr, TX 78577

(956) 682-8101

Hours of operation:

Monday-Friday, 8am - 5pm

Emergency food assistance may be used only once a year. After, you will receive a referral to a food pantry close to you.

No application needed for Mobile Food and Produce Pop Ups. Valid ID and proof of residential address required.

Madre Cabrini Parish

8001 S. Cage Blvd. Pharr, TX 78577

(956) 787-3554

Hours of Operation:

Thursday, 8am - until supplies last

Food assistance is available once a month per family. Valid ID and proof of residency in the City of Pharr required.

St. Anne's Church

710 East Lucas Pharr, TX 78577

956-787-8122

Hours of Operation:

Every Friday, 9am - 11am

Proof of residential address, valid ID, and social security number required.

St. Jude Thaddeus Parish

505 S. Ironwood St. Pharr, TX 78577

(956) 781-2489

Hours of Operation:

Monday-Friday, 10am - 11am

Valid ID and proof of residential address required.

Saint John Baptist Catholic Church

216 W. 1st St. San Juan, TX 78589

(956) 783-1196

Hours of Operation:

Wednesday, 1pm-2:30pm & Thursday, 1pm - 3pm

Produce and groceries available for San Juan City residents. In-person application required. Must bring valid photo ID and proof of residential address.

Primera Iglesia Bautista De Alamo

401 E. Old 83 Alamo, TX 78516

(956) 781-2325

Hours of Operation:

**Last Saturday of every month,
12pm - 1pm**

Valid ID and proof of residential address in the City of Alamo required.

Church at Bethany

1520 S. Alamo Rd. Alamo, TX 78516

(956) 781-6191

Hours of Operation:

Every Thursday, 10:30am - 12pm

Available to those that attend the service.
Valid ID required.



PHARR



SAN JUAN



ALAMO



LA JOYA

La Joya Housing Authority

945 S. Leo Ave.
La Joya, TX 78560
(956) 581-7869

Hours of operation:
Monday - Friday, 9am - 3pm

Valid ID required. All Hidalgo County residents
Welcome. Number of people per household may be
required.

Templo Paraiso

302 Crisantema St.
Sullivan City, TX 78595
956-240-3606

Food donations from other organizations are
distributed on Mondays. Call for availability.

First United Methodist Church

1101 Doherty Ave. Mission, TX 78572
956-585-1665

Hours of Operation:
1st & 3rd Thursday of the month,
9am

Curbside is available. Drive up only on 11th
Street. Car line goes down Doherty at 9am until
food is finished. Valid ID and proof of
residential address required.

Mission Food Pantry

115 S. Mayberry St. Mission, TX 78572
956-585-3542

Hours of Operation:
Monday - Friday
9am - 12pm / 1:30pm - 4pm
Provides food for emergencies only.
Clothes are for sale at \$1 per piece.

Amigos Del Valle, Inc.

1116 N. Conway Ave. Mission, TX 78572
956- 581-9494 & 956-581-2210

Hours of Operation:
Monday, Wednesday, Friday (hot meals or frozen meals)
11am - 12pm / 1pm - 2pm

Application process needed for home delivery.
Curbside meals available for senior citizens (60+ years).

Our Lady of Guadalupe Parish

609 N. Conway Ave. Mission, TX 78572
956-445-7956

Hours of Operation:
Tuesdays, 10am - 12pm
All Hidalgo County residents welcome.

Iglesia Luz de la Vida

201 Scott Lane Rd. Mission, TX 78572
956-519-8028

Hours of Operation:
Every 1st & 3rd Wednesday of the month
Must call for availability.

His Hands Ministries Inc

17214 Salida del Sol St. Peñitas, TX 78576
956-584-6844

Must Call for Availability. Family members
identification and City of Peñitas proof of residency
required. Food, Clothing, and Furniture bank
available.

Peñitas Baptist Church

406 S Main St. Peñitas, TX 78576
956-358-7212

Hours of Operation:
Thursdays, 8am - 10am
Call for availability.



PEÑITAS



Abundant Grace Community Church

2110 South McColl Rd. Edinburg, TX 78539

(956) 381-0622

8am - 12pm

1pm - 3pm

Emergency food pantry for one time use.

First Lutheran Church

302 S. Sugar Rd. Edinburg, TX 78539

(956) 383-2647

First 4 Saturdays of the month,

9am - 11am

Must call for availability.

More information: <https://www.flcedinburg.com/food-pantry>

Holy Family Church

1302 E. Champion Edinburg, TX 78539

(956) 383-5472

Hours of Operation:

Wednesday, 8am - 12pm

Proof of residential address required.

Food and clothes available.

St. Vincent De Paul (St. Joseph's Church)

114 West Fay St. Edinburg, TX 78539

(956) 383-3128

Hours of Operation:

Thursdays 10am - 11am

Valid ID and proof of residential address required.

Must reside in the area.

Food and clothes available.



Holy Spirit Catholic Church

2201 Martin Ave. McAllen, TX 78504

(956) 631-5295

Hours of Operation:

Every Wednesday, 9am - 12pm

Hours vary on volunteer availability. Must call for availability. Valid ID required. Must be a resident of

78504 area zip code. Non-residents will be provided an emergency box.

Sacred Heart Church

306 S. 15th St. McAllen, TX 78501

(956) 686-7711

Hours of Operation:

Every 2nd Wednesday of the month

9am - 11am

Curbside available.

Valid ID and utility bill with name and address required. Must complete application upon arrival.

Non-perishable food items available.

St. John's Episcopal Church

2500 N. 10th St. McAllen, TX 78501

(956) 687-6191

Hours of Operation:

1st Tuesday of the month

4:15pm - 5:30pm

Must reside in McAllen, between 2nd and 10th, and between Pecan and Nolana.

Valid ID and utility bill with current address required.

Christ Covenant Church

1320 W Nolana Ave. McAllen,
TX 78504

(956) 682-6424

Food boxes available once a week.

Must call for availability.

Feed My Sheep/Baptist Temple
2001 Trenton Rd. McAllen, TX 78501
(956) 686-5296

Hours of Operation:
1st & 3rd Thursday of the month
9am - 11am

Valid ID and utility bill with current address required. Available items include canned food and other non-perishable items.

St. Joseph The Worker & Hope Clinic
2332 Jordan Rd W. McAllen, TX 78503
(956) 994-0809

Hours of Operation:
Monday - Thursday
10am - 12pm.

For McAllen residents only. Utility bill with current address and valid ID required.
Must be low income to qualify.

The Salvation Army
1600 N. 23rd St. McAllen, TX 78501
(956)-682-1468

Lunch and dinner served:
12pm - 1pm & 4pm - 5pm

Soup Kitchen provides Hidalgo county residents with free lunch (12-1pm) and dinner (4-5pm) from Monday through Friday. No ID required.

Food pantry services are only for McAllen residents. Bring valid ID. Call ahead for paperwork that may be needed.

Canned and dry foods available. Food pantry hours of operation are from 9am-12pm, and 4-5pm.

Call for other available services.

St. Mark United Methodist Church
301 Pecan Blvd. McAllen, TX 78501
(956) 682-1481

Hours of Operation:
3rd. Saturday of the month
11am

Must provide name and address.

Available items: grocery bags filled with a variety of food items.



UTRGV food pantry:

1375 W University Dr, Edinburg, Tx 78539
956-665-3663

Hours of Operation:
Monday & Friday, 1pm - 4pm

Available to enrolled students. Must complete registration form, UTRGV

Student Food Pantry online

<https://www.utrgv.edu/foodpantry/>

Student ID Required.

For more information please visit:

Para más información visite:

<https://www.foodpantries.org/>

This food resource directory was created with the purpose of informing the community of possible food access if needed. Sites listed here may be subject to change in hours of operation and/or availability of food items.

Este directorio fue creado con la intención de informar a la comunidad en caso de necesitar ayuda alimenticia. Las localidades pueden experimentar cambios de horario, y/o disponibilidad de productos de comida.

Bienestar Tips

Eat 5 fruits and vegetables a day, the HEALTHY way!

Choose your favorite greens

It tastes GOOD like Bienestar should!

An apple a day is the Bienestar way!

Supersize your HEALTHY habits.

Eat your way to health.

Take Action EAT HEALTHY.

Benefits of eating Fresh Fruits and Vegetables

Low in fat and calories

Important sources of many vitamins, minerals and other nutrients

May help maintain healthy blood pressure

May reduce blood cholesterol

Important for growth and repair of all body tissues

Help Keep eyes and skin healthy

Help protect against infections



<https://www.myplate.gov/eat-healthy/fruits>
<https://www.myplate.gov/eat-healthy/vegetables>

