Houston Food Bank’s Community Assistance Program (CAP) provides application assistance for SNAP (Supplemental Nutrition Assistance Program) and other social, health, and personal services.

**How We Help**

CAP’s certified Community Resource Navigators help community members apply for benefits like SNAP, Medicaid, TANF (Temporary Assistance for Needy Families), and CHIP (Children’s Health Insurance Program) and can submit those applications electronically to the state.

CAP also offers the Referral Partner Program to continue helping people with additional resources outside of state benefits through a Community Referral Specialist. If someone opts-in to this program, throughout the next year, the Referral Specialist will recommend and refer them to various programs and partners within our community to help them achieve long-term stability.

Services are available in English and Spanish, and may be provided in other languages via state interpretation services as needed.

**Application Assistance:**

- SNAP/Medicaid/TANF/CHIP

**Referrals:**

- A food pantry near you
- Medical prescription assistance
- Utility assistance
- Cell phone assistance
- Rental assistance

**Call 832-369-9390**

For over the phone assistance or to schedule an in-person appointment at one of our main locations:

- **Houston Food Bank East Branch**
  - 535 Portwall St., Houston, TX 77029
- **Houston Food Bank North Branch**
  - 146 Knobcrest Dr., Houston, TX 77060

Visit [www.houstonfoodbank.org/cap](http://www.houstonfoodbank.org/cap) for appointment hours of operation.

19,997 SNAP applications submitted with the help of CAP in Fiscal Year ‘22 (July 2021 - June 2022)

986 meals made possible from 1 SNAP application

Visit [YourTexasBenefits.com](http://YourTexasBenefits.com) to:

- Apply for benefits
- Find support services
- Check the status of your case
- Renew your benefits

For more information, visit:

[www.houstonfoodbank.org/cap](http://www.houstonfoodbank.org/cap)

Our Mission: Food for better lives

Our Vision: A world that doesn’t need food banks

A gift of $10 provides access to 30 meals for someone in the community.