

COMMUNITY NUTRITION RESOURCES



Meals on Wheels

Phone: 210-735-5115 if you have any questions and speak to one of the Client Support Specialists 7:30 a.m - 4:30 p.m. Monday through Thursday and 7:30 a.m- 3:30 p.m. on Friday.

- Meal delivery
- Emergency meals
- Nutrition information

Congregate Meal Programs

<https://gis.sanantonio.gov/DHS/SeniorCenter/index.html>

- In-site nutritious meals
- Activities
- Exercise equipments

Food Pantry

- **Community First Health Plan**
1-800-434-2347
- **True Vine Baptist Church**
210-998-2329
- **St. Vincent DePaul Food Distribution Center**
210-478-5020
- **Giving Fridge**
210-612-2281

San Antonio Food Bank

<https://safoodbank.org/our-programs/>

- Farmer's Market
- Supplemental Nutrition Assistance Program
- Commodity Supplemental Food Program
- Emergency Food Assistance Program

COMMUNITY NUTRITION RESOURCES (CONTD.)



Free & Low Cost Options

- **Community First Food Pantry**
(800) 434-2347
- **St. Vinny's Bistro**
210.919.3195
- **FreshTrak**
<https://freshtrak.com/>
- **Project HOPE (SA Food Bank)**
<https://safoodbank.org/our-programs/programs-for-seniors/project-hope/>

Meal Delivery

- Zedric's Meal Delivery
- CookUnity Delivered Meals
- Factor Meals via Mail
- Favor Delivery
- Door Dash
- Uber Eats

Community Support

Meal Train

<https://www.mealtrain.com/>

VIA Metropolitan Transit

<https://www.viainfo.net/vanpool-service/>

Ride Connect Texas

<https://rideconnecttexas.org/>

Carpool Rideshare

<https://www.carpoolworld.com>

