



Nutrition Programs

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“KEEPING SENIORS FIRST”

Nutrition Programs Fact Sheet

The Harris County Area Agency on Aging (HCAAA) is part of a nationwide network of agencies coordinating services for adults 60 years or older, and their caregivers.

An important facet of these services is nutrition programs designed to eliminate food insecurity for older vulnerable adults. Through a local network of community-based agencies and government entities, the HCAAA manages the distribution of close to 1.5 million meals annually to adults 60 years or older throughout Houston and Harris County.

Home Delivered Meals

The largest of these nutrition programs is the home delivered meal program, providing **1,074,754** meals in 2018 to home-bound individuals. Known commonly as “Meals on Wheels”, the home delivered meals program served more than 7,239 residents in Houston and Harris County in 2018.

FOR MORE INFORMATION

To find out how you, a friend or family member can receive nutrition services call the Harris County Area Agency on Aging at:

8 3 2 - 3 9 3 - 4 3 0 1



FAST FACTS

9.3 million Americans over the age of 60 face the threat of hunger. That's 1 in 6.

Congregate Meals

With partner agencies, the HCAAA also provided **337,640** nutritious hot meals at 35 congregate meal sites throughout Houston and Harris County in 2018. Meals are provided between 10:30 am and 1:30 pm, five days a week, at local community centers in Houston and Harris County. More than 4,201 individuals received meals at a congregate site in 2018. In addition to the meal, a congregate setting provides older adults with opportunities for participation in evidenced-based programs and encourages social engagement that promotes the overall well-being of older adults.

Transportation to Congregate Meal Sites

To reduce food insecurity and ensure access to nutritious meals, the HCAAA provides transportation to and from congregate meal sites for eligible older adults. In 2018, the HCAAA provided **88,000** trips to 454 individuals.

Houston Meals for the Elderly (HoME)

For the past 30 years, the HCAAA has sponsored hot meals on Thanksgiving Day for homebound and disabled residents of Houston and Harris County. With financial support from donors and the efforts of hundreds of volunteers, the HCAAA purchases and coordinates the delivery of more than 6,000 meals each Thanksgiving Day.



Congregate Meal Program

The HCAAA oversees 35 congregate meal sites throughout Harris County. The sites are managed by eight nonprofit agencies or governmental entities. The attached chart identifies each contractor and their site responsibilities. The largest congregate meal contractor is Baker Ripley with 16 congregate meals sites, followed by the YWCA of Houston with 10.

SENIOR CENTER	ADDRESS	HOURS OF OPERATION	CONTRACTOR
Acres Home MSC.	6719 W Montgomery Rd., 77091	9:00am to 3:00pm	BakerRipley
Bellerive	7225 Bellerive, 77036	8:30am - 1:30pm	YWCA
City of Jacinto City	1025 Oates Jacinto City, 77029	8:00am to 3:00pm	City of Jacinto City
City of La Porte	1322 S. Broadway St., 77571	8:00am to 3:00pm	City of La Porte
City of South Houston	1007 State St. South Houston 77587	8:00am to 3:00pm	City of South Houston
Clear Lake Presbyterian Church	1511 El Dorado Blvd., 77062	8:00am to 4:30pm	BakerRipley
Denver Harbor MSC.	6402 Market St., 77020	8:00am to 4:00pm	BakerRipley
Gateway Center	6309 Martin Luther King, 77021	8:00am to 3:00pm	YWCA
Goldberg Towers	10909 Fondren, 77096	10:00am to 2:00pm	BakerRipley
Golden Age Hobby House	2805 Winbern, 77004	9:00am to 3:00pm	BakerRipley
Harbach-Ripley	6225 Northdale, 77087	8:00am to 2:00pm	BakerRipley
Hiram Clarke MSC.	3810 West Fuqua, 77045	9:00am to 3:00pm	City of Houston
Indochinese Cultural Center	3333 Fannin St., 77004	9:00am to 3:00pm	BakerRipley
JW Peavy Senior Center	3814 Market, 77020	8:00am to 2:00pm	BakerRipley
Kashmere MSC.	4802 Lockwood, 77026	8:00am to 2:00pm	BakerRipley
Lakeview	8950 Hammerly Blvd., 77080	9:00am to 1:00pm	YWCA
Legacy Center for Senior Life	4640 Main Street, 77002	9:00am to 2:00pm	YWCA
Longhorn	1414 Longhorn, 77080	9:30am to 1:30pm	YWCA
Lyerly Senior Center	75 Lyerly, 77022	9:30am to 1:30pm	YWCA
Magnolia MSC.	7037 Capitol, 77011	8:00am to 2:00pm	BakerRipley
Montrose Counseling Center	401 Branard, 2nd floor, 77006	10:00am to 2:00pm	BakerRipley
New Life	4828 Almeda Genoa Rd., 77048	10:00am to 2:00pm	BakerRipley
Northeast Community Center	10918 Bentley 77093	8:00am to 3:00pm	YWCA
Northeast MSC.	9720 Spaulding, 77016	9:00am to 3:00pm	City of Houston
Northwest Assistance Ministries	15555 Kuykendahl Rd., 77090	9:00am to 3:00pm	NAM
Oak Tree	14603 Fonmeadow, 77035	8:00am - 1:00pm	YWCA
Ripley House	4410 Navigation, 77011	8:00am to 2:00pm	BakerRipley
Salvation Army	2732 Cherrybrook Ln., 77502	9:00am to 4:00pm	Salvation Army
Southwest MSC.	6400 High Star, 77074	9:00am to 3:00pm	BakerRipley
Sunnyside MSC	9314 Cullen, 77051	9:00am to 3:00pm	City of Houston
Telephone Road Apt - Senior Center	6000 Telephone Rd., 77087	9:00am to 2:00pm	YWCA
Third Ward MSC.	3611 Ennis, Suite 118, 77004	8:00am to 2:00pm	BakerRipley
Wesley Community Center	1410 Lee, 77009	9:00am to 2:00pm	BakerRipley
West End MSC.	170 Heights, 77007	8:00am to 2:00pm	BakerRipley
West Office	10303 West Office, 77042	9:00am to 1:00pm	YWCA

Evidence-Based Classes and Education Programs

In addition to receiving a hot, nutritious meal, consumers also are able access additional services and resources from the HCAAA and the Houston Health Department, as well as contractors and other providers.

The HCAAA and partner agencies offers evidence-based programs to consumers attending congregate meal sites. While all programs are not available at every location, the following are some of the evidence based programs that are provided to consumers:

A MATTER OF BALANCE

An award-winning program designed to manage falls and increase activity levels. Each two-hour class meets once a week for eight weeks.

CHRONIC DISEASE SELF MANAGEMENT

This program is designed to enhance regular treatment and disease specific education with interactive, mutually supportive classes.

ARTHRITIS FOUNDATION EXERCISE PROGRAM

Developed by leading experts, this exercise program is proven to help people with arthritis—or anyone who wants to stay active and in shape—reduce pain, become more confident in their ability to continue activities, increase social activity, and decrease doctor and emergency room visits.

TAI CHI: MOVING FOR BETTER BALANCE

An exercise program designed to improve balance while providing stress relief.