



www.kidsmealsinc.org

Ending childhood hunger in Houston

## FREE, Healthy Meals Delivered to Your Home for Kids 5 and Under.



Kids' Meals delivers free, healthy meals, year-round, Monday-Friday, to the homes of children ages 5 and under, who live within our delivery routes. When school is out, we include meals for older siblings. Receiving our meals will NOT impact any of your other benefits.

### SIGNING UP IS EASY!

1. See if you qualify. Go to [www.kidsmealsinc.org](http://www.kidsmealsinc.org) and click "Need Help?".
2. Fill out the short application on the website. Find it easily by using <https://tinyurl.com/kidsmealsapplication>
3. If you do not live in one of our delivery zones, but still qualify, you can pick up meals at our office. See our delivery zip codes below.

|             |                                                        |
|-------------|--------------------------------------------------------|
| Acres Homes | 77038, 77040, 77088, 77091                             |
| East        | 77003, 77011, 77012, 77020, 77023, 77547, 77029, 77026 |
| West        | 77018, 77092, 77055, 77080, 77041                      |
| North       | 77060, 77037, 77076, 77022                             |
| Northeast   | 77093, 77016, 77028, 77078, 77039                      |
| Southwest   | 77057, 77063, 77036, 77096, 77071, 77035, 77081, 77074 |
| Central     | 77007, 77008, 77009, 77019(4 <sup>th</sup> Ward)       |
| South       | 77004, 77021, 77033, 77051                             |

Questions? Call 713-695-5437 M-F, 9-3 p.m.  
Email: [clients@kidsmealsinc.org](mailto:clients@kidsmealsinc.org)



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## Comidas GRATIS y entregadas a su hogar para niños de 5 años y menores.



Kids' Meals ofrece comidas gratuitas y saludables, durante todo el año, de lunes a viernes a los hogares para niños de 5 años y menores que viven dentro de nuestras rutas de entrega. Cuando la escuela termina, incluimos comidas para su hermanos mayores. Recibir nuestras comidas NO afectará ninguno de sus otros beneficios.

### ¡REGISTRARSE ES FÁCIL!

1. Vea si califica. Va a [www.kidsmealsinc.org](http://www.kidsmealsinc.org) y clic "Need Help?".
2. Completar la aplicación en el sito web. Encuéntralo fácilmente usando <https://tinyurl.com/kidsmealsespanol>
3. Si no vive en nuestras zonas de entrega, pero calificas, puede recoger las comidas en nuestra oficina. Nuestros códigos postales de entrega están debajo.

|             |                                                        |
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