

kids' meals

Earn Community Service Hours and Lead with Heart

Kids' Meals delivers **free, healthy meals** to the doorsteps of preschool-aged children living food insecure and through collaboration, provides their families with resources that **break the cycle of poverty.**

100,000

Preschool-aged children in Harris County are estimated to be **food insecure**



9,000+

Preschool-aged children served daily



6,000+

Families supported

As a high school student, your time, creativity, and leadership can directly help end childhood hunger.

Volunteering isn't just about logging hours. It's about leading with purpose, building character, and serving your community with heart.

We're happy to sign your school service forms or provide a verification letter. Just let us know in advance!



Get started!

Follow us! @kidsmealsinc



kidsmealsinc.org



Volunteer at Kids' Meals

Make sandwiches, pack trail mix, fill lunch bags, sort groceries, and more!
Morning and afternoon shifts are available Monday-Saturday. Volunteers under age 16 must be accompanied by an adult.

Locations

Shifts

Houston Headquarters

8790 Hammerly Blvd.
Houston, TX 77080

Houston | Monday - Friday

Morning Shift: 9 AM - 12 PM
Afternoon Shift: 1 PM - 3:30 PM

Houston | Saturday

Morning Shift: 9 AM - 11:30 AM
Afternoon Shift: 12 PM - 2:30 PM

Montgomery County

5517 FM 1488 Suite E
Magnolia, TX 77354

Montgomery County | Monday - Friday

Morning Shift: 9 AM - 11:30 AM
Afternoon Shift: none

Montgomery County | Saturday

Morning Shift: none
Afternoon Shift: none

Volunteer from Anywhere

Can't make it to our building? You can still serve and earn hours from home or school—perfect for busy students and group projects!

Decorate Bags | Deliver a smile with each bag!

30 Decorated Bags = 1 Volunteer Hour

Gather standard 6lb. brown lunch bags (6"x11"), and decorate them with art, riddles, stickers, jokes, and more. Perfect for leadership meetings!

Pack DIY Lunches | Pack lunches at home to help us feed more kids!

10 Lunches = 1 Volunteer Hour | 100 Lunches = 10 Volunteer Hours

Gather pre-packaged, non-perishable foods and standard lunch bags, and set up an assembly at your location. Each lunch includes a protein, fruit, snack, and drink.

Decorate Bags + Pack DIY Lunches | Extra impact for extra credit!

10 Decorated Lunches = 1.2 Volunteer Hour | 100 Decorated Lunches = 12 Volunteer Hours

Follow the directions for decorating bags and packing DIY lunches.

Leadership Opportunities

Community service is more than helping—it's leading by example:

Start a donation drive at your school or club

Organize a bag-decorating party with friends

Recruit a team to volunteer on-site or off-site



Get started!