



A program of the Panhandle Regional Planning Commission
Funded by the Texas Health and Human Services Commission

Nutrition Program

Overview

The Nutrition Program offers Congregate and Home Delivered Meals in communities across the Panhandle with the goal of reducing hunger and food insecurity, improving overall health and wellbeing, and promoting socialization among older adults.

Congregate Meals are offered in group settings through local senior centers and some senior housing apartment complexes mid-day.

Home Delivered Meals are provided mid-day through teams of volunteers with local senior centers and other related organizations.

Note: Participants must score at least a 20 on a functional Consumer Needs Evaluation to qualify.

Eligible individuals may sign up by contacting the organizations listed below.

Eligibility

- Age 60 or older
- Under 60 with additional qualifiers
- Receive service in specific areas of the Texas Panhandle
- No income or asset limits
- Home Delivered meal participants must score at least a 20 on a functional Consumer Needs Evaluation

Additional Resources

Food Assistance

High Plains Food Bank
806-374-8562

Catholic Charities of the Texas
Panhandle
806-376-4571

Home Delivered Meals

Amarillo Meals on Wheels
806-374-1521

Contact

Kathryn English

Operations Manager
806-331-2227
kenglish@theprpc.org

Partner Organization Contact Information

Acts Community | 806-576-8611

Home Delivered and Congregate: 816 S Van Buren, Amarillo

Amarillo Wesley Community Center | 806-372-7960

Congregate Only: 1615 S Roberts, Amarillo

Amarillo Wesley Community Center – Kingswood | 806-322-7711

Congregate Only: 4801 S Austin, Amarillo

Collingsworth County Home Delivered Meals | 806-204-1740

Home Delivered and Congregate: 906 Amarillo, Wellington

Donley County Senior Citizens | 806-874-2665

Home Delivered and Congregate: 115 E 4th, Clarendon

Hall County Home Delivery Meals | 806-259-3212

Home Delivered Only: 202 S 8th, Memphis

Hedley Senior Citizens Center | 806-856-5681

Home Delivered and Congregate: 214 Main, Hedley

Hereford Senior Citizens Center | 806-364-5681

Home Delivered and Congregate: 426 Ranger, Hereford

Moore County Senior Citizens Center | 806-934-2788

Congregate Only: 701 E 16th, Dumas

Opportunities, Inc. | 806-274-2802

Home Delivered and Congregate: 930 Illinois, Borger

Shamrock Meals on Wheels | 806-334-0850

Home Delivered Only: 205 E 2nd, Shamrock

Swisher County Senior Citizens | 806-995-3339

Home Delivered and Congregate: 619 SE 2nd, Tulia

Transformation Park | 806-378-9009

Home Delivered and Congregate: Locations vary, call for details

Tri-County Meals | 806-455-4053

Home Delivered and Congregate: 117 W Main, Quitaque