



ZIP Code Map for NAM's Meals on Wheels Service Area

Northwest Assistance Ministries is committed to Neighbors Helping Neighbors. The Meals on Wheels (MOW) program delivers hot, nutritious lunches to qualifying homebound individuals, seniors and disabled individuals using volunteer drivers. More than 94,500 meals are delivered each year including Saturdays for an average of approximately 375 meals each day.

NAM's Meals on Wheels service area is limited by contractual agreement with other social service agencies. Elderly, homebound or disabled individuals who live in the following ZIP Codes may qualify for NAM's Meals on Wheels Program:

77014 – 77038 – 77064 – 77066 – 77067 – 77068 – 77069 – 77070 – 77086 –
77090 – 77375 – 77377 – 77379 – 77388 – 77389 – 77429 and parts of 77040 –
77065 – 77484 – 77447.

NAM staff members will refer those individuals residing outside the NAM service area to the agency that serves the area where those individuals reside. MOW also delivers groceries once a month to qualifying seniors through NAM's Food for Seniors Project. These seniors can cook for themselves but do not have the funds to pay their monthly food bills.

Several NAM programs have no ZIP Code requirements and are open to anyone. These programs are: Family Violence Center, Children's Clinic, Interfaith Hospitality Network, Senior Center and Rotary Learning Center. For information on NAM programs and services, call 281-885-4555. Information on accessing services is also available on NAM's website, www.namonline.org.

For information on NAM's Meals on Wheels Program, call **281-885-4623** for a phone interview.



**NORTHWEST
ASSISTANCE
MINISTRIES**
Neighbors Helping Neighbors