



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

# Nutrition Program

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## 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

### John Atchison

Nutrition and Transportation  
Program Specialist  
806-331-2227

## 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