

# DALLAS COMMUNITY RESOURCES



## Food Support

### Pleasant Grove Food Bank

Food distribution on Mondays and Tuesdays 9:00 AM to 11:30 AM.

**1331 Baywood St, Dallas, TX 75217**

(214) 505-1928

For more information and requirements, click [here](#)

### North Texas Food Bank

Enter your ZIP code to find a food bank near you.

(214) 330-1396

Click [here](#)

### Irving Cares

Food distribution on Tuesdays and Thursdays 9:00 AM - 12:00 PM and 1:00 PM - 3:30 PM. ID's and proof of address required. Must be an Irving resident.

**440 South Nursery Rd, Suite 101, Irving TX 75060**

(972) 721-9181

For more information, click [here](#)

### Minnie's Food Bank

Food distribution Wednesday through Saturday 8:30 AM - 11:30 AM. ID and proof of address required.

**661 18th St, Plano, TX 75074**

(972) 596-0253

For more information, click [here](#)

### White Rock Center of Hope

Food distribution Monday through Friday from 9:00 AM - 1:00 PM.

**10021 Garland Rd A, Dallas, TX 75218**

(214) 324-8996



# Financial Support

## Irving Cares

Financial help with rent, utilities, and prescriptions for Irving residents.

**440 South Nursery Rd, Suite 101, Irving TX 75060**

Appointments: (972) 721-9181

For more information and requirements, click [here](#)

## Interfaith Family Services

Rent, housing, utility assistance, childcare options, and more.

**1651 Matilda Street, Dallas, TX 75206**

(214) 827-7220

For more information and requirements, click [here](#)

## White Rock Center of Hope

Assistance with rent/mortgage and utilities, financial education programs and food distribution.

**10021 Garland Rd A, Dallas, TX 75218**

(214) 324-8996

For more information, click [here](#)

## GPUC

Utility, rent/mortgage assistance and food pantry for Grand Prairie residents.

**1417 Densman Street, Grand Prairie, TX 75051**

(972) 262-2014

For more information and requirements, click [here](#)

## Allen Community Outreach

Utility, rent/mortgage assistance, food pantry, and more for Collin County residents.

**801 E. Main Street, Allen, TX 75002**

(972) 727-9131

For more information and requirements, click [here](#)



# Healthcare Support

## North Texas Primary Clinic

Low-cost medical care for uninsured adults.

**4001 McEwen Road, #106, Dallas, TX 75244**

(214) 378 6005

For more information, click [here](#)

## Christ's Family Clinic

Low-cost medical care for uninsured adults.

**6409 Preston Rd, Dallas, TX 75205**

(214) 261-9500

For more information, click [here](#)

## Foremost Family Health Centers

Multiple clinics that offer a variety of medical services for the uninsured and insured.

(214) 426-3645

For more information and locations, click [here](#)

## Los Barrios Unidos

A variety of medical services for the uninsured and insured.

**809 Singleton Blvd, Dallas, TX 75212**

(214) 540 0300

For more information and requirements, click [here](#)

## Dallas Shared Ministries

Medical, dental and vision services for the uninsured. Must complete online application. Additional services: financial assistance, ESL classes, food, clothing, and more.

**2875 Merrell Road, Dallas, TX 75229**

(214) 358-8705

For more information and requirements, click [here](#)



# Additional Resources

## HDNBC

Shelter, counseling, legal support, and more for victims of domestic violence.

**860 F Ave, Ste. 100  
Plano, TX 75074**

**24/7 Hotline:**  
(972) 276-0057

More information [here](#)

## 211

24/7 access to resources you need (housing, utilities, medical, financial assistance, food, and more).

**Call 211**  
**Text your ZIP code to**  
**898211**

Visit the website [here](#)

## Legal Assistance of Northeast Texas

Free civil, legal help for low-income Texas residents.  
Apply online.

More information [here](#)

# Help with Pets

## Spay/Neuter Network

Affordable and free high-quality spay/neuter, vaccinations, parasite prevention and basic pet care for dogs and cats.

**2223 S Buckner Blvd, #203, Dallas, TX 75227**

(972) 472-3500

For more information and requirements, click [here](#)

## DFW Humane Society

Free spay/neuter and food distribution for qualifying Irving residents.

**4140 Valley View Lane, Irving, TX 75038**

(972) 721-7788

For more information and requirements, click [here](#)