

The 2026 Free Money Checklist — San Antonio

25 verified free programs for San Antonio families — each with the phone number and application link. Check the box as you apply, and keep this list until every box is checked.

Program details verified September 2026. Money runs out and waitlists close — get deadline alerts at sanantoniobenefits.com (Free Money Friday).

Food

free food & grocery money

- ☐ **San Antonio Food Bank — Benefits Assistance**
Free food plus FREE one-on-one help applying for SNAP, Medicaid, and TANF — navigators follow up within 24-48 hours.
Call: 210-431-8326 | Apply: <https://safoodbank.org/our-programs/benefits-assistance/>
- ☐ **SNAP Food Benefits (Texas HHSC)**
Monthly grocery money loaded onto a Lone Star Card (works like a debit card). FY2026 max: \$298/mo (1 person) to \$994/mo (family of 4).
Call: 2-1-1 or 877-541-7905 | Apply: <https://www.yourtexasbenefits.com/Learn/Home>
- ☐ **WIC — Women, Infants, and Children (San Antonio Metro Health)**
Healthy food, nutrition classes, breastfeeding support, and one-on-one counseling for pregnant/postpartum women and children under 5.
Call: 800-942-3678 | Apply: <https://texaswic.org/apply>

Health Care

free & low-cost coverage and clinics

- ☐ **Texas Medicaid (Texas HHSC)**
FREE health coverage for low-income Texans — children, families, pregnant women, seniors, and people with disabilities.
Call: 2-1-1 or 1-877-541-7905 | Apply: <https://www.yourtexasbenefits.com/Learn/Home>
- ☐ **Texas CHIP — Children's Health Insurance Program**
Low-cost health coverage for kids 18 and under whose families earn too much for Medicaid. Enrollment \$50 or less per family per year; co-pays \$3-\$35.
Call: 2-1-1 | Apply: <https://www.yourtexasbenefits.com/Learn/Home>
- ☐ **San Antonio Metro Health — Public Health Services**
Immunization clinics, STI/HIV services, WIC, maternal and child health, and disease prevention — open to San Antonio and unincorporated Bexar County residents.
Call: 210-207-8780 | Apply: <https://www.sa.gov/Directory/Departments/SAMHD>

Housing

rent help, eviction defense & free legal aid

- ☐ **Opportunity Home San Antonio (Public Housing & Section 8)**
Public Housing and Housing Choice Vouchers ('Section 8') — rent is income-based, generally around 30% of monthly income.
Call: 210-477-6000 | Apply: <https://homesa.org/housing/find-a-home/apply-for-housing/>
- ☐ **City of San Antonio Housing Assistance Program (HAP)**
Temporary rental AND utility assistance for households facing housing instability — up to 3 months of rent (max ~\$3,500) plus up to \$1,500 in utility help. Paid directly to landlords/utility providers.
Apply: <https://dhs.mendixcloud.com/p/Kinetech/GovTech/HousingAssistance>

- ☐ **Right to Counsel — Free Eviction Legal Aid (City + TRLA)**
FREE attorney help for low-income households facing eviction or housing issues that threaten their housing.
Call: 210-212-3703 | Apply: <https://www.trla.org/>
- ☐ **Texas RioGrande Legal Aid (TRLA)**
FREE civil legal services for low-income residents — family law, domestic violence, housing, employment, public benefits, and more. English and Spanish.
Call: (833) 329-8752 | Apply: <https://www.trla.org/>

Financial

cash help, tax credits & child care

- ☐ **TANF Cash Help (Texas HHSC)**
Monthly cash payments for families with children 18 and younger with little to no money — for food, clothing, housing, and utilities. Example: family of 3 with 1 parent ≈ \$382/mo.
Call: 2-1-1 or 877-541-7905 | Apply: <https://www.yourtexasbenefits.com/Learn/Home>
- ☐ **Texas Unemployment Benefits (TWC)**
Temporary partial income replacement if you lost your job or had hours cut through no fault of your own — roughly \$75-\$605/week for up to 26 weeks.
Call: 800-939-6631 | Apply: <https://www.twc.texas.gov/services/apply-benefits>
- ☐ **VITA — Free Tax Preparation (San Antonio)**
FREE income tax return preparation by IRS-certified volunteers — including EITC, Child Tax Credit, and education credits. A dozen locations across San Antonio/Bexar County.
Call: 210-207-6575 | Apply: <https://vitasas.org/>
- ☐ **Child Care Services (CCS) Scholarships — Texas Workforce Commission**
Child care scholarships that help parents pay for child care so they can work or complete education/training.
Call: 1-888-265-6461 | Apply: <https://childcare.twc.texas.gov/find/register?mode=signup>

Education

college grants & free job training

- ☐ **Federal Pell Grant**
Federal grant for college, career school, or trade school — up to \$7,395 for the 2026-27 award year. Does NOT have to be paid back.
Call: 1-800-433-3243 | Apply: <https://studentaid.gov/h/apply-for-aid/fafsa>
- ☐ **TEXAS Grant (Toward EXcellence, Access, and Success)**
Need-based Texas state grant for residents attending Texas public universities — up to \$5,429/semester for FY2026 (per THECB; FY2027 amounts not yet published). Funding is limited, so apply early.
Apply: <https://studentaid.gov/h/apply-for-aid/fafsa>
- ☐ **WIOA Career Services — Workforce Solutions Alamo**
FREE career services and job training — career counseling, occupational skills training, on-the-job training, and support services — at 16 career centers across the Alamo region.
Call: 210-438-0581 | Apply: <https://www.workforcesolutionsalamo.org/information-sessions/>

Small Business

loans & free advising

- ☐ **SBA 7(a) Loan Program**
Long-term financing up to \$5 million per loan, with the SBA guaranteeing part of the loan so banks will lend to small businesses.
Call: 1-800-827-5722 | Apply: <https://www.sba.gov/loans/>
- ☐ **UTSA Small Business Development Center**
FREE confidential one-on-one business advising plus no-cost/low-cost workshops — business plans, funding, financial analysis, marketing, government contracting.
Call: (210) 458-2460 | Apply: <https://sasbdc.org/advisingandtraining/>

Veterans

VA benefits, housing & claims help

- ☐ **VA Benefits — U.S. Department of Veterans Affairs**
Health care enrollment, disability compensation, GI Bill education benefits, VA home loans, pensions, life insurance, and burial benefits — all in one place.
Call: 1-800-827-1000 | Apply: <https://benefits.va.gov/benefits/applying.asp>
- ☐ **HUD-VASH — VA Supportive Housing (South Texas VA)**
For homeless veterans: a rental-assistance voucher for permanent housing PLUS VA case management, health care, and employment support.
Call: 877-424-3838 | Apply: <https://www.va.gov/south-texas-health-care/health-services/homeless-veteran-care/>
- ☐ **Texas Veterans Commission**
Texas' agency for veterans — FREE help filing disability claims, job placement, education benefits, and grants to local veteran nonprofits.
Call: 1-800-252-8387 | Apply: <https://tvc.texas.gov/>

Utilities/Energy

help paying energy bills

- ☐ **City of San Antonio Utility Assistance**
Help paying energy bills for eligible San Antonio households (CPS Energy customers). Priority for households with children under 17, people with disabilities, and adults 60+. Amounts vary by need; allow 30+ days for processing.
Call: 210-207-8198 | Apply: <https://www.sa.gov/Directory/Departments/DHS/Financial-Assistance/Utility-Assistance>
- ☐ **CPS Energy Affordability Discount Program**
Monthly bill DISCOUNT (not free service): up to 25% off for eligible low-income customers, up to 35% for customers 60+. Related programs include REAP bill payment assistance, Critical Care, and Case Management.
Call: 1-888-207-7434 | Apply: <https://www.sa.gov/Directory/Departments/DHS/Financial-Assistance/Utility-Assistance>

Start here if you're not sure where to begin:

2-1-1 Texas — Free Referral Helpline — ONE call connects you to thousands of local services — food, housing, utilities, health care, crisis help. Free, confidential, 24/7, in 100+ languages. Call: 2-1-1 | <https://www.211texas.org/>