



Montgomery County Food Assistance Resource Map

How To Use This Guide

Food Assistance Type:

- **Choice Pantry:** A choice pantry allows a recipient to choose from an assortment of shelf-stable items and may also include fresh produce, frozen meat, eggs, milk and bread. Whether a choice pantry has perishable items or not usually depends on their refrigerated storage capacity.
- **Meal Service:** An on-site meal is provided, which may be hot or cold depending on the site.
- **Pre-Packed Box:** A pre-packed box (or bag) of an assortment of canned and/or fresh items will be given. Custom packages due to individual dietary concerns may be possible, depending on the organization.
- **Discount Grocery:** Assortment of food items are available for a discounted purchase. Food choices available vary by location and organization.
- **Mobile Market:** Free fresh produce distribution, often includes nonperishable items as well, though its main purpose is to distribute produce.

Accessibility:

- **Programs may require documentation** such as: photo ID, driver's license, referral, proof of income, or proof of residence.
- **Service Limited to a Specific Population:** Some programs listed in this Directory are open to the public, while some serve only a specific population such as seniors, children, residents experiencing homelessness, etc. Please call organizations directly for specific information on populations served.

Special Features of some programs include fresh produce, delivery, multilingual support, Federal Benefit application assistance, and dietary restriction accommodation.

Other Services Offered can include referral to additional support services, clothing and household supplies, housing, transportation, case management, social services, workforce development and nutrition counseling. Please contact providers directly for specific information.

Partners: Many of these organizations work in partnership with larger institutions:

- **Share Network:** SHARE has a monthly menu which typically contains 4-5 pounds of frozen meat/fish and 8-9 pounds of fresh fruits and vegetables, often with a grocery item such as beans, dessert, rice, or other staples. This entire package is available for a base price of \$21. Anyone and everyone may buy as many packages as they like.
- **Manna Food Center:** Manna Food Center was created out of a coalition of service providers to end hunger through food distribution, education, and advocacy. In 2016, Manna Food Center provided food to an average of 3,760 families each month and throughout the year distributed 2.7 million pounds of donated, recovered or purchased food.
- **Capital Area Food Bank:** CAFB is the largest organization addressing food insecurity in the Washington Metro Region. In Montgomery County the CAFB works with 40 partners and distributed 6.6 million pounds of food in the County in 2016.
- **Senior Nutrition Program Congregate Meal Sites:** This program provides nutritious meals to residents over 60 and their spouses of any age, as well as to adults with disabilities in a variety of locations. Lunch is served in a group setting five days a week at 37 locations, including ethnic meals at 11 community partner sites (Kosher, Korean, Vietnamese, and Chinese). Nutrition education, screening & counseling, and referral for home delivered meals are also available. Call 240-777-3000 or visit their website for specific location information and additional details: <https://www.montgomerycountymd.gov/hhs-program/ads/adssenior-nutr-p190.html>

Benefits Program Support

The **Supplemental Nutrition Assistance Program (SNAP)**, known as the Food Supplement Program (FSP) in Maryland, provides federal assistance to supplement low income families' ability to buy food.

- **To Apply:** Online at <https://mydhrbenefits.dhr.state.md.us/>, by mail or fax, or you may file in person at a regional office location (see below).

General information, guidance on program eligibility, and application assistance (including translation services) are available at a variety of locations in Montgomery County. Applicants are seen on a walk-in basis or by appointment. Call 311 for more information, including hours of operation.

- DHHS Rockville Office, 1301 Piccard Dr, Rockville
- DHHS Silver Spring Center, 8818 Georgia Avenue, Silver Spring
- Upcounty Regional Services Center, 2nd Floor, 12900 Middlebrook Road, Germantown
- TESS Center, 8513 Piney Branch Road, Silver Spring, MD 20901
- Neighborhood Service Center at Family Services, Inc., 200 Girard Street, Suite 203, Gaithersburg, MD 20877
- Neighborhood Service Center at Catholic Charities, McCarrick Center, 12247 Georgia Avenue, Wheaton, MD 20902

Women, Infants and Children Program (WIC) provides assistance for supplemental foods and other related health services to women who are pregnant or have recently given birth, and infants and children under the age of 5 years old.

The **Farmers' Market Nutrition Program** enables Seniors and WIC recipients to purchase fruits, vegetables and cut herbs throughout the growing season at farmers' markets, roadside stands and community supported agriculture programs (CSAs).

To Apply: Applicants must apply in person and should call in advance. Community Clinics, Inc. administers the WIC Program at 4 clinics in Montgomery County. For more information, visit www.wicprograms.org/co/md-montgomery, call your local WIC Center or email wic-info@cciweb.org

- Germantown Clinic: 19540 Amaranth Drive, Germantown, MD 20874, 301-515-7576
- CCI Main Office: 15850 Crabbs Branch Way, Suite 350, Rockville, MD 20855, 301-762-9426
- Takoma and Langley Park Clinic: 7676 New Hampshire Avenue, Suite 220, Takoma Park, MD - 20912, 301-439-7373
- Gaithersburg Clinic: 200 Girard Street, Suite 212B, Gaithersburg, MD 20877, 301-840-8339

Other Programs

In addition to the programs and providers listed in the Resource Directory, a wide variety of additional food assistance services are available in Montgomery County but are not included here as they are not open to the public and only available to a limited specific population. However residents should inquire at their schools, housing complexes, etc. to find out what additional food assistance resources may be available. These programs include Senior Brown Bags, Smart Sacks, Weekend Bags, Linkages to Learning, After School Snack and At-Risk Supper Program, Free and Reduced-price Meals, and Summer Food Service Program.

The Montgomery County Food Security Plan provides a comprehensive overview of all food assistance programs available to residents: www.montgomerycountymd.gov/foodsecurity.

The information presented in this Resource Directory is updated annually and is as accurate as possible at the time of printing. All information is subject to change. Please contact providers directly for up-to-date information. This resource is created with support from the Institute for Public Health Innovation through the Trinity Health Transforming Communities Initiative, the Healthcare Initiative Foundation, and the Montgomery County Government.

Montgomery County Food Assistance Resource Directory



The Montgomery County Food Council serves as the central connection point for all nonprofits, government agencies, businesses and individuals committed to cultivating a robust, sustainable and equitable local food system.



mocofoodcouncil.org/
info@mocofoodcouncil.org
[@mocofoodcouncil](https://www.instagram.com/mocofoodcouncil)

Montgomery County Food Assistance Providers

#	ORGANIZATION	Partners	ADDRESS	CONTACT	HOURS	Food Assistance Type						Accessibility					Special Features					
						Choice Pantry	Meal Service	Pre-Packaged Box	Discount Grocery	Mobile Market	Prepared Meals	Appointment Req	Documentation Req	Fee for Service	Walk-In Service	Serv. ltd to spec. pop.	Language	Delivery	Benefits Counseling	Special Diet Accom.	Fresh Produce	Other Services Offered
1	Adventist Community Services of Greater Washington	C	501 Sligo Ave., Silver Spring, 20910	301-585-6556 • www.acsgw.org	Mon.-Thurs. 10am-3pm			✓				✓	✓				F, S			✓	✓	✓
2	Allen Chapel AME Church Outreach	S	2518 Fairland Rd., Silver Spring, 20904	301-879-9232 • info@allenchapelame.org	Every 2nd & 4th Sat. 8-10am			✓					✓		✓	✓			✓		✓	
3	Bethesda Cares, Inc	C	7728 Woodmont Ave., Bethesda, 20814	301-907-9244 • www.bethesdacares.org • info@bethesdacares.org	Mon.-Fri. 9am-5pm		✓								✓							
4	Bethesda Help, Inc.	C		301-365-2022 • www.bethesdahelp.org • info@bethesdahelp.org	Mon.-Fri. 9am-4pm			✓				✓						✓				✓
5	Bethesda Presbyterian			301-986-1137 • https://www.bethesdapresbyterian.org/saturdaylunch/	Sat. 11am-12pm		✓								✓		S					
6	Bethesda-Chevy Chase High School PTSA, Inc.		4301 East-West Highway, Bethesda, 20814	240-740-0400 • www.bccptsa.net • aniebler@gmail.com	Call for info.	✓										✓					✓	✓
7	Bethesda-Chevy Chase Meals on Wheels, Inc.		8814 Kensington Parkway, Chevy Chase, 20815	301-654-4610 • edrastatter@yahoo.com	Mon.-Fri. 8:30-11am						✓		✓	✓		✓		✓	✓			
8	Capital Area Food Bank		4900 Puerto Rico Ave. NE, Washington, DC, 20017	202-644-9800 • www.capitalareafoodbank.org	Varies	✓	✓			✓					✓		S, C, F, V			✓	✓	✓
9	Capital Kosher Pantry			301-842-7135	Call for more info.	✓						✓				✓						✓
10	Caribbean Help Center		10140 Sutherland Rd., Silver Spring, 20901	caribbeanhelpcenter.org • evans@caribbeanhelpcenter.org	Call for info.			✓				✓					F					✓
11	CASA (CASA de Maryland)		734 University Blvd East., Silver Spring, 20903	301-270-8432 • www.wearecasa.org	Sat. 10am-12pm			✓							✓		S					✓
12	Catholic Charities/Montgomery County Family Center	C	12247 Georgia Ave., Silver Spring, 20902	301-942-1790 • www.catholiccharitiesdc.org/	Wed. and Fri. 9am-4pm	✓				✓			✓		✓	✓	S, F, H		✓		✓	✓
13	Celestial Manna			240-350-1456 • www.celestialmanna.org • celestialmanna@gmail.com	Sat. & Sun. by appt.			✓				✓			✓		S, F, R, G, P, ASL			✓	✓	✓
14	Clarksburg Community Assistance Network (C-CAN)			240-308-0867 • www.clarksburgcan.org • ClarksburgCAN@gmail.com	1st Tues. of the month 5:00-8:00 p.m.; 1st Sat.: 9:00 a.m.-12:00 Noon	✓							✓		✓	✓						
15	Clifton Park Baptist Church	C, M		301-434-2456 • www.cpbcc.net	1st Sat. of the month, 8:30am-12:00pm					✓					✓		S				✓	✓
16	Colesville Presbyterian Church	M		301-424-1130 • https://www.colesvillepresbyterian.com/ • referrals@mannafood.org	4th Fri. of the month, 3-7pm	✓						✓	✓				S			✓	✓	
17	Community Health and Empowerment through Education and Research			301-589-3633 • www.communitycheer.org/ • bruce@communitycheer.org	Call for info.			✓				✓	✓			✓	Am, E, S	✓		✓	✓	✓
18	Coordination Council of Chinese American Associations		50 West Gude Dr., Rockville, 20850	301-728-9815 • www.cccaa.org • info@cccaa.org	Seasonal and event based services			✓	✓			✓	✓			✓	C	✓			✓	✓
19	Crossroads Community Food Network		Crossroads Farmers Market, Anne St at University Blvd E, Takoma Park, MD 20912	info@crossroadscommunityfoodnetwork.org	Wed. Farmers Market, April 17- November 27, 11am-3pm				✓						✓		S		✓		✓	✓
20	Damascus Help, Inc.			301-253-4100 • www.damascushelp.org • dh20872@aol.com	Mon.-Sat. 9am-5pm			✓									S, F, R	✓			✓	✓
21	Difference Makers Kokua Foods		7611 Piney Branch Rd., Takoma Park, MD 20912	301-233-1698 • www.difference-makers.org • kokuafoods@gmail.com	Sun. 11am-12pm	✓		✓					✓				S				✓	✓
22	East County Reg. Services Ctr.	M		301-424-1130 • www.mannafood.org • referrals@mannafood.org	Fri. 2-4pm			✓				✓	✓				S			✓	✓	
23	EduCare Support Services, Inc.	C		240-450-2092 • www.educare supportservices.org • educare_ss@aol.com	Mon., Wed. and Fri. 10am-2pm-every 1st Sat. 10am-2pm Deliveries every 3rd Sat.	✓		✓				✓	✓		✓		S, F	✓	✓		✓	✓
24	Family Services Inc.			301-424-1130 • http://www.fs-inc.org/ • referrals@mannafood.org	Thurs. 5-7pm			✓				✓	✓				S			✓	✓	
25	First African Methodist Episcopal Church of Gaithersburg	S		240-632-9760 • http://firstamegaithersburg.org/food-programs/ • dfconley@aol.com	Sat. of SHARE distribution or as needed	✓		✓	✓			✓	✓			✓				✓	✓	
26	First Baptist Church of Silver Spring			http://fbcss.org/ministries.htm#Food •	Sat. 10am-12pm			✓					✓			✓	S			✓		
27	Food & Friends		219 Riggs Road NE, Washington DC, 20011	202-269-2277 • www.foodandfriends.org • info@foodandfriends.org	Mon.-Sat.10am-3pm						✓		✓			✓	S	✓		✓	✓	
28	FRESHFARM Downtown Silver Spring Market		890 Ellsworth Dr., Silver Spring, 20910	http://freshfarm.org/downtown-silver-spring.html • hello@freshfarm.org	Sat. 9am-1pm				✓						✓		S		✓		✓	✓
29	Gaithersburg HELP, Inc.		301 Muddy Branch Rd., Gaithersburg, 20878	301-216-2510 • www.gaithersburghelp.org	Mon.-Fri. on scheduled basis			✓				✓	✓			✓	S	✓			✓	✓
30	Germantown HELP, Inc.			301-482-1320 x1 • www.gtownhelp.org • info.gtownhelp@gmail.com	Delivery ONLY Mon.-Sat., hours variable			✓				✓				✓		✓				✓
31	Glenmont United Methodist Church	M		301-424-1130 • http://glenmontumchurch.org/ • referrals@mannafood.org	Tues. 4-7pm			✓				✓	✓				S			✓	✓	
32	God Glorified Church of God in Christ		111 Geneva Ave., Silver Spring, 20910	301-588-6607 • www.ggcogic.org • ggcogicc@gmail.com	Second Thurs. of the month (April-Dec.)	✓						✓	✓						✓			
33	Good Hope Union United Methodist Church			301-879-8100 • http://www.goodhopeunion.org/ • secretaryghu@goodhopeunion.org	1st Mon. each month 6-8pm, Free Community Breakfast 1st Sat. of each month 7:30-10am		✓								✓		S					
34	Goshen United Methodist Church	S		240-683-5530 • www.goshenunited.org/ • goshen_umc@comcast.net	Varies, Typically 3rd or 4th Sat. of the Month				✓					✓								
35	Healing and Deliverance Ministry	C	15960 Derwood Rd., Rockville, 20855	www.healinganddeliveranceministry.com • healinganddeliveranceministry77@outlook.com	2nd Sat. of every month			✓		✓							S	✓			✓	
36	Interfaith Works Connections		751 Twinbrook Pkwy., Rockville, 20851	www.iworksmc.org • molaskowitz@iworksmc.org	Mon.-Fri. 9am-4pm										✓		S		✓			✓
37	Jewish Social Service Agency		6123 Montrose Rd., Rockville, 20852	301-816-2639 • www.jssa.org • dhaysearp@jssa.org	Mon.-Fri. 9am-5pm						✓					✓	R	✓				✓
38	Liberty Grove United Methodist Church		15225 Old Columbia Pike, Burtonsville, 20866	301-421-9166 • www.libertygrovechurch.org • libertygrove@verizon.net	2nd and 4th Thurs. 6:30-7:15pm		✓	✓							✓		H			✓	✓	
39	Lighthouse Ministries International, Inc.			301-477-1074 • www.LHMinc.org • boldpantry@lhmiinc.org	Wed. 6-7pm and Sun. 1pm or after worship	✓		✓	✓				✓		✓						✓	✓
40	Luther Rice Memorial Baptist Church	C	801 University Boulevard West, Silver Spring, 20901	301-593-1130 • Lutherricechurch.org • Lutherrice@aol.com	Wed. 10am-12pm			✓							✓							✓
41	Lutheran Church of St. Andrew		15300 New Hampshire Ave., Silver Spring, MD 20905	301-384-4394 • www.mystandrew.org	Mon.-Fri. 9am-5pm			✓							✓		S	✓		✓	✓	✓
42	Manna Food Center		9311 Gaither Rd., Gaithersburg, 20877	301-424-1130 • www.mannafood.org • referral@mannafood.org	Days vary based on location. Please contact us.	✓		✓		✓		✓	✓			✓	S		✓	✓	✓	✓
43	Meals on Wheels of Colesville		13100 Andrew Dr., Silver Spring, 20904	301 384-7440 • www.colesville-meals-on-wheels.org	Mon.-Fri. 9:30am-1pm		✓	✓		✓		✓		✓		✓		✓		✓		
44	Meals on Wheels of Germantown			301-706-0262 • www.mowgermantown.com	Mon.-Fri., home delivery 10:30am-1pm		✓			✓		✓			✓			✓		✓	✓	✓
45	Meals on Wheels of Takoma Park/ Silver Spring		7410 New Hampshire Ave., Takoma Park, 20912	301-434-1922 • www.mowtakoma.org • mowtakoma@gmail.com	Mon. - Fri. 9am-1pm		✓			✓		✓		✓		✓	S	✓	✓	✓	✓	
46	Meals on Wheels of Wheaton		10101 Connecticut Ave., Kensington, 20895	301-942-1111 • www.mowwheaton.org	Meals delivered Mon.-Fri. 11:30am-1:00 pm									✓		✓		✓				
47	Mid-County United Ministries	C		301-929-8675 • mumhelp.org • office@mumhelp.org	Tues.,Wed.,Thurs. 9am-4pm, Sat. 9-11:30am, Sun. 2-4pm, Call for schedule of "Mobile MUM"	✓				✓					✓	✓	S			✓	✓	✓
48	Montgomery College	C	9221 Corporate Blvd. Rockville, 20850,	240-567-4389 • www.montgomerycollege.edu/fuelforsuccess • benita.rashaw@montgomerycollege.edu	Varies based on schedule, call for more info.					✓					✓						✓	
49	Montgomery County Senior Nutrition Program			240-777-3810	Lunch hour at selected sites						✓	✓		✓		✓	S, C, K, V					✓
50	Mount Jezreel Baptist Church Food Bank	C, S	420 University Blvd., East Silver Spring, 20901	301-384-3951 • www.mtjezreel.com • kindbea48@comcast.net	1st Sat. of the month 10am-2pm			✓					✓		✓						✓	✓
51	Nations United Baptist Church	C		301-674-1318 • www.facebook.com/FoodPantryNationsUnited/ • samrozolem@gmail.com	3rd Thurs. of the month 5-8pm	✓							✓		✓		S, P				✓	
52	New Creation Church	C	11005 Dayton St., Silver Spring, 20902	301-649-6000 • http://www.newcreationmd.org/ministries/food-distribution • office@newcreationmd.org	4th Tues. of the month 11am-3pm, free produce. 2nd Sat. of the month 10am-12pm, meat items and canned foods			✓							✓		S			✓	✓	✓
53	Nourish Now		1111 Taft St., Rockville, 20850	301-330-0222 • www.nourishnow.org • info@nourishnow.org	Mon.-Fri. 11am-4pm			✓			✓	✓					S			✓	✓	
54	LOL Sunday Night Meal 4 Poor/ Homeless			301-654-1287 • www.bethesdalourdes.org	Sun. 5-6pm, Doors open at 4:30						✓				✓							
55	Olney Help, Inc.	C		301-774-4334 • www.olneyhelp.org • help@olneyhelp.org	Mon.-Fri., 9am-5pm			✓				✓			✓		S	✓		✓	✓	✓
56	Rainbow Community Development Center	C	2120-A Industrial Parkway, Silver Spring, 20904	301-625-2561 • www.rainbowcdc.org	Tues. and Thurs. 2-6pm			✓				✓	✓				S, F, H			✓	✓	✓
57	Rockville Help			301-564-0800	Daily, call for appt. Delivery arranged for time convenient for both volunteer & client.			✓				✓			✓		S	✓				✓
58	Rockville Senior Center		1150 Carnation Dr., Rockville, 20850	240-314-8810 • www.rockvillemd.gov/seniorcenter • seniorcenter@rockvillemd.gov	8:30am-5pm pantry, 8:30am-10:45am breakfast bar, 12pm lunch	✓	✓					✓			✓		S, C					✓
59	Saint Luke Lutheran Church		9100 Colesville Rd., Silver Spring, 20910	301-588-4363 • http://saintluke.us	Tues. and Thurs. 12-3pm	✓		✓				✓					S					✓
60	Salvation Army	M	20021 Aircraft Dr., Germantown, 20874	301-424-1130 • referrals@mannafood.org	Thurs. 2-4pm			✓				✓	✓				S			✓	✓	
61	September House MAJ			301-365-0021 • www.septemberhousemaj.org • septemberhousemaj@gmail.com	Need based							✓				✓	J	✓			✓	✓
62	Shepherd's Table		8106 Georgia Ave., Silver Spring, 20910	301-585-6463 • www.shepherdstable.org • haileg@shepherdstable.org	Mon.-Fri. 7:30-8:25am, 12-12:55pm, 6-7:25pm Sat. & Sun. 10:30 - 11:25 Brunch, 6-7:25pm		✓								✓		S					✓
63	Sheppard Pratt Health System - Family Services		35 N. Summit Ave., Gaithersburg, 20878	240-740-4914 • www.fs-inc.org • madeleine.castaneda@fs-inc.org	Fri. in the evening			✓							✓	✓	S					✓
64	Silver Spring Christian Reformed Church	C	1501 Arcola Ave., Silver Spring, 20902	301-284-8401 • www.ssrc.org • foodpantry@ssrc.org	3rd Tues. of the month 4-8pm	✓									✓		S				✓	
65	St. Camillus Food Pantry		1600 St. Camillus Dr., Silver Spring, 20903	301-434-8400 • www.stcamilluschurch.org • stcamillus-foodpantry@gmail.com	Fri. 3-5pm and Sat. 10am-12pm			✓							✓		S, F				✓	
66	St. Martin of Tours Catholic Church			301-990-7373 • www.stmartinsweb.com • social-concerns@stmartinsweb.com	6-11:30am Mon.	✓									✓		S, F, P					
67	St. Paul's United Methodist Church-Hunger Ministry			301-933-7933 • www.stpaulsk.org	1st Mon. of month after 1st Sun.	✓	✓	✓					✓		✓	✓	S	✓			✓	
68	St. Peter's Episcopal Church		20100 Fisher Ave., Poolesville, 20837	301-349-2073 • www.stpeterspoolesville.org/community/	Mon.-Fri. 11am-12pm			✓							✓	✓						
69	The Church in Bethesda		5033 Wilson Lane, Bethesda, 20814	301-654-4159 • https://www.churchinbethesda.org/	Mon.-Fri. 12:45pm-1:45pm			✓														
70	The Church of the Resurrection		3315 Greencastle Rd., Bethesda, 20814	301-236-5202 • www.resurrectionadw.org • kford@resurrectionadw.org	Mon.-Fri. 11am-5pm, Sat. 10am-12pm			✓					✓		✓							
71	The Senior Connection		3950 Ferrara Dr., Silver Spring, 20906	301-962-0820 • www.seniorconnectionmc.org • info@seniorconnectionmc.org	Office hours are Mon.-Fri., 9am-4pm	✓																