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: 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: www.montgomerycountymd.gov/HHS-Program/Resources/Files/AD-Docs/SnNutrition3-2017.pdf

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.

Other Services Offered:

- **DHHS Administrative Building, 401 Hungerford Drive, Rockville**
- **DHHS Silver Spring Center, 8818 Georgia Avenue, Silver Spring**
- **Upcounty Regional Services Center, 2nd Floor, 12900 Middlebrook Road, Germantown**
- **TESS Center, 8513 Pinney 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@ciwweb.org

- Germantown Clinic: 19540 Amaranth Drive, Germantown, MD 20874, 301-515-7576
- CCI Main Office: 15680 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.

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.
Montgomery County Food Assistance Resource Map

Food Assistance Type(s) available:
- Choice Pantry/Discount Grocery/Mobile Market
- Meal Service/Prepared Food Pick Up
- Pre-packed Box
- Multiple Food Assistance Types

SNAP/WIC Benefits*
- Application Assistance Sites

Senior Meals*
- Senior Congregate Meals

* See reverse side for additional information on SNAP/WIC Benefits and Senior Meals

Map created with support from the Johns Hopkins Center for a Livable Future
<table>
<thead>
<tr>
<th>#</th>
<th>ORGANIZATION</th>
<th>ADDRESS</th>
<th>CONTACT</th>
<th>HOURS</th>
<th>Food Assistance Type</th>
<th>Accessibility</th>
<th>Special Features</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Adventist Community Services of Greater Washington</td>
<td>C, M</td>
<td>521 Silver Avenue, Silver Spring, 20910</td>
<td>301-955-6566 • <a href="http://www.acsgw.org">www.acsgw.org</a></td>
<td>Mon-Thur 10AM-4PM</td>
<td>✓</td>
<td>✓ ✓ ✓ ✓</td>
</tr>
<tr>
<td>2</td>
<td>Allen Chapel AME Church Outreach</td>
<td>S, C</td>
<td>2818 Fairland Road, Silver Spring, 20904</td>
<td>301-404-2668 • <a href="mailto:dotbodell@yahoo.com">dotbodell@yahoo.com</a></td>
<td>2nd &amp; 4th Sat 8AM-10AM</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>3</td>
<td>Ashton United Methodist Church</td>
<td>C</td>
<td>17314 New Hampshire Avenue, Ashton, 20861</td>
<td>301-774-7100 • <a href="http://www.ashtonchurch.org">www.ashtonchurch.org</a></td>
<td>Mon-Fri 9:30AM-3:30PM</td>
<td>✓</td>
<td>✓</td>
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<td>4</td>
<td>Bethesda Cares, Inc</td>
<td>C</td>
<td>7728 Woodmont Avenue, Bethesda, 20814</td>
<td>301-907-9244 • Bethesdacares.org</td>
<td>Mon-Fri 9AM-11AM</td>
<td>✓</td>
<td>✓ ✓ ✓ ✓</td>
</tr>
<tr>
<td>5</td>
<td>Bethesda Hosp</td>
<td>C</td>
<td>301-750-2620 • <a href="mailto:info@bethesdahosp.org">info@bethesdahosp.org</a></td>
<td>Mon-Fri 9AM-4PM</td>
<td></td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>6</td>
<td>Bethesda Presbyterian</td>
<td></td>
<td>Bethesda, 20814</td>
<td>301-986-1137 • www/bethesdapresbyterian.org/tuesdays/</td>
<td>Sat 10AM-12PM</td>
<td>✓</td>
<td>✓</td>
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<td>7</td>
<td>Bethesda-Chevy Chase Meals on Wheels, Inc.</td>
<td></td>
<td>6814 Kensington Parkway, Chevy Chase, 20815</td>
<td>301-664-4610 • <a href="mailto:adriastaff@chevychase.org">adriastaff@chevychase.org</a></td>
<td>Mon-Fri 8:30AM-11AM</td>
<td>✓</td>
<td>✓ ✓ ✓ ✓</td>
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<tr>
<td>8</td>
<td>Burtonsville Elementary School</td>
<td>C</td>
<td>301-825-5554</td>
<td>2nd Tues of the month 5PM</td>
<td></td>
<td>✓</td>
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<tr>
<td>9</td>
<td>Caribbean Help Center</td>
<td>M</td>
<td>301-552-6222</td>
<td>Call for info</td>
<td></td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>10</td>
<td>Calvertian Ministries</td>
<td></td>
<td>240-350-1458 • <a href="http://www.calvertian.org">www.calvertian.org</a></td>
<td>Call for appointment</td>
<td></td>
<td>✓</td>
<td>✓</td>
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<td>11</td>
<td>Community Health and Empowerment through Education and Research</td>
<td>M</td>
<td>301-559-3583 • <a href="http://www.communityhealth/">www.communityhealth/</a></td>
<td>Call for info</td>
<td></td>
<td>✓</td>
<td>✓</td>
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<td>12</td>
<td>Christ Lutheran Church of Bethesda</td>
<td></td>
<td><a href="http://www.christslutheransbethesda.org">www.christslutheransbethesda.org</a></td>
<td>15th-31st of the month 12:40PM-1PM</td>
<td></td>
<td>✓</td>
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<td>13</td>
<td>Clarkburg Community Assistance Network (C-CAN)</td>
<td>Bloyd, 20941</td>
<td>240-308-8907 • <a href="http://www.clarkburgcan.org">www.clarkburgcan.org</a></td>
<td>Mon-Fri 10AM-3PM</td>
<td></td>
<td>✓</td>
<td>✓</td>
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<td>14</td>
<td>Clifton Park Baptist Church</td>
<td>C, M</td>
<td>Silver Spring, 20003</td>
<td>301-438-2456 • pcbc.net</td>
<td>Mon-Fri 8:30AM-6PM</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>15</td>
<td>Colville Presbyterian Church</td>
<td></td>
<td>18900 New Hampshire Ave , Silver Spring, 20004</td>
<td>301-424-1450 • <a href="mailto:marnia.referals@marnia.org">marnia.referals@marnia.org</a></td>
<td>4th Friday-3:30PM</td>
<td>✓</td>
<td>✓</td>
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<td>16</td>
<td>Community Vision Interfaith Works Empowerment Center</td>
<td></td>
<td></td>
<td>240-606 Georgia Ave, Silver Spring</td>
<td></td>
<td>✓</td>
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<td>17</td>
<td>Crossroads Community Food Network</td>
<td></td>
<td><a href="http://www.crossroadscommunityfoodnetwork.org">www.crossroadscommunityfoodnetwork.org</a></td>
<td><a href="mailto:Info@crossroadscommunityfoodnetwork.org">Info@crossroadscommunityfoodnetwork.org</a></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>Damascus Help, Inc</td>
<td>S</td>
<td>Damascus, 20727</td>
<td>301-253-4100 • <a href="http://www.damascushelp.org">www.damascushelp.org</a></td>
<td>Mon-Sat 9AM-5PM</td>
<td>✓</td>
<td>✓ ✓ ✓ ✓</td>
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<tr>
<td>19</td>
<td>East County Reg. Services Ctr.</td>
<td></td>
<td>2500 Briggs Drive Rd, Silver Spring, 20904</td>
<td>301-424-1138 • marnia.org • <a href="mailto:referals@marnia.org">referals@marnia.org</a></td>
<td></td>
<td>✓</td>
<td>✓</td>
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<td>20</td>
<td>EduCare Support Services, Inc.</td>
<td>C</td>
<td>Takoma Park, 20122</td>
<td>240-450-2002 • <a href="http://www.educaresupportservices.org">www.educaresupportservices.org</a></td>
<td>Call for appointment</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>21</td>
<td>Episcopal Church-Of Our Savior</td>
<td></td>
<td>Silver Spring, 20003</td>
<td>301-438-9500 • <a href="http://www.episcopalco.org">www.episcopalco.org</a></td>
<td>Mon-Fri 9AM-5PM</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>22</td>
<td>Family Services, Inc</td>
<td></td>
<td>1390 E. Diamond Ave., Gaithersburg, 20877</td>
<td>301-424-1139 • <a href="http://www.marnia.referals@marnia.org">www.marnia.referals@marnia.org</a></td>
<td>Thursdays 5-7PM</td>
<td>✓</td>
<td>✓</td>
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<td>23</td>
<td>First African Methodist Episcopal Church of Gaithersburg</td>
<td></td>
<td>240-652-9782 • <a href="http://www.firstamegaithersburg.org">www.firstamegaithersburg.org</a></td>
<td>Food-programs • <a href="mailto:info@firstamegaithersburg.org">info@firstamegaithersburg.org</a></td>
<td>Wed 12AM-2PM, 4th Sat 8:30AM-10:30AM</td>
<td>✓</td>
<td>✓</td>
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<td>24</td>
<td>First Baptist Church of Silver Spring</td>
<td>C, M</td>
<td>Silver Spring, 20001</td>
<td>Mon-Fri 9AM-2PM</td>
<td></td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>25</td>
<td>Food &amp; Friends</td>
<td>C, S</td>
<td>Washington DC, 20011</td>
<td>202-269-2277 • <a href="http://www.foodandfriends.org">www.foodandfriends.org</a></td>
<td>Mon-Sat 10AM-3PM</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>26</td>
<td>Gaithersburg Community Soup Kitchen Inc. &quot;The Lord’s Table&quot;</td>
<td>C, S</td>
<td>201 South Frederick Avenue, Gaithersburg, 20877</td>
<td>301-330-5812</td>
<td>Mon-Fri 3:30PM-4:30PM, Sept-June</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>27</td>
<td>Gaithersburg HELP</td>
<td>C</td>
<td>201 Moody Branch Road, Gaithersburg, 20878</td>
<td>301-216-2510 • GaithersburgHELP.org</td>
<td>Call for appointment</td>
<td>✓</td>
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<tr>
<td>28</td>
<td>Germantown HELP, Inc.</td>
<td></td>
<td>Germantown, 20765</td>
<td>301-462-1320 • <a href="mailto:info@glowhelp.org">info@glowhelp.org</a></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>29</td>
<td>Germantown United Methodist Church</td>
<td>C, M</td>
<td>13901 Georgia Avenue, Silver Spring, 20906</td>
<td>301-424-1138 • marnia.org • <a href="mailto:referals@marnia.org">referals@marnia.org</a></td>
<td>Tuesdays 7-7PM</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>30</td>
<td>Good Hope United Methodist Church</td>
<td>B</td>
<td>Silver Spring, 20005</td>
<td>301-879-8100 • goodhopepauison.org/</td>
<td>Mon of month 6PM-8PM</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>31</td>
<td>Grace United Methodist Church</td>
<td>S</td>
<td>Gaithersburg, 20879</td>
<td>240-683-5530 • graceh.org</td>
<td></td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>32</td>
<td>Grace United Methodist Church</td>
<td>C</td>
<td>Gaithersburg, 20877</td>
<td>301-926-8588 • graceumc.org/local-outreach/</td>
<td>Mon-Fri 9AM-5PM</td>
<td>✓</td>
<td>✓</td>
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<td>33</td>
<td>Hughes Neighborhood Housing</td>
<td></td>
<td>Silver Spring, 20002</td>
<td>240-706-5411 •</td>
<td></td>
<td></td>
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<tr>
<td>34</td>
<td>Interfaith Works</td>
<td>M</td>
<td>Rockville, 20850</td>
<td>301-762-8582 • <a href="mailto:info@workswc.org">info@workswc.org</a></td>
<td>Call for info</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>35</td>
<td>Jewish Social Service Agency</td>
<td></td>
<td>3123 Montrose Road, Rockville, 20852</td>
<td>301-816-2630 • <a href="https://www.jssa.org">https://www.jssa.org</a></td>
<td>Mon-Fri 8AM-5PM</td>
<td>✓</td>
<td>✓</td>
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</table>

**Partners**
- Cantonese = Ca
- American Sign Language = ASL
- Korean = K
- Chinese = C
- English = E
- Spanish = S
- Vietnamese = V
- Thai = T
- Tagalog = L
- Russian = R

**Special Features**
- Meeting Space
- Internet Access
- Study Room
- Library
- Computer Lab
- Kitchen Facilities
- Meeting Rooms
- Conference Rooms
- Daycare
- Daycare Services
- Transportation Services
- Fashion Services
- Health Services
- Legal Services
- Mental Health Services
- Substance Abuse Services
- Financial Assistance
- Housing Assistance
- Food Assistance
- Employment Services
- Educational Services
- Language Services
- Other Services

**Accessibility**
- Wheelchair Accessible
- Elevator Accessible
- Hearing Assistance
- Braille
- Large Print
- ASL Interpretation

**Food Assistance Type**
- Pre-Packed Box
- Meal Delivery
- Pre-Packed Meals
- Discount Grocery
- Prepared Meals
- Mobile Market
- Partnered Meals

**Choice Pantry**
- Fresh Produce
- Dairy
- Snacks
- Canned Goods
- Frozen Goods
- Prepared Meals
- Prepared Meals

**Documentation Req**
- Call for info
- Email
- Appointment
- Documentation
- ID
- Proof of Income
- Proof of Residency
- Other

**Other Services Offered**
- Workshops
- Workshops
- Workshops
- Workshops
- Workshops
- Workshops
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** Montgomery County Food Assistance Providers **

<table>
<thead>
<tr>
<th>ADDRESS# CONTACT HOURS</th>
<th>Language</th>
<th>Partner</th>
</tr>
</thead>
<tbody>
<tr>
<td>3151 Taft Street, Rockville, 20850 240-777-3810  Call for info C,K,S,V</td>
<td>English</td>
<td>C, S</td>
</tr>
<tr>
<td>420 University Boulevard East, Silver Spring, 20901 301-384-7440  Mon-Fri 9:30AM-1PM</td>
<td>English</td>
<td>C, S, F</td>
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