

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: www.montgomerycountymd.gov/HHS-Program/Resources/Files/AD-Docs/SrNutrition3-2017.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.

- 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 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.

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)