



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: 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@ccclweb.org

- Germantown Clinic: 19540 Amaranth Drive, Germantown, MD 20874, 301-515-7576
- CCI Main Office: 15855 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)

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 Acomm.	Fresh Produce	Other Services Offered
1	Adventist Community Services of Greater Washington	C, M	501 Sligo Avenue, Silver Spring, 20910	301-585-6556 • www.acsgw.org	Mon-Thu 10AM-4PM	✓						✓	✓		✓		F,S			✓	✓	✓
2	Allen Chapel AME Church Outreach	S, C	2518 Fairland Road, Silver Spring, 20904	301-404-2688 • dotboddie@yahoo.com	2nd & 4th Sat 8AM-10AM			✓					✓		✓				✓			✓
3	Ashton United Methodist Church		17314 New Hampshire Avenue, Ashton, 20861	301-774-7100 • www.ashtonchurch.org aumc@ashtonchurch.org	Mon-Fri 9:30AM-3:30PM			✓							✓							
4	Bethesda Cares, Inc	C	7728 Woodmont Avenue, Bethesda, 20814	301-907-9244 • www.BethesdaCares.org info@bethesdacares.org	Mon-Fri 9AM-11AM		✓								✓		S	✓			✓	✓
5	Bethesda Help			301-365-2022 • www.bethesdahelp.org info@bethesdahelp.org	Mon-Fri 9AM-4PM			✓				✓				✓		✓				✓
6	Bethesda Presbyterian		Bethesda, 20814	301-986-1137 www.bethesdapresbyterian.org/saturdaylunch/	Sat 10AM-12PM		✓								✓		S					
7	Bethesda-Chevy Chase Meals on Wheels, Inc.		8814 Kensington Parkway, Chevy Chase, 20815	301-654-4610 • edrastatter@yahoo.com	Mon-Fri 8:30AM-11AM						✓			✓		✓	P,S	✓		✓		✓
8	Burtonsville Elementary School	C		301-989-5654	1st Tues of the month 5PM	✓									✓	✓	ASL, F, G, P R, S, etc				✓	
9	Caribbean Help Center	M		301-593-6922	Call for info			✓				✓					F					✓
10	Celestial Manna	C		240-350-1456 • www.celestialmanna.org celestialmanna@gmail.com	Call for appointment			✓				✓	✓		✓					✓	✓	✓
11	Community Health and Empowerment through Education and Research	M		301-589-3633 • www.communitycheer.org/ bruce@communitycheer.org	Call for info			✓				✓	✓			✓	Am,E,S	✓		✓	✓	✓
12	Christ Evangelical Lutheran Church of Bethesda			www.christlutheranbethesda.org	16th-31st of the month 12:40PM-1PM		✓								✓							
13	Clarksburg Community Assistance Network (C-CAN)		Boyd's, 20841	240-308-0867 • www.clarksburgcan.org ClarksburgCAN@gmail.com	1st & 3rd Tues 5PM-8PM and Sat 9AM-12PM	✓							✓		✓	✓					✓	
14	Clifton Park Baptist Church	M	Silver Spring, 20903	301-434-2456 • www.cpbcc.net	1st Sat of the month 8:30AM-12PM					✓					✓		S				✓	✓
15	Colesville Presbyterian Church	C	12800 New Hampshire Ave., Silver Spring, 20904	301-424-1130 • www.manna.org referrals@manna.org	4th Friday 3-7PM	✓						✓	✓				S			✓	✓	✓
16	Community Vision		8210 Dixon Avenue, Silver Spring		Mon-Fri 8:30AM-6PM		✓						✓		✓		S					✓
17	Crossroads Community Food Network	M	Gaithersburg, 20912	www.crossroadscommunityfoodnetwork.org info@crossroadscommunityfoodnetwork.org	Wed 11AM-3PM				✓			✓					C,R,S,V		✓		✓	✓
18	Damascus Help, Inc.	S	Damascus, 20872	301-253-4100 • www.damascushelp.org dh20872@aol.com	Mon-Sat 9AM-5PM			✓					✓			✓	F,S,R	✓			✓	✓
19	East County Reg. Services Ctr.		3300 Briggs Chaney Rd, Silver Spring, 20904	301-424-1130 • www.manna.org • referrals@manna.org	Friday 2-4PM			✓				✓	✓				S			✓	✓	✓
20	EduCare Support Services, Inc.	C	Takoma Park, 20912	240-450-2092 • www.educare supportservices.org educare_ss@aol.com	1st Sat 11AM-2PM or Call for appointment			✓				✓	✓		✓			✓	✓		✓	✓
21	Episcopal Church Of Our Savior	C	Silver Spring, 20903	301-439-5900 • www.episcopalcos.org churchoffice@episcopalcos.org	Mon-Fri 9AM-5PM	✓									✓					✓		
22	Family Services, Inc.		630 E. Diamond Ave., Gaithersburg, 20877	301-424-1130 • www.manna.org referrals@manna.org	Thursdays 5-7PM			✓				✓	✓				S			✓	✓	✓
23	First African Methodist Episcopal Church of Gaithersburg		Gaithersburg, 20877	240-632-9760 • www.firstamegaithersburg.org/food-pro-grams/ • choffice@firstamegaithersburg.org	Wed 12PM-2PM, 4th Sat 8:30AM-10:30AM	✓							✓	✓		✓	S				✓	
24	First Baptist Church of Silver Spring	M	Silver Spring, 20901	http://www.fbcss.org/ministries.htm#Food	Sat 10AM-12PM			✓					✓				S				✓	✓
25	Food & Friends	S	Washington DC, 20011	202-269-2277 • www.foodandfriends.org info@foodandfriends.org	Mon-Sat 10AM-3PM			✓			✓		✓			✓	S	✓		✓	✓	✓
26	Gaithersburg Community Soup Kitchen Inc. 'The Lord's Table'	S	201 South Frederick Avenue, Gaithersburg, 20877	301-330-5812	Mon-Fri 3:30PM-4:30PM, Sept-June		✓								✓							✓
27	Gaithersburg HELP		301 Muddy Branch Road, Gaithersburg, 20878	301-216-2510 • www.gaithersburghelp.org	Call for appointment			✓				✓	✓				S			✓	✓	✓
28	Germantown HELP, Inc.	C	Germantown, 20875	301-482-1320 • www.gtownhelp.org info.gtownhelp@gmail.com	Call for info			✓				✓	✓			✓		✓				✓
29	Glenmont United Methodist Church	M	12901 Georgia Avenue, Silver Spring, 20906	301-424-1130 • www.manna.org • referrals@manna.org	Tuesdays 4-7PM			✓				✓	✓				S			✓	✓	✓
30	Good Hope United Methodist Church		Silver Spring, 20905	301-879-8100 • www.goodhopeunion.org/ secretaryghu@goodhopeunion.org	1st Mon of month 6PM-8PM		✓								✓		S					✓
31	Goshen United Methodist Church	S	Gaithersburg, 20879	240-683-5530 • www.goshenunited.org/ goshen_umc@comcast.net • deebw10@aol.com	Call for info					✓					✓							
32	Grace United Methodist Church		Gaithersburg, 20877	301-926-8688 • www.graceumc.org/local-outreach/ graceumc@graceumc.org	Mon-Fri 9AM-2PM						✓				✓							
33	Hughes Neighborhood Housing		Silver Spring, 20902	240-706-0411	3rd Wed of month 8AM-4PM					✓					✓		F,S				✓	
34	Interfaith Works	M	Rockville, 28050	301-762-8682 • www.iworksmc.org yesipila@worksmc.org	Call for info		✓						✓			✓			✓	✓	✓	✓
35	Jewish Social Service Agency	C	6123 Montrose Road, Rockville, 20852	301-816-2639 • https://www.jssa.org • dhaysearp@jssa.org	Mon-Fri 9AM-5PM						✓	✓				✓	R	✓				✓
36	Lee Memorial AME Church		4115 Plyers Mill Road, Kensington, 20895	301-949-2092 • http://www.leeame.org mary.newton9@verizon.net	4th or 5th Sat of month 9AM				✓			✓	✓	✓								
37	Liberty Grove United Methodist Church	M	15225 Old Columbia Pike, Burtonsville, 20866	301-421-9166 • www.libertygrovechurch.org Communitysupper@libertygrovechurch.org	2nd & 4th Thurs 6PM-7:30PM		✓	✓							✓					✓	✓	
38	Lighthouse Ministries International, Inc.	C	Beltsville, 20705	301-477-1074 • www.LHMinc.org boldpantry@lhminc.org	Wed 7PM & Sun 1PM	✓		✓	✓				✓		✓						✓	✓
39	Long Branch Community Center		8700 Piney Branch Rd., Silver Spring, 20901	301-424-1130 http://www.manna.org referrals@manna.org	Wednesdays 4-7PM			✓				✓	✓				S			✓	✓	✓
40	Luther Rice Memorial Baptist Church		801 University Boulevard West, Silver Spring, 20901	301-593-1130 • www.Luthericechurch.org Lutherice@aol.com	Wed 10AM-12PM			✓							✓							✓
41	Lutheran Church of St. Andrew		Silver Spring, 20905	301-384-4394 • www.mystandrew.org office@mystandrew.org	Mon-Fri 9AM-5PM			✓							✓		S					✓
42	Manna Food Center Main Warehouse		9311 Gaither Rd., Gaithersburg, 20877	301-424-1130 • www.manna.org • referrals@manna.org	Monday-Friday 12-3PM			✓				✓	✓				S			✓	✓	✓
43	McCarick Family Center		Silver Spring, 20902	301-942-1790 • www.CatholicCHaritiesDC.org	Mon Wed Fri 9AM-4PM	✓				✓			✓		✓		Am,F,S				✓	✓
44	Meals on Wheels of Colesville		13100 Andrew Dr., Silver Spring, 20904	301 384-7440	Mon-Fri 9:30AM-1PM		✓									✓		✓				
45	Meals on Wheels of Germantown	C		301-706-0262 • www.mowgermantown.com	Mon-Fri 10:30AM-1PM		✓						✓			✓		✓		✓	✓	✓
46	Meals on Wheels of Rockville		P.O. Box 465, Rockville, 20848	301 340-1559	Thursday 8AM-12PM		✓									✓		✓				
47	Meals on Wheels of Takoma Park/ Silver Spring	S	7410 New Hampshire Avenue, Takoma Park, 20912	301-434-1922 • www.mowtakoma.org mowtakoma@gmail.com	Mon-Fri 9AM-1PM						✓	✓		✓		✓		✓		✓	✓	
48	Meals on Wheels of Wheaton	S,C,M	10101 Connecticut Avenue, Kensington, 20895	301-942-1111 • www.mowwheaton.org	Mon-Fri 8AM-1PM		✓							✓		✓		✓				
49	Mercy Seat Chapel	C	Gaithersburg, 20877	301-740-8118 • www.mercyseatchapel.org lizzybanjuma70@yahoo.com	Tues&Thurs11AM-6PM			✓				✓								✓		✓
50	Mid-county United Ministries	C	2424 Reedie Drive, Silver Spring, 20902	301-929-8675 • www.mumhelp.org • office@mumhelp.org	Tue-Thu 9AM-4PM; Sat 9AM-11:30AM	✓				✓			✓		✓	✓	S					✓
51	Montgomery County Senior Nutrition Program			240-777-3810	Call for info		✓					✓				✓	C,K,S,V					✓
52	Mount Calvary Baptist Church		Rockville, 20850	301-424-8717	4th Saturday of the month; 11AM-4PM			✓							✓		S				✓	
53	Mount Jezreel Baptist Church Food Bank		420 University Boulevard East, Silver Spring, 20901	301-384-3951 • www.mtjezreel.com kindbea49@comcast.net	1st Sat of month 10AM-2PM; 3rd Thu of month 4PM-7PM			✓					✓		✓						✓	✓
54	Nations United Baptist Church		Silver Spring, 20904	301-437-6727 • https://www.facebook.com/FoodPantryNa-tionsUnited/ • marham77@msn.com	3rd Thu of the month 5PM-8PM	✓							✓		✓		P,S				✓	
55	New Creation Church	M, C	11005 Dayton Street, Silver Spring, 20902	301-649-6000 • http://www.newcreationmd.org/ministries/ food-distribution • office@newcreationmd.org	4th Tue of month 11AM-3PM, 2nd Sat of month 10AM-12PM			✓							✓		S			✓	✓	✓
56	New Hope Christian Church		10097 #10 Tyler Court., Jlamsville, 21754	301-515-3260 • www.facebook.com/newhopechristian-churchmd • newhopecc00@gmail.com	Call for appointment			✓				✓						✓				✓
57	Nourish Now		1111 Taft Street, Rockville, 20850	301-330-0222 • www.nourishnow.org info@nourishnow.org	Call for appointment			✓				✓					S			✓	✓	
58	Olney Help, Inc.			301-774-4334 • www.olneyhelp.org olneyhelp@gmail.com	Call for appointment			✓								✓	S	✓		✓	✓	✓
59	OLOL Sunday Night Meal	M	Bethesda, 20814	301-654-1287 • www.bethesdalourdes.org/	Sun 4:30PM-6PM		✓								✓							
60	Rainbow Community Development Center		2120-A Industrial Parkway, Silver Spring, 20904	301-625-2561 • www.rainbowcdc.org	Tue & Thu 3PM-6PM			✓				✓	✓				F,S			✓	✓	✓
61	Rockville Help	C		301-564-0800	Call for appointment			✓				✓				✓	S	✓				✓
62	Rockville Senior Center		1150 Carnation Drive., Rockville, 20850	240-314-8810 • www.rockvillemd.gov/seniorcenter seniorcenter@rockvillemd.gov	Mon-Fri 8:30 AM-10:45 AM, 12 PM		✓					✓				✓						
63	Saint Luke Lutheran Church		9100 Colesville Road, Silver Spring, 20910	301-588-4363 • www.saintluke.us	Tue-Thu 9AM-1PM	✓		✓					✓			✓	S			✓	✓	
64	Salvation Army		20021 Aircraft Drive, Germantown, 20874	301-424-1130 • www.manna.org • referrals@manna.org	Thursdays 2-4PM			✓				✓	✓				S			✓	✓	✓
65	Shepherd's Table		8210 Dixon Avenue, Silver Spring, 20910	301-585-6463 • www.shepherdstable.org halleg@shepherdstable.org	Mon-Sun 6PM-7:30PM; Sat & Sun 10:30AM-11:15AM		✓								✓		Er,Et,S				✓	✓
66	Silver Spring Christian Reformed Church		1501 Arcola Avenue, Silver Spring, 20902	301-649-4109 • www.ssrcr.org • foodpantry@ssrcr.org	3rd Tuesday of month 4PM-8PM	✓									✓		S				✓	
67	Silver Spring United Methodist Church		33 University Blvd E, Silver Spring, 20910	301-424-1130 • www.manna.org • referrals@manna.org	2nd and 4th Saturday 10AM-12PM	✓						✓	✓				S			✓	✓	✓
68	St. Camillus Food Pantry		1600 St. Camillus Drive, Silver Spring, 20903	301-434-8400 • www.stcamilluschurch.org stcamillusfoodpantry@gmail.com	Fri 3PM-5PM; Sat 10AM-12PM			✓					✓		✓		Cr,F,S				✓	✓
69	St. Martin of Tours Catholic Church	C	Gaithersburg, 20877	301-990-7373 • www.stmartinsweb.com social-concerns@stmartinsweb.com	Mon 6AM-12PM	✓									✓		C,F,S					✓
70	St. Paul's United Methodist Church		Kensington, 20895	240-723-6642 • www.stpaulsk.org	1st Monday of the Month	✓	✓	✓					✓			✓	S				✓	✓
71	St. Peter's Episcopal Church		20100 Fisher Avenue, Poolesville, 20837	301-349-2073 • www.saintpetersnet.org ann@saintpetersnet.org	Mon-Fri 11:15AM-12PM		✓								✓	✓						✓
72	The Church of the Resurrection		3315 Greencastle Road, Burtonsville, 20866	301-236-5200 https://www.resurrection																		