

FOOD ASSISTANCE RESOURCES OUTSIDE MONTGOMERY COUNTY

[Look Up County By Zip Code](#)

Regional Resources

- Maryland Department of Health and Human Resources
 - [List of Community Food Resources in Maryland by Region](#)
- [Capital Area Food Bank](#)
 - [Direct Food Distribution](#)
- [Maryland Food Bank](#)
 - [Find Food Sources Flyer](#)
 - [Find Food Near Me Map](#)

Carroll County

21048, 21074, 21088, 21102, 21104, 21157, 21158, 21776, 21784, 21787, 21791

- County Government List of Meal Service Sites:
 - [Website Version](#)
 - [Table Version](#)

District of Columbia

20001, 20002, 20003, 20004, 20005, 20006, 20007, 20008, 20009, 20010, 20011, 20012, 20015, 20016, 20017, 20018, 20019, 20020, 20024, 20026, 20032, 20036, 20037, 20045, 20260, 20374, 20376, 20388, 20391, 20398, 20500

- DC Government: [Food Resources](#)
- [Food Resources Map](#)
- [List of Meal Sites](#)
- [How to Get Food - Flyer](#)

Frederick County

21701, 21702, 21703, 21704, 21705, 21710, 21714, 21716, 21717, 21718, 21727, 21754, 21755, 21757, 21758, 21759, 21762, 21769, 21770, 21771, 21773, 21774, 21775, 21777, 21778, 21780, 21788, 21790, 21792, 21793, 21798

- County Community Phone List Flyer
 - [English Version](#)
 - [Spanish Version](#)

FOOD ASSISTANCE RESOURCES OUTSIDE MONTGOMERY COUNTY

- [Map of Food Assistance Resources in Frederick County](#)
- Food Banks
 - [City of Frederick Food Bank Program](#), 301.600.6263
 - [Frederick Community Action Agency](#)
 - [Glade Valley/Walkersville](#)
21 W. Frederick Street
Walkersville, MD 21793
301-845-4229
 - [Jefferson Food Bank](#)
 - [Thurmont Food Bank](#)
10 Frederick Rd
Thurmont, MD 21788
240-288-1865
 - [Mt. Airy Net](#)
 - [Brunswick Food Bank](#)
 - Knoxville Food Bank
Mt. Zion AME
202 Jefferson Pike
Knoxville, MD 21758
301-834-7221
 - [Middletown Food Bank](#)
Old Municipal Building
301 W. Main Street
Middletown , MD 21769
301-371-9429
 - [Urbana Food Bank](#)
Please Call for Location
240-529-4815
Email: allsodifferent@yahoo.com
- [Frederick Rescue Mission](#)
- [The Religious Coalition for Emergency Human Needs](#)
- [Rise Coalition of Western Maryland](#) - Immigration Resources

Howard County

20701, 20723, 20759, 20763, 20777, 20794, 21029, 21036, 21041, 21042, 21043, 21044, 21045, 21046, 21075, 21150, 21163, 21723, 21737, 21738, 21765, 21794, 21797

- List of Food Access Resources
 - [Website](#)
 - [Printable Table Version](#)
- [Howard County Food Pantry Flyer](#)

FOOD ASSISTANCE RESOURCES OUTSIDE MONTGOMERY COUNTY

- [Howard County MultiService Center](#)

Prince George's County

20607, 20608, 20613, 20623, 20703, 20704, 20705, 20706, 20707, 20708, 20709, 20710, 20712, 20715, 20716, 20717, 20718, 20719, 20720, 20721, 20722, 20725, 20726, 20731, 20735, 20737, 20738, 20740, 20741, 20743, 20744, 20745, 20746, 20747, 20748, 20749, 20750, 20752, 20753, 20757, 20762, 20768, 20769, 20770, 20772, 20773, 20774, 20775, 20781, 20782, 20783, 20784, 20785, 20787, 20788, 20791, 20792

- Prince George's County Government - [Food Resources Map](#)
- Prince George's County Food Equity Council
 - [Food Assistance Resources](#)
 - Community Food Pantries and Provider Sites
 - [Website](#)
 - [Printable Version](#)
 - [Calendar: Pop-up Food and Meals Distribution Sites](#)