



FOOD ASSISTANCE RESOURCES OUTSIDE MONTGOMERY COUNTY

Regional Resources

Maryland Department of Health and Human Services

[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](#)

County Resources

[Click here](#) to look up a county by zip code.

Carroll County

21048 21074 21088
21102 21104 21157
21158 21776 21784
21787 21791

[List of Meal Service Sites](#)

[Printable 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

[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](#)

[Map of Food Assistance Resources in Frederick County](#)

[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

Frederick County (cont.)

[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 Version](#)

[Howard County Food Pantry Flyer](#)

[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/Meals Distribution Sites](#)