

# Montgomery County Food Assistance Resource Directory



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# SNAP/WIC Locations

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**Montgomery County DHHS - CCI Main Office**

15850 Crabbs Branch Way, Suite 350 Rockville, 20855

**Montgomery County DHHS - Gaithersburg WIC Clinic**

200 Girard St. Suite 212B Gaithersburg, 20877

**Montgomery County DHHS - Germantown WIC Clinic**

19540 Amaranth Dr. Germantown, 20874

**Montgomery County DHHS - Neighborhood Service Center at Catholic Charities**

McCarrick Center, 12447 Georgia Ave. Wheaton, 20902

**Montgomery County DHHS - Neighborhood Service Center at Family Services Inc.**

200 Girard St. Suite 203 Gaithersburg, 20877

**Montgomery County DHHS - Rockville Office**

1301 Piccard Dr. Rockville, 20850

**Montgomery County DHHS - Silver Spring Center**

8818 Georgia Ave. Silver Spring, 20910

**Montgomery County DHHS - Takoma and Langley Park WIC Clinic**

7676 New Hampshire Ave. Suite 220 Takoma Park, 20912

**Montgomery County DHHS - TESS Center**

8513 Piney Branch Rd. Silver Spring, 20901

**Montgomery County DHHS - Upcounty Regional Services Center**

12900 Middlebrook Rd. Germantown, 20874

## Beltsville

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**20705**

### **Lighthouse Ministries International, Inc.**

301-477-1074 • [www.LHMIinc.org](http://www.LHMIinc.org) • Juanita Cameron • [boldpantry@lhmiinc.org](mailto:boldpantry@lhmiinc.org)

Choice Pantry, Pre-Packed Pantry items, Discount Grocery

Wed. 6-7pm and Sun. 1pm or after worship

Documentation Required, Walk-in Service

Fresh Produce and Other Services Offered

## Bethesda

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**20814**

### **Bethesda Cares, Inc.**

7728 Woodmont Ave.

301-907-9244 • [www.bethesdacares.org](http://www.bethesdacares.org) • [info@bethesdacares.org](mailto:info@bethesdacares.org)

Meal Service

See Bethesda Presbyterian for more info.

Documentation Required, Walk-in Service

Capital Area Food Bank Partner

### **Bethesda-Chevy Chase High School PTSA, Inc.**

4301 East-West Highway

240-740-0400 • [www.bccptsa.net](http://www.bccptsa.net) • [aniebler@gmail.com](mailto:aniebler@gmail.com)

Choice Pantry

Call for info.

Service to a Specific Population

Fresh Produce and Other Services Offered

### **Bethesda Presbyterian**

301-986-1137 • <https://www.bethesdapresbyterian.org/saturdaylunch/>

Meal Service

Sat. 11am-12pm

Walk-in Service

Spanish speakers available

### **OLOL Sunday Night Meal 4 Poor/Homeless**

301-654-1287 • [www.bethesdalourdes.org](http://www.bethesdalourdes.org)

Prepared Meals

Sun. 5-6pm, Doors open at 4:30

Walk-in Service

### **The Church in Bethesda**

5033 Wilson Ln.

301-654-4159 • <https://www.churchinbethesda.org/>

Meal Service

Mon-Fri. 12:45-1:45pm

## **Burtonsville**

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### **20866**

#### **Liberty Grove United Methodist Church**

15225 Old Columbia Pike

301-421-9166 • [www.libertygrovechurch.org](http://www.libertygrovechurch.org) • [libertygrove@verizon.net](mailto:libertygrove@verizon.net)

Meal Service, Pre-Packed Pantry Items

2nd and 4th Thurs. 6:30-7:15pm

Walk-In Service

Special Diet Accommodations and Fresh Produce Offered

Haitian Creole speakers available

#### **The Church of the Resurrection**

3315 Greencastle Rd.

301-236-5202 • [www.resurrectionadw.org](http://www.resurrectionadw.org) • Kathy Ford • [kford@resurrectionadw.org](mailto:kford@resurrectionadw.org)

Pre-Packed Pantry Items

Mon.-Fri. 11am-5pm, Sat. 10am-12pm

Documentation Required, Walk-in Service

## **Chevy Chase**

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### **20815**

#### **Bethesda-Chevy Chase Meals on Wheels, Inc.**

8814 Kensington Parkway

301-654-4610 • [edrastatter@yahoo.com](mailto:edrastatter@yahoo.com)

Prepared Meals

Mon.-Fri. 8:30-11am

Documentation Required, Fee for Service, Service to a Specific Population

Delivery and Special Diet Accommodations Offered

## Clarksburg

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**20871**

**Clarksburg Community Assistance Network (C-CAN)**

240-308-0867 • www.clarksburgcan.org • [ClarksburgCAN@gmail.com](mailto:ClarksburgCAN@gmail.com)

Choice Pantry

1st Tues. of the month 5:00-8:00 p.m.; 1st Sat.: 9:00 a.m.-12:00 Noon

Documentation Required, Walk-in Service, Service to a Specific Population

## Damascus

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**20872**

**Damascus Help, Inc.**

301-253-4100 • www.damascushelp.org • [dh20872@aol.com](mailto:dh20872@aol.com)

Pre=Packed Pantry Items

Mon.-Sat. 9am-5pm

Delivery, Fresh Produce, and Other Services Offered

Spanish, French, and Russian speakers available

# Gaithersburg

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**20877**

## **Family Services Inc.**

301-424-1130 • <http://www.fs-inc.org/> • [referrals@manna.org](mailto:referrals@manna.org)

Pre=Packed Pantry Items

Thurs. 5-7pm

Appointment Required, Documentation Required

Fresh Produce and Special Diet Accommodations Offered

Spanish speakers available

## **First African Methodist Episcopal Church of Gaithersburg**

240-632-9760 • <http://firstamegaithersburg.org/food-programs/> • D. Faye Conley • [dfconley@aol.com](mailto:dfconley@aol.com)

Choice Pantry, Pre-Packed Pantry Items, Discount Grocery

Sat. of SHARE distribution or as needed

Appointment Required, Documentation Required, Service to a Specific Population

Fresh Produce and Special Diet Accommodations Offered

SHARE Food Network Partner

## **Manna Food Center**

9311 Gaither Rd.

301-424-1130 • [www.mannafood.org](http://www.mannafood.org) • Yelba Mojica • [referral@mannafood.org](mailto:referral@mannafood.org)

Choice Pantry, Pre-Packed Pantry Items, Mobile Market

Days vary based on location. Please contact us.

Appointment Required, Documentation Required, Service to a Specific Population

Benefits Counseling, Special Diet Accommodations, Fresh Produce, and Other Services Offered

Spanish speakers available

## **St. Martin of Tours Catholic Church**

301-990-7373 • [www.stmartinsweb.com](http://www.stmartinsweb.com) • Maria Tirado • [social-concerns@stmartinsweb.com](mailto:social-concerns@stmartinsweb.com)

Choice Pantry

6-11:30am Mon.

Walk-in Service

Spanish, French, and Portuguese speakers available

## **20878**

### **Gaithersburg HELP, Inc.**

301 Muddy Branch Rd.

301-216-2510 • [www.gaithersburghelp.org](http://www.gaithersburghelp.org)

Pre-Packed Pantry Items

Mon.-Fri. on scheduled basis

Appointment Required, Documentation Required, Service to a Specific Population

Delivery, Fresh Produce, and Other Services Offered

Spanish speakers available

### **Sheppard Pratt Health System - Family Services**

35 N. Summit Ave.

240-740-4914 • [www.fs-inc.org](http://www.fs-inc.org) • [madeleyne.castaneda@fs-inc.org](mailto:madeleyne.castaneda@fs-inc.org)

Pre-Packed Pantry Items

Fri. in the evening

Walk-in Service, Service to a Specific Population

Other Services Offered

Spanish speakers available

## **20879**

### **Goshen United Methodist Church**

240-683-5530 • [www.goshenunited.org/](http://www.goshenunited.org/) • Doris Watts • [goshen\\_umc@comcast.net](mailto:goshen_umc@comcast.net)

Discount Grocery

Varies, Typically 3rd or 4th Sat. of the Month

Fee for Service

SHARE Food Network Partner



## Germantown

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**20874**

**Salvation Army**

20021 Aircraft Dr.

301-424-1130 • [referrals@manna.org](mailto:referrals@manna.org)

Pre-Packed Pantry Items

Thurs. 2-4pm

Appointment Required, Documentation Required

Special Diet Accommodations and Fresh Produce Offered

Spanish speakers available

Manna Food Center Partner

**20875**

**Germantown HELP, Inc.**

301-482-1320 x1 • [www.gtownhelp.org](http://www.gtownhelp.org) • [info.gtownhelp@gmail.com](mailto:info.gtownhelp@gmail.com)

Pre-Packed Pantry Items

Delivery ONLY Mon.-Sat., hours variable

Appointment Required, Service to a Specific Population

Delivery and Other Services Offered

## Kensington

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**20895**

**Meals on Wheels of Wheaton**

10101 Connecticut Ave.

301-942-1111 • [www.mowwheaton.org](http://www.mowwheaton.org)

Meal Service

Meals delivered Mon.-Fri. 11:30am-1:00 pm

Fee for Service, Service to a Specific Population

Delivery Only

**St. Paul's United Methodist Church-Hunger Ministry**

301-933-7933 • [www.stpaulsk.org](http://www.stpaulsk.org) • Kim Longsworth  
Choice Pantry, Meal Service, Pre-Packed Pantry Items  
1st Mon. of month after 1st Sun.  
Documentation Required, Walk-in Service, Service to a Specific Population  
Delivery and Fresh Produce Offered  
Spanish speakers available

## Laurel

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### 20723

**Difference Makers Kokua Foods**

9295 Maxwell Ct.  
301-233-1698 • [www.difference-makers.org](http://www.difference-makers.org) • [kokuafoods@gmail.com](mailto:kokuafoods@gmail.com)  
Choice Pantry, Pre-Packed Pantry Items  
Documentation Required, Service to a Specific Population  
Fresh Produce and Other Services Offered  
Spanish speakers available

## Poolesville

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### 20837

**St. Peter's Episcopal Church**

20100 Fisher Ave.  
301-349-2073 • [www.stpeterspoolesville.org/community/](http://www.stpeterspoolesville.org/community/)  
Meal Service  
Mon.-Fri. 11am-12pm  
Walk-in Service, Service to a Specific Population

**WUMCO Help, Inc.**

17550 W. Willard Rd.  
301-972-8481 ex. 3 • [www.wumcohelp.org](http://www.wumcohelp.org) • Catherine Beliveau • [wumco2@gmail.com](mailto:wumco2@gmail.com)  
Pre-Packed Pantry Items  
Tues. 9am-5pm, Thurs. 9am-8pm  
Appointment Required, Service to a Specific Population  
Delivery, Fresh Produce and Other Services Offered

# Rockville

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## 20850

### **Coordination Council of Chinese American Associations**

50 West Gude Dr.

301-728-9815 • [www.cccaa.org](http://www.cccaa.org) • [info@cccaa.org](mailto:info@cccaa.org)

Pre-Packed Pantry Items, Discount Grocery

Seasonal and event based services

Appointment Required, Documentation Required, Service to a Specific Population

Delivery, Fresh Produce and Other Services Offered

Chinese speakers available

### **Montgomery College**

9221 Corporate Blvd.

240-567-4389 • [www.montgomerycollege.edu/fuelforsuccess](http://www.montgomerycollege.edu/fuelforsuccess) • [benita.rashaw@montgomerycollege.edu](mailto:benita.rashaw@montgomerycollege.edu)

Mobile Market

Varies based on schedule

Walk-in Service

Fresh Produce Offered

Capital Area Food Bank Partner

### **Nourish Now**

1111 Taft St.

301-330-0222 • [www.nourishnow.org](http://www.nourishnow.org) • [info@nourishnow.org](mailto:info@nourishnow.org)

Pre-Packed Pantry Items, Prepared Meals

Mon.-Fri. 11am-4pm

Appointment Required

Special Diet Accommodations and Fresh Produce Offered

Spanish speakers available

### **Rockville Senior Center**

1150 Carnation Dr.  
240-314-8810 • [www.rockvillemd.gov/seniorcenter](http://www.rockvillemd.gov/seniorcenter) • [seniorcenter@rockvillemd.gov](mailto:seniorcenter@rockvillemd.gov)  
Choice Pantry, Meal Service  
8:30am-5pm pantry, 8:30am-10:45pm breakfast bar, 12pm lunch  
Appointment Required, Service to a Specific Population  
Other Services Offered  
Spanish and Chinese speakers available

## **20851**

### **Interfaith Works Connections**

751 Twinbrook Pkwy.  
[www.iworksmc.org](http://www.iworksmc.org) • [molaskowitz@iworksmc.org](mailto:molaskowitz@iworksmc.org)  
Mon.-Fri. 9am-4pm  
Walk-in Service  
Benefits Counseling and Other Services Offered  
Spanish speakers available

## **20852**

### **Jewish Social Service Agency**

6123 Montrose Rd.  
301-816-2639 • [www.jssa.org](http://www.jssa.org) • Diane Hays-Earp • [dhaysearp@jssa.org](mailto:dhaysearp@jssa.org)  
Prepared Meals  
Mon.-Fri. 9am-5pm  
Service to a Specific Population  
Delivery and Other Services Offered  
Russian speakers available

### **September House MAJ**

301-365-0021 • [www.septemberhousemaj.org](http://www.septemberhousemaj.org) • [septemberhousemaj@gmail.com](mailto:septemberhousemaj@gmail.com)  
Need based  
Appointment Required, Service to a Specific Population  
Delivery, Fresh Produce, and Other Service Offered  
Japanese speakers available

## **20855**

### **Healing and Deliverance Ministry**

15960 Derwood Rd.  
[www.healinganddeliveranceministry.com](http://www.healinganddeliveranceministry.com) • [healinganddeliveranceministry77@outlook.com](mailto:healinganddeliveranceministry77@outlook.com)  
Pre-Packed Pantry Items, Mobile Market  
2nd Sat. of every month

Delivery and Fresh Produce Offered  
Spanish speakers available  
Capital Area Food Bank Partner

## Silver Spring

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### 20901

#### **Caribbean Help Center**

10140 Sutherland Rd.  
caribbeanhelpcenter.org • [evans@caribbeanhelpcenter.org](mailto:evans@caribbeanhelpcenter.org)  
Pre-Packed Pantry Items  
Call for info.  
Appointment Required  
Other Services Offered  
French speakers available

#### **First Baptist Church of Silver Spring**

<http://fbcss.org/ministries.htm#Food> • Jim Reed  
Pre-Packed Pantry Items  
Sat. 10am-12pm  
Documentation Required, Service to a Specific Population  
Special Diet Accommodations Offered  
Spanish speakers available

#### **Luther Rice Memorial Baptist Church**

801 University Boulevard West  
301-593-1130 • [Lutherricechurch.org](http://Lutherricechurch.org) • Rev. John W. Cheek, Jr. Pastor • [Lutherrice@aol.com](mailto:Lutherrice@aol.com)  
Pre-Packed Pantry Items  
Wed. 10am-12pm  
Walk-in Service  
Other Services Offered  
Capital Area Food Bank Partner

#### **Mount Jezreel Baptist Church Food Bank**

420 University Blvd. East  
301-384-3951 • [www.mtjezreel.com](http://www.mtjezreel.com) • Bernice Mays • [kindbea48@comcast.net](mailto:kindbea48@comcast.net)

Pre-Packed Pantry Items  
1st Sat. of the month 10am-2pm  
Documentation Required, Walk-in Service  
Fresh Produce and Other Services Offered  
Capital Area Food Bank and SHARE Food Network Partner

## **20902**

### **Capital Kosher Pantry**

301-842-7135  
Choice Pantry  
Call for more info.  
Appointment Required, Service to a Specific Population  
Other Services Offered

### **Catholic Charities/Montgomery County Family Center**

12247 Georgia Ave.  
301-942-1790 • [www.catholiccharitiesdc.org/](http://www.catholiccharitiesdc.org/)  
Choice Pantry, Mobile Market  
Wed. and Fri. 9am-4pm  
Documentation Required, Walk-in Service, Service to a Specific Population  
Benefits Counseling, Fresh Produce, and Other Services Offered  
Spanish, French, and Haitian Creole speakers available  
Capital Area Food Bank Partner

### **New Creation Church**

11005 Dayton St.  
301-649-6000 • <http://www.newcreationmd.org/ministries/food-distribution> • Royce Bumphus •  
[office@newcreationmd.org](mailto:office@newcreationmd.org)  
Pre-Packed Pantry Items  
4th Tues. of the month 11am-3pm, free produce. 2nd Sat. of the month 10am-12pm, meat items and  
canned foods  
Walk-in Service  
Special Diet Accommodations, Fresh Produce, and Other Services Offered  
Spanish speakers available  
Capital Area Food Bank Partner

### **Silver Spring Christian Reformed Church**

1501 Arcola Ave.  
301-284-8401 • [www.ssrc.org](http://www.ssrc.org) • Jennifer Renkema • [foodpantry@ssrc.org](mailto:foodpantry@ssrc.org)  
Choice Pantry

3rd Tues. of the month 4-8pm  
Walk-in Service  
Fresh Produce Offered  
Spanish speakers available  
Capital Area Food Bank Partner

## **20903**

### **CASA (CASA de Maryland)**

734 University Blvd East  
301-270-8432 • [www.wearecasa.org](http://www.wearecasa.org)  
Pre-Packed Pantry Items  
Sat. 10am-12pm  
Walk-in Service  
Other Services Offered  
Spanish speakers available

### **Clifton Park Baptist Church**

301-434-2456 • [www.cpbc.net](http://www.cpbc.net) • Carole Pettus  
Mobile Market  
1st Sat. of the month, 8:30am-12:00pm  
Walk-in Service  
Fresh Produce and Other Services Offered  
Spanish speakers available  
Capital Area Food Bank and Manna Food Center Partner

### **St. Camillus Food Pantry**

1600 St. Camillus Dr.  
301-434-8400 • [www.stcamilluschurch.org](http://www.stcamilluschurch.org) • [stcamillusfoodpantry@gmail.com](mailto:stcamillusfoodpantry@gmail.com)  
Pre-Packed Pantry Items  
Fri. 2-4 pm and Sat. 9-11am  
Walk-in Service  
Fresh Produce Offered  
Spanish and French speakers available

## **20904**

### **Allen Chapel AME Church Outreach**

2518 Fairland Rd.  
301-879-9232 • [info@allenchapelame.org](mailto:info@allenchapelame.org)  
Pre-Packed Pantry Items  
Every 2nd & 4th Sat. 8-10am

Documentation Required, Walk-in Service, Service to a Specific Population  
Benefits Counseling and Fresh Produce Offered  
SHARE Food Network Partner

### **Colesville Presbyterian Church**

301-424-1130 • <https://www.colesvillepresbyterian.com/> • [referrals@manna.org](mailto:referrals@manna.org)

Choice Pantry

4th Fri. of the month, 3-7pm

Appointment Required, Documentation Required

Special Diet Accommodations and Fresh Produce Offered

Spanish speakers available

Manna Food Center Partner

### **East County Reg. Services Ctr.**

301-424-1130 • [www.manna.org](http://www.manna.org) • [referrals@manna.org](mailto:referrals@manna.org)

Pre-Packed Pantry Items

Fri. 2-4pm

Appointment Required, Documentation Required

Special Diet Accommodations and Fresh Produce Offered

Spanish speakers available

Manna Food Center Partner

### **Meals on Wheels of Colesville**

13100 Andrew Dr.

301 384-7440 • [www.colesville-meals-on-wheels.org](http://www.colesville-meals-on-wheels.org)

Meal Service, Pre-Packed Pantry Items, Prepared Meals

Appointment Required, Fee for Service, Service to a Specific Population

Delivery and Special Diet Accommodations Offered

### **Nations United Baptist Church**

301-674-1318 • [www.facebook.com/FoodPantryNationsUnited/](http://www.facebook.com/FoodPantryNationsUnited/) • [samrozolem@gmail.com](mailto:samrozolem@gmail.com)

Choice Pantry

3rd Thurs. of the month 5-8pm

Documentation Required, Walk-in Service

Fresh Produce Offered

Spanish and Portuguese speakers available

Capital Area Food Bank Partner

### **Rainbow Community Development Center**



2120-A Industrial Parkway  
301-625-2561 • [www.rainbowcdc.org](http://www.rainbowcdc.org) • Patricia Drumming  
Pre-Packed Pantry Items  
Tues. and Thurs. 2-6pm  
Appointment Required, Documentation Required  
Special Diet Accommodations, Fresh Produce, and Other Services Offered  
Spanish, French, and Haitian Creole speakers available  
Capital Area Food Bank Partner

## **20905**

### **Good Hope Union United Methodist Church**

301-879-8100 • <http://www.goodhopeunion.org/> • Pastor Cindy • [secretaryghu@goodhopeunion.org](mailto:secretaryghu@goodhopeunion.org)  
1st Mon. each month 6-8pm, Free Community Breakfast 1st Sat. of each month 7:30-10am  
Meal Service  
Walk-in Service  
Spanish Speakers Available

### **Lutheran Church of St. Andrew**

301-384-4394 • [www.mystandrew.org](http://www.mystandrew.org)  
Pre-Packed Pantry Items  
Mon.-Fri. 9am-5pm  
Walk-in Service  
Delivery, Special Diet Accommodations, Fresh Produce, and Other Services Offered  
Spanish speakers available

## **20906**

### **Glenmont United Methodist Church**

301-424-1130 • <http://glenmontumchurch.org/> • [referrals@manna.org](mailto:referrals@manna.org)  
Pre-Packed Pantry Items  
Tues. 4-7pm  
Appointment Required, Documentation Required  
Special Diet Accommodation and Fresh Produce Offered  
Spanish speakers Available  
Manna Food Center Partner

### **The Senior Connection**

3950 Ferrara Dr.  
301-962-0820 • [www.seniorconnectionmc.org](http://www.seniorconnectionmc.org) • Tim Shaw • [info@seniorconnectionmc.org](mailto:info@seniorconnectionmc.org)  
Choice Pantry  
Office hours are Mon.-Fri., 9am-4pm  
Appointment Required, Service to a Specific Population

## **20910**

### **Adventist Community Services of Greater Washington**

501 Sligo Ave.

301-585-6556 • [www.acsgw.org](http://www.acsgw.org)

Pre-Packed Pantry Items

Mon.-Thurs. 10am-3pm

Appointment Required, Documentation Required

Special Diet Accommodation, Fresh Produce, and Other Services Offered

French and Spanish speakers available

Capital Area Food Bank Partner

### **FRESHFARM Downtown Silver Spring Market**

890 Ellsworth Dr.

<http://freshfarm.org/downtown-silver-spring.html> • [hello@freshfarm.org](mailto:hello@freshfarm.org)

Discount Grocery

Sat. 9am-1pm

Walk-in Service

Benefits Counseling, Fresh Produce, and Other Services Offered

Spanish speakers available

### **God Glorified Church of God in Christ**

111 Geneva Ave.

301-588-6607 • [www.ggcogic.org](http://www.ggcogic.org) • [ggcogicc@gmail.com](mailto:ggcogicc@gmail.com)

Choice Pantry

Second Thurs. of the month (April-Dec.)

Appointment Required, Documentation Required

Benefits Counseling Offered

### **Saint Luke Lutheran Church**

9100 Colesville Rd.

301-588-4363 • <http://saintluke.us>

Choice Pantry, Pre-Packed Pantry Items

Tues. and Thurs. 12-3pm

Appointment Required

Other Services Offered

Spanish speakers available

### **Shepherd's Table**

8106 Georgia Ave.

301-585-6463 • [www.shepherdstable.org](http://www.shepherdstable.org) • Haile Gebregziabher • [haileg@shepherdstable.org](mailto:haileg@shepherdstable.org)

Meal Service

Mon.-Fri. 7:30-8:25am, 12-12:55pm, 6-7:25pm Sat. & Sun. 10:30 - 11:25 Brunch, 6-7:25pm

Walk-in Service

Other Services Offered

Spanish speakers available

## Takoma Park

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**20912**

### **Crossroads Community Food Network**

[info@crossroadscommunityfoodnetwork.org](mailto:info@crossroadscommunityfoodnetwork.org)

Discount Grocery

Wed. Farmers Market, June-November, 11am-3pm

Walk-in Service

Benefits Counseling, Fresh Produce, and Other Services Offered

Spanish speakers available

### **EduCare Support Services, Inc.**

240-450-2092 • [www.educaresupportservices.org](http://www.educaresupportservices.org) • Dunrick Sogie-Thomas • [educare\\_ss@aol.com](mailto:educare_ss@aol.com)

Choice Pantry, Pre-Packed Pantry Items

Mon., Wed. and Fri. 10am-2pm-every 1st Sat. 10am-2pm Deliveries every 3rd Sat.

Appointment Required, Documentation Required, Walk-in Service

Delivery, Benefits Counseling, Fresh Produce, and Other Services Offered

Spanish and French speakers available

Capital Area Food Bank Partner

### **Meals on Wheels of Takoma Park/Silver Spring**

7410 New Hampshire Ave.

301-434-1922 • [www.mowtakoma.org](http://www.mowtakoma.org) • [mowtakoma@gmail.com](mailto:mowtakoma@gmail.com)

Meal Service, Prepared Meals

Mon. - Fri. 9am-1pm

Appointment Required, Fee for Service, Service to a Specific Population

Delivery, Benefits Counseling, Special Diet Accommodations, and Fresh Produce Offered

Spanish speakers available

## Temple Hill

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## 20748

### **St. Stephen Baptist Church Community Outreach Ministry**

5757 Temple Hills Rd.

301-899-8885 • [www.Ssbc5757.org](http://www.Ssbc5757.org) • [Gwendolyn.gantt@yahoo.com](mailto:Gwendolyn.gantt@yahoo.com)

Choice Pantry

Ssbc5757.org food giveaway every 2nd and 4th Tues. from 1-3pm

Walk-in Service

Other Services Offered

Spanish speakers available

Capital Area Food Bank Partner

## Washington, DC

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## 20011

### **Food & Friends**

219 Riggs Road NE

202-269-2277 • [www.foodandfriends.org](http://www.foodandfriends.org) • [info@foodandfriends.org](mailto:info@foodandfriends.org)

Prepared Meals

Mon.-Sat. 10am-3pm

Documentation Required, Service to a Specific Population

Delivery, Fresh Produce, and Special Diet Accommodations Offered

Spanish speakers available

## 20017

### **Capital Area Food Bank**

4900 Puerto Rico Ave. NE

202-644-9800 • [www.capitalareafoodbank.org](http://www.capitalareafoodbank.org)

Choice Pantry, Meal Service, Mobile Market

Varies

Walk-in Service

Special Diet Accommodations, Fresh Produce, and Other Services Offered

Spanish, Chinese, French, and Vietnamese speakers available

## Wheaton

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## 20902

### **Mid-County United Ministries**

301-929-8675 • [mumhelp.org](http://mumhelp.org) • Larry White • [office@mumhelp.org](mailto:office@mumhelp.org)

Choice Pantry, Mobile Market

Tues.,Wed.,Thurs. 9am-4pm, Sat. 9-11:30am, Sun. 2-4pm  
Walk-in Service, Service to a Specific Population  
Special Diet Accommodations, Fresh Produce, and Other Services Offered  
Spanish speakers available  
Capital Area Food Bank Partner

## Call for More Information

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### **Bethesda Help, Inc.**

301-365-2022 • [www.bethesdahelp.org](http://www.bethesdahelp.org) • [info@bethesdahelp.org](mailto:info@bethesdahelp.org)

Pre-Packed Pantry Items

Mon.-Fri. 9am-4pm

Appointment Required, Documentation Required

Delivery and Other Services Offered

Capital Area Food Bank Partner

### **Celestial Manna**

240-350-1456 • [www.celestialmanna.org](http://www.celestialmanna.org) • [celestialmanna@gmail.com](mailto:celestialmanna@gmail.com)

Pre-Packed Pantry Items

Sat. & Sun. by appt.

Appointment Required, Walk-in Service

Special Diet Accommodations, Fresh Produce, and Other Services Offered

Spanish, French, Russian, German, and Portuguese speakers available

American Sign Language translation available

### **Community Health and Empowerment through Education and Research**

301-589-3633 • [www.communitycheer.org/](http://www.communitycheer.org/) • [bruce@communitycheer.org](mailto:bruce@communitycheer.org)

Pre-Packed Pantry Items

Call for info.

Appointment Required, Documentation Required, Service to a Specific Population

Delivery, Special Diet Accommodations, Fresh Produce, and Other Services Offered

Amharic and Spanish speakers available

### **Meals on Wheels of Germantown**

301-706-0262 • [www.mowgermantown.com](http://www.mowgermantown.com)

Meal Service, Prepared Meals

Mon.-Fri., home delivery 10:30am-1pm  
Appointment Required, Service to a Specific Population  
Delivery, Special Diet Accommodations, Fresh Produce, and Other Services Offered

### **Montgomery County Senior Nutrition Program**

240-777-3810  
Prepared Meals  
Lunch hour at selected sites  
Appointment Required, Fee for Service, Service to a Specific Population  
Other Services Offered  
Spanish, Chinese, Korean, and Vietnamese speakers available

### **Olney Help, Inc.**

301-774-4334 • [www.olneyhelp.org](http://www.olneyhelp.org) • [help@olneyhelp.org](mailto:help@olneyhelp.org)  
Pre-Packed Pantry Items  
Mon.-Fri., 9am-5pm  
Appointment Required, Service to a Specific Population  
Delivery, Special Diet Accommodations, Fresh Produce, and Other Services Offered  
Spanish speakers available  
Capital Area Food Bank Partner

### **Rockville Help (formerly known as FISH--Friendly Sympathetic Help)**

301-564-0800  
Pre-Packed Pantry Items  
Every day, call for appt. Delivery arranged for time convenient for both volunteer and client.  
Appointment Required, Service to a Specific Population  
Delivery and Other Services Offered  
Spanish speakers available

### **Washington Spanish Church**

12604 New Hampshire Ave. Silver Spring  
301-622-3535 • [www.waspsda.org](http://www.waspsda.org)  
Choice Pantry, Pre-Packed Pantry Items  
2nd and 4th Fri. of the month  
Walk-in Service  
Fresh Produce Offered  
Spanish speakers available

