

MONTGOMERY COUNTY, MD - DISABILITY NETWORK DIRECTORY

Food – Home Delivery

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This is a project of the Montgomery County Commission on People with Disabilities. To submit an update, add or remove a listing, or request an alternative format, please contact: DHHSWebsite@montgomerycountymd.gov, 240-777-1246 (V), MD Relay 711.

Food & Friends

219 Riggs Road, NE
Washington, DC 20011
202-269-2277 (V)

E-mail: info@foodandfriends.org
www.foodandfriends.org

Provide specialized home-delivered meals, groceries, nutrition counseling and wellness education to people living with life-challenging illnesses such as HIV/AIDS, cancer, and other life-challenging illnesses.

Instacart

www.instacart.com

Grocery deliver service that connects the user with personal shoppers in their area who pick up and deliver groceries from local stores. Serve Bethesda, Cabin John, Chevy Chase, Gaithersburg, Garrett Park, Kensington, Potomac, Rockville, Silver Spring, and Takoma Park. Register and order online or via their mobile application.

Meals On Wheels (MOW)

If a resident is homebound due to illness or disability, they may be eligible for home delivered meals. This program provides one hot and one cold per day, delivered by volunteers. For information and appropriate referral, call 240-777-3810 (V), MD Relay 711. Local offices are listed below:

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|--------------------------|--------------------|
| Bethesda-Chevy Chase MOW | 301-654-4610 (V) |
| Central Maryland MOW | 1-877-730-9476 (V) |
| Colesville MOW | 301-384-7440 (V) |
| Damascus MOW | 301-414-5447 (V) |
| Gaithersburg MOW | 301-216-4200 (V) |
| Germantown MOW | 301-706-0262 (V) |
| JSSA (Kosher Meals) MOW | 301-881-3700 (V) |
| Rockville MOW | 301-340-1559 (V) |
| Takoma Park MOW | 301-434-1922 (V) |
| Wheaton MOW | 301-942-1111 (V) |

Peapod by Giant

1-800-573-2763 (Toll Free)

www.peapod.com

Grocery shopping and delivery. Order online or via their mobile application. Delivery and pick-up fees.

Safeway

1-877-505-4040 (Toll Free)

www.shop.safeway.com

Grocery shopping and delivery. Order online or via their mobile application. Delivery and pick-up fees.