

MONTGOMERY COUNTY, MD - DISABILITY NETWORK DIRECTORY

Food – Home Delivery

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Food & Friends

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

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

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

Harris Teeter Express Lane

<https://shop.harristeeter.com/store/AB00123735#/>

Grocery shopping for store pick-up or home delivery. Order online. Gaithersburg store only. Delivery and pick-up fees.

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:

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	301-251-8885 (V)
JSSA (Kosher Meals) MOW	301-881-3700 (V)
Rockville MOW	301-340-1559 (V)
Silver Spring/Takoma Park (SALT) MOW	301-434-8400 (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.