Food – HELP

This is a project of the 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.

Volunteer programs providing emergency food. Some also provide emergency resources, transportation, clothing, furniture and financial assistance.

Bethesda HELP
301-365-2022 (V)
E-mail: info@bethesdahelp.org
www.bethesdahelp.org
Bethesda Help can deliver to your home a three-day supply of groceries for every member of your household. You must live within the Bethesda Help service area. This is an area of approximately 25 square miles bounded by the District of Columbia on the south; Falls Road, Montrose Road, and Randolph Road on the north; Veirs Mill Road, Georgia Avenue, and 16th Street on the east; and the Potomac River on the west.

Damascus HELP
301-253-4100 (V)
E-mail: dh20872@aol.com
www.damascushelp.org
Provide emergency food and holiday gift baskets to needy persons and families. Serve the areas of upper Montgomery County covered by zip codes 20871, 20872, 20882 north of Brink Rd and 20876 from route 27 north of Brink Rd. On a case by case basis they provide help to people who live just over the Montgomery County line in Monrovia (Frederick County).

Gaithersburg HELP
301-216-2510 (V)
www.gaithersburghelp.org
Provides a 3 to 5-day supply of food from their food pantry to Gaithersburg area residents. The pantry is operated on a by-appointment only basis. Guests can pick up food 18 times in a 12-month period. Service area includes all of zip codes 20877, 20878, 20879, 20880, and 20886, plus parts of 20850 (west of Shady Grove Rd and north of Piney Meetinghouse Rd), 20855 (west of Redland Rd/Muncaster Rd), and 20882 (south of Brink Rd and west of Olney-Laytonsville Rd).

Germantown HELP
301-482-1320 (V)
www.gtownhelp.org
Provide delivered emergency food to residents of Germantown (zip codes 20874 and 20876).

Olney HELP
301-774-4334 (V)
www.olneyhelp.org
Provide a 3 to 5-day emergency food supply that includes both fresh and nonperishable food to individuals and families requesting help. If food items are available, they are happy to attempt to accommodate special needs (diabetic, low sodium, etc) when they are communicated. Food is delivered to clients by volunteer drivers. Can provide emergency food assistance no more than once a month.
Serve Olney, Brookeville, Brinklow, Sandy Spring or Ashton, Maryland (Zip codes 20832, 20833, 20860, 20861 and 20862).

Rockville HELP
301-564-0800 (V)
E-mail: rockvillemdhelp@gmail.com
www.rockvillehelp.org
Deliver 3 days of food to a family. Will deliver food to a family a maximum of three times in six months.

WUMCO (Western Upper Montgomery County) HELP
301-972-8481 (V)
E-mail: wumco2@gmail.com
www.wumcohelp.org
Food pantry. Service area includes roughly the area from Frederick County line (northwest) to Potomac River (west/southwest) to Clarksburg and Germantown (east), including the towns of Poolesville, Boyds, Barnesville, Dickerson and Beallsville.