

# MONTGOMERY COUNTY, MD - DISABILITY NETWORK DIRECTORY

## Food Warehouses / Pantries / Soup Kitchens

Montgomery County, Maryland ('the County') cannot guarantee the relevance, completeness, accuracy, or timeliness of the information provided on the non-County links. The County does not endorse any non-County organizations' products, services, or viewpoints. The County is not responsible for any materials stored on other non-County web sites, nor is it liable for any inaccurate, defamatory, offensive or illegal materials found on other Web sites, and that the risk of injury or damage from viewing, hearing, downloading or storing such materials rests entirely with the user. Alternative formats of this document are available upon request.

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](mailto:DHHSWebsite@montgomerycountymd.gov), 240-777-1246 (V), MD Relay 711.

### Adventist Community Services of Greater Washington (ACSGW)

501 Sligo Avenue  
Silver Spring, MD 20910  
301-585-6556 (V)

[www.acsgw.org/food.html](http://www.acsgw.org/food.html)

ACSGW collects food donations from throughout the community and keeps it available at their center at 501 Sligo Avenue for people who need some assistance. Community members needing assistance can come to the center and discuss their needs with a case worker during their regular hours (Monday - Thursday from 10:00am - 2:30pm). People needing food must first visit the center to talk with a case manager to explain their need and provide the information necessary to ensure they meet current qualifications. You can request an appointment with a case manager by calling or by using the online form on the website. Qualified clients can visit the center once a month for food. People who qualify can receive food the same day. As often more food is provided than a person can carry, it is advised that the person bring a shopping cart or someone else with them to help carry the food home. Food available varies throughout the month. Typically, nonperishable food is available such as canned goods and pasta, as well as perishable food such as fruits and vegetables. Meat and poultry are sometimes available as well as bread.

### Bethesda Cares

7728 Woodmont Avenue  
Bethesda, MD 20814  
301-907-9244 (V)

E-mail: [info@bethesdacares.org](mailto:info@bethesdacares.org)

<http://bethesdacares.org/our-services/meal-program/>

Coordinate with local churches and other community groups to provide lunch six days a week, dinner every Sunday, clothing with donated apparel, medical care and assistance with prescriptions, and showers plus toiletries, clean socks and underwear. Every two weeks, the weekday lunch program shifts location between two churches. Saturday lunch and Sunday dinner programs are always in the same locations. All are within an easy walk of their main office. Lunch is served Monday through Friday from 12:45 p.m. to 1:45 p.m. Every Saturday, lunch is served from 11:00 a.m. to 12:00 p.m. at Bethesda Presbyterian, 7601 Clarendon Road, Bethesda. Every Sunday, dinner is served from 5:00 p.m. to 5:50 p.m. at Our Lady of Lourdes Catholic Church, 7500 Pearl Street, Bethesda.

### Damascus HELP

E-mail: [dh20872@aol.com](mailto:dh20872@aol.com)

[www.damascushelp.org](http://www.damascushelp.org)

Provide emergency food and holiday gift baskets to needy persons and families. Food pantry operates on a by-appointment basis. 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).

### Germantown HELP

301-482-1320 (V)

E-mail: [info.gtownhelp@gmail.com](mailto:info.gtownhelp@gmail.com)

[www.germantownhelp.org](http://www.germantownhelp.org)

Provide delivered emergency food to residents of Germantown (zip codes 20874 and 20876). Also offer prescription assistance and holiday help.

### Manna Food Center – Food for Families

9311 Gaither Road  
Gaithersburg, MD 20877  
301-424-1130 (V)

E-mail: [info@mannafood.org](mailto:info@mannafood.org)

[www.mannafood.org](http://www.mannafood.org)

Food distribution program. Food boxes are shared at our warehouse daily and through a network of satellite locations. Many of these satellite locations serve seniors living in subsidized housing. If you need food, you will speak with one of our referral representatives, who will ask you some simple questions: 1. whether you are a Montgomery County resident; 2. whether your income falls below what is necessary to be self-sufficient; and 3. which day and location is most convenient for you to pick up your food. Please call Manna's main office during regular business hours. They need to receive your call by 3:00 pm the day before you would like to receive food, so they can have your order ready. When you come to pick up food, you need a photo ID with your current Montgomery County address or provide a document that proves you currently reside in the county. If you cannot pick up your food on the day scheduled, you must call Manna in order to reschedule your pickup. If you need to schedule a pickup outside of Manna's normal business hours, call 311 to contact the Department of Health and Human Services. You can also get a referral from hundreds of referral agencies that work with Manna. Ask your case manager, social worker or pastor.

**MUM (Mid-County United Ministries)**

751 Twinbrook Parkway  
Rockville, MD 20851  
301-929-8675 (V)  
E-mail: [office@mumhelp.org](mailto:office@mumhelp.org)  
[www.mumhelp.org](http://www.mumhelp.org)

Food Pantry Hours: Tuesday, Wednesday and Thursday from 9am to 4pm, Saturday from 9am to 11:30am. Pantries supplement client food budgets with nonperishable items such as cereal, rice, beans, pasta, bottled juice, canned meats, vegetables, and fruit. Food is available once a month, up to 25 lbs. per household to clients living in one of these zip codes: 20906, 20902, 20853, 20895 and 20896. MUM Mobile pantry serves the community at the following locations each month:

**First Sunday**

Aspen Hill Christian Church  
13501 Georgia Avenue  
Silver Spring, MD 20906  
2:00 pm to 4:00 pm

**Second Sunday**

Millian Methodist Church  
13016 Parkland Drive  
Rockville, MD 20853  
2:00 pm to 4:00 pm

**Fourth Sunday**

Pepper Tree Farms Apartment  
14120 Weeping Willow Dr.  
Silver Spring, MD 20906  
2:00 pm to 4:00 pm

**Nourish Now – Family Distribution Program**

1111 Taft Street  
Rockville, MD 20850  
301-330-0222 (V)  
E-mail: [info@nourishnow.org](mailto:info@nourishnow.org)  
[www.nourishnow.org](http://www.nourishnow.org)

Non-profit that provides a free 5-day food supply to those in need by collecting donations of surplus food from community and local restaurants, grocers, caterers and more throughout the D.C. metro area. Food collected is distributed to families, shelters, food banks, low income apartment complexes, and other organizations that assist in feeding the hungry. To receive food, schedule an appointment. Referrals from social service agencies are preferred, but not required. Plan and schedule your pick-up 3 - 7 business days ahead to request your choice of appointment. No walk-in or same-day appointments are available at this time. All client appointments and food pickups are handled Monday through Friday.

**SHARE Food Network**

3222 Hubbard Road  
Landover, MD 20785  
301-864-3115 (V)  
1-800-217-4273 (Toll Free)  
[www.catholiccharitiesdc.org/SHARE](http://www.catholiccharitiesdc.org/SHARE)

Participants perform at least two hours of volunteer service to their community each month before buying and pay \$22.00 monthly to purchase groceries worth approximately \$40.00 to \$45.00. There are no income or eligibility guidelines. Locations in Rockville, Gaithersburg, Silver Spring, and Takoma Park.

**So Others May Eat (SOME)**

71 O Street, NW  
Washington, DC 20001  
202-797-8806 x 2109 (V)  
E-mail: [web@some.org](mailto:web@some.org)  
<http://some.org/services/basic-needs>

Interfaith, community-based organization that serves food, clothing, and healthcare. SOME's food pantry offers non-perishable food items and fresh produce (when available) to those who need extra help to ensure that they and their families have enough to eat.

**Food Pantry Hours:** Monday, Tuesday, Thursday, and Friday, 7:30am. Serve the first 10 individuals each morning. ID required. Persons can receive pantry items twice a month. **Dining Room:** Provides two hot, nutritious meals every day of the year to anyone who needs it - no questions asked. Dining Room has space to accommodate women and families who may not want to sit in the main dining room. Sandwiches and fruit are available for guests to take with them after meals and guests who miss breakfast or lunch can visit the front desk at 71 O Street to see if there are bagged lunches available. Offer hot showers, free clothing and restroom facilities. Other services include affordable housing, job training, addiction treatment, and counseling.

**WUMCO (Western Upper Montgomery County) HELP**

301-972-8481 (V)  
E-mail: [wumco2@gmail.com](mailto:wumco2@gmail.com)  
[www.wumcohelp.org](http://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. All services are based on validated financial need.