

# MONTGOMERY COUNTY, MD - DISABILITY NETWORK DIRECTORY

## Food Warehouses / Pantries / Soup Kitchens

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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.

### 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.

### 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 pick up. If

you need to schedule a pick up 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)

#### Captain Joseph A. Mattingly, Jr. Food Pantry

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)

Nonprofit that provides food to those in need by collecting donations of surplus food from our community and local restaurants. Food collected is distributed to families, shelters, food banks, low income apartment complexes, and other organizations that assist in feeding the hungry. Clients may only receive food once a month. Services are free to the public. Referrals from social service agencies are preferred, but not required. All client appointments and food pickups are handled Monday through Friday. All appointments must be scheduled with a Nourish Now employee over the phone or in person. Plan and schedule your pick-up 3 to 7 business days ahead to request your choice of appointment. If taking public transportation, please bring reusable grocery bags or a cart. No walk-in or same-day appointments are available at this time. Please bring a Photo ID.

### **SHARE Food Network**

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

Monthly value packages cost just \$22 and include \$40 to \$45 worth of basic and healthy groceries, and always four to six pounds of frozen proteins and eight to 12 pounds of fresh fruits and vegetables, sometimes with seasonal grocery or dessert items. Locations in Rockville, Gaithersburg, Silver Spring and Takoma Park. SHARE accepts organizational or business checks, credit and debit cards, EBT/SNAP benefits, money orders, gift certificates, and cash.

### **Shepherd's Table, Inc.**

8106 Georgia Avenue  
Silver Spring, MD 20901  
301-585-6463 (V)  
<https://shepherdstable.org/services/meals/>

Provide food and support to families in need. Breakfast is served Monday through Friday, 7:30 a.m. to 8:30 a.m. Lunch is served Monday through Friday, 12:00 p.m. to 1:00 p.m. Dinner is served daily from 6:00 p.m. to 7:30 p.m. Brunch is served Saturday and Sunday from 10:30 a.m. to 11:15 a.m.

### **SOME (So Others May Eat)**

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

**Food Pantry:** Hours – Monday, Tuesday, Thursday and Friday at 7:30 am. Serve the first 10 individuals each morning. ID required. Persons can receive pantry items twice each month.

**Dining Room:** Interfaith, community-based organization that serves a hot breakfast and lunch every day of the year. Breakfast is served from 7:00 a.m. to 8:30 a.m. and lunch is served 11:00 a.m. to 1:00 p.m. 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 a main dining room as well as a dining room for women and children. Also offer hot showers, free clothing and restroom facilities. Showers are available every day of the year. Men may shower from 7:00 a.m. to 9:30 a.m. and women may shower from 10:00 a.m. to 10:45 a.m. Clothing is available on Tuesdays and Fridays from 8:30 a.m. and 11:30 a.m. ID is required. Other services include affordable housing, job training, addiction treatment, and counseling for the poor, the elderly, and individuals with mental illness.

### **St. Martins Pantry Program & Soup Kitchen - St. Martin of Tours Catholic Church**

201 S. Frederick Avenue  
Gaithersburg, MD 20877  
301-990-3203 (V)  
[www.stmartinsweb.org/st-martin-s-pantry](http://www.stmartinsweb.org/st-martin-s-pantry)

**Food Pantry:** Distributes non-perishable food items to needy families every Monday throughout the year. The Pantry's Monday food distribution starts with the giving out of numbers for places in line, beginning when the Pantry volunteers arrive about 5:45 am Monday morning. Distribution of food begins at 10:00 am and closes at 11:30 am.

### **The Lord's Table Soup Kitchen**

[www.gpchurch.org/the-lords-table/](http://www.gpchurch.org/the-lords-table/)  
The Lord's Table serves hot nutritious meals daily Monday through Saturday, September to June at 3:30 pm in the Church Hall.