

**FOOD PANTRIES  
ORGANIZACIONES QUE REPARTEN ALIMENTOS**

No agency referral needed; **call for an appointment before going**  
*No necesita referencias de agencias; llame para hacer cita antes de irse*

ORGANIZATION	ADDRESS/HOURS	PHONE #
Adventist Community Service	501 Sligo Avenue, SS / M-Tu 10-4 (by appt)	301-585-6556
First Baptist Church	8415 Fenton Street, SS / Sat 10-12	301-585-5454
Gaithersburg HELP	431 N. Frederick Ave., Suite 105 Call for appt; <i>Llame para hacer cita</i>	301-216-2510
Midcounty United Ministries (MUM)	2424 Reedie Dr, Rm. 127, Wheat / M, Th 9-4:30 W 1:30 p.m.-6:30 p.m.	301-929-8675
St Martin's Catholic Church	201 S. Fredrick Avenue, Gaith / M 6 a.m.	301-990-7373
Spanish Catholic Center	820 A University Blv. East, SS / call first	301-434-6453
St Luke Lutheran Church	9100 Colesville Road, SS/	301-588-4363

**FOOD PANTRIES WITH DELIVERY SERVICES  
ORGANIZACIONES QUE REPARTEN Y ENTREGAN ALIMENTOS**

Limited areas served; call the location closest to you  
*Áreas servidas son limitadas; llame la oficina más cerca de usted*

ORGANIZATION	SOME OF THE AREAS SERVED	PHONE #
Bethesda HELP	Bethesda, Chevy Chase, Bethesda	301-294-4888
Damascus HELP	Damascus, N Gaithersburg	301-253-4100
Germantown HELP	Germantown	301-482-1320
Olney HELP	Ashton, Brookeville, Olney, Sandy Spring	301-774-4334
Rockville FISH	Rockville, Twinbrook, S Derwood	301-564-0800
WUMCO HELP (Western Upper Montgomery County)	Barnesville, Dickerson, Poolesville	301-972-8481

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