



# Community Food Resources

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### **Need Help? Call 2-1-1**

2-1-1 is a quick and easy way to find information and get referrals for thousands of programs and services across Maryland

Connect to local food and other community resources. Get help with mental health. Referrals and Eligibility screening.

- Call 2-1-1
- Text your zip code to 898-211 or TXT-211
- Visit: <https://211md.org/>

**Use the Feeding Frederick website to find free food: <https://feedingfrederick.com/>**

## **Food Banks** - Bring ID and proof of Frederick County Address

### **Community Action Agency (downtown Frederick)**

Address: 14 East All Saints Street Frederick, MD 21701

Phone: 301-600-1506

Website: <https://www.cityoffrederick.com/462/Food-Bank-Program>

- Provides 3-5 day supply of food to families and individuals.

### **Downtown Food Bank (14 East All Saints Frederick, MD 21701):**

Monday, Tuesday, Thursday & Friday: 2-4pm

Monday & Wednesdays: 6-8pm

### **Trinity Food Bank (6040 New Design Rd Frederick, MD 21703):**

Tuesday, Wednesday, Thursday 2-4pm

### **Hot meals (100 South Market St Frederick, MD 21701):**

- Open every day 5-6:30pm

### **Frederick Rescue Mission**

Address: 419 West South Street Frederick, MD 21701

Phone: 301-695-6633

Website: [www.therescuemission.org](http://www.therescuemission.org)

### **Food Distribution Center/Food Bank:**

Tuesday, Wednesday & Thursday 1:30-3:30pm (Please bring your own bags)

### **Hot Meals:**

- Breakfast is 7:00-8:00am everyday
- Lunch is 12:00-1:30pm Monday-Saturday and 1:00-2:00pm Sunday

### **Glade Valley Food Bank**

Address: 21 West Frederick Street Walkersville, MD 21793 (Town Hall)

Phone: 301-845-4229

Website: <http://gladevalley.org/services/food-bank/>

#### **Hours:**

Mondays: 6:30 - 7:30pm

Thursdays: 1:00 - 3:00pm

### **Brunswick Food Bank**

Address: 601 East Potomac St Brunswick, MD 21716

Phone: 301-834-9718

Websites: <http://www.brunswickbeacon.org/food-bank/>

Facebook: <https://www.facebook.com/brunswickfoodbank/>

#### **Hours:**

Thursdays 6:30-7:30pm

### **Emmitsburg Food Bank**

Address: 130 S. Seton Avenue Emmitsburg, MD 21727 (use rear entrance)

Phone: 717-642-6963

Website: [https://www.emmitsburgmd.gov/community\\_outreach/food\\_bank/index.php](https://www.emmitsburgmd.gov/community_outreach/food_bank/index.php)

#### **Hours:**

- Tuesday: 7-8pm
- Wednesday: 7-8pm
- Friday: 10-11am
- Saturday: 10-11am

### **Knoxville Food Bank**

Address: Mt. Zion AME Church 202 Jefferson Pike Knoxville, MD 21758

Phone: 301-834-7221

Must call to find out hours. The hours vary and change frequently.

### **St. Paul's Lutheran Church Food Bank (Jefferson)**

Address: Parish House 3866 Jefferson Pike Jefferson, MD 21755

Phone: 301-473-8626 and 301-371-5721

Website: <https://www.stpauljeff.com/Food-Bank>

**Food Bank- located at rear ramp of church**

**Hours:**

- 1<sup>st</sup> and 3<sup>rd</sup> Saturdays each month from 9-11am

A typical supply of food from the Food Bank for a family of 4-6 include items such as: baked beans, tuna, stew, chili, canned chicken, pasta/sauce, canned vegetables, soup, canned fruit, cereal, peanut butter, potatoes, rice and other non-perishable food items.

### **Thurmont Food Bank**

Address: 10 Frederick Road Thurmont, MD 21788

Phone: 301-271-4554 and 240-288-1865 (only when open)

Website: <http://www.thurmontfoodbank.com/>

- Drive-through style. Cars can start lining up 30 minutes before opening
- Follows FCPS closures. When schools are closed, the Food Bank is closed.
- Emergency food is kept in the plastic shed at the corner of the food bank in case of weather closures or if you cannot make it during regular hours.

**Hours:**

- Tuesday 5-7pm
- Friday 4-6pm

### **Greater Urbana Area Food Bank**

Phone: 240-529-4815. Please call for location.

By appointment only. Must call to sign up and make appointment.

**\*\*\*MUST** live in one of the following towns: Urbana, Buckeystown, Green Valley, Monrovia, New Market, Kemptown, Adamstown

### **Middletown Food Bank**

Address: 301 West Main Street Middletown, MD 21769

Phone: 301-371-3182

Website: <https://www.middletownvalleyfoodbank.com/>

#### **Hours:**

- Wednesday 1-3pm
- Saturday 9-11am

#### **Each adult over 18 years old must bring:**

- A photo ID and proof of Frederick residency

### **I Believe in Me & Youth City Matrix**

Pop-up food distribution- Days, hours and locations vary each week.

**Visit their Facebook page to learn about upcoming food drops.**

Facebook page: <https://www.facebook.com/ibmfrederick/>

## Food Resources

### Food Stamps (Supplemental Nutrition Assistance Program)

Phone: 1-800-332-6387

Email: [fcdss.fia@maryland.gov](mailto:fcdss.fia@maryland.gov)

Online applications: <https://mydhrbenefits.dhr.state.md.us>

Website: <https://dhs.maryland.gov/food-supplement-program/>

Receive an electronic benefits card (EBT) that can be used like a debit card to purchase food from the store. Benefits received monthly and depend on income and family size.

- Need help applying for Food Stamps or Temporary Cash Assistance? There are community programs that can help:
  - Maryland Benefits Center- Benefits Data Trust (BDT): 833-373-5867
  - Maryland Hunger Solutions: (MHS) 866-821-5552

### SHARE

Phone number: 800-217-4273

Website: <https://www.catholiccharitiesdc.org/program/share-food-network/>

Provides groceries at about 50% of the cost. Spend \$25 to receive package of groceries worth \$50 worth of basic and healthy foods. Always four to six pounds of frozen proteins and 8 to 12 pounds of fresh fruits and vegetables, sometimes with seasonal grocery or dessert items.

Call 800-217-4273 to register and be referred to a host site close to you

**School Meals-** Breakfast, lunch, summer meals for public school students that qualify

- Apply online for Free and Reduced School Meals:  
<https://www.myschoolapps.com/Application>

### **Summer Meal Sites- Frederick County Public Schools**

Phone: 301-644-5061

Website: Not available yet for 2025. Please search “FCPS Maryland Summer Meal Sites”

Free to ALL children 18 and younger. Do not have to be FCPS students to participate.

#### **Hours**

2025 Locations and hours to be announced June 2025

They serve cold breakfast and hot lunch. Multiple locations.

### **Maryland Hunger Solutions**

Phone: 410-528-0021

Website: <https://www.mdhungersolutions.org/get-help/>

Provides help connecting with community food resources

### **Asian American Center of Frederick**

Phone: 301-694-3355

Address: 1306 W Patrick St, Suite 5A, Frederick, MD 21703

Website: <https://aacfmd.org/our-programs/>

Serve people of all languages and backgrounds. Can help provide essentials like food, soap, diapers, etc. Can help with applying for food stamps, unemployment, Medical Assistance, and more.

### **Meals on Wheels**

Phone: 301-600-3524

Website: <https://frederickcountymd.gov/159/Meals-on-Wheels-Home-Delivered-Meals>

Provides two free daily meals for homebound adults 60 and older or adults of any age with a chronic health condition or disability that meet program eligibility guidelines.

Please call or visit the website to review eligibility information and apply.