



Howard County Resource Guide – Food Assistance and Nutrition Education Programs

The Howard County Local Health Improvement Coalition (HCLHIC) is working to increase participation in free/low-cost nutrition education/services for priority populations by 20%. In addition, the HCLHIC is working on an effort to reduce the consumption of sugary, sweetened beverages and increase healthy food choices for priority populations. HCLHIC partner organizations including: *Howard County General Hospital, Howard County Health Department, the Horizon Foundation, Howard County Parks and Recreation, and the Howard County Public School System* are collaborating to help achieve these goals. *You can help by sharing these programs and services!*

| EMERGENCY FOOD ASSISTANCE PROGRAMS | | | | |
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| Program Name & Link | Target Population | Program Description | Dates | Location |
| FISH of Howard County www.fishhowardcounty.com | Community | Provides food, financial assistance, and referrals to county residents with legitimate emergency needs. The food assistance program includes a 7-10-day supply of emergency food delivered to the home. | Ongoing | 6132 Nest Side Columbia, MD 21045 Phone: 410-964-8660 |
| Howard County Food Bank & Food Pantries www.cac-hc.org/programs-services/food-assistance | Community | Provides food to Howard County residents in need. CAC also sponsors fourteen (14) emergency food pantries that support families in need of emergency food assistance. | Ongoing | 9385 Gerwig Lane, Suite J Columbia, MD 21046 Phone: 410-313-6185 |
| The Salvation Army of Maryland and West Virginia Howard County Service Center www.salvationarmy.com | Community | Provides several services including food assistance. | Ongoing | 3267 Pine Orchard Lane Ellicott City, MD 21042 Phone: 443-656-3376 Email: sue.hunt@uss.salvationarmy.org |



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| Howard County Food Bank & Food Pantries www.cac-hc.org/programs-services/food-assistance | Community | Provides food to Howard County residents in need. CAC also sponsors fourteen (14) emergency food pantries that support families in need of emergency food assistance. | Ongoing | 9385 Gerwig Lane, Suite J Columbia, MD 21046 Phone: 410-313-6185 |
| Howard County Office on Aging and Independence Age 50+ Congregate Meals Program www.howardcountymd.gov/50pluscenters | Older Adults | Offers a noontime meal for individuals age 50+ and their spouses of any age. Membership in Howard County 50+ Centers is free, but registration is required. Individuals under age 50 may purchase a meal at its full cost. The nutrition program provides one-third of the Recommended Daily Allowance (RDA) and offers a great opportunity to dine and socialize with others. | Ongoing | Various County Locations Contact Maryland Access Point (MAP) : Phone: 410-313-1234 Email: map@howardcountymd.gov |
| Howard County Farmers Markets www.hceda.org/farm-agriculture/locations/farmers-markets | Community | Offers Farmers Markets 5 days a week throughout the county to assist people in accessing fresh fruits and vegetables. WIC and Senior Farmers' Market Nutrition Program (SFMNP) vouchers are accepted at all markets. | May – November | Various County Locations Phone: 410-313-6500 Email: kljohnson@hceda.org |

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| <p>Howard County Public School System (HCPSS) Free and Reduced Meals (FARMS)</p> <p>www.hcpss.org/food-services/farms</p> | <p>Children</p> | <p>Provides students from households that meet federal income guidelines with free or reduced-price meals. Application must be completed each year.</p> | <p>September-June</p> | <p>HCPSS Food & Nutrition Service Office 10910 Clarksville Pike Ellicott City, MD 21042</p> <p>Phone: 410-313-6743</p> |
| <p>Howard County Public School System (HCPSS) Summer Food Service Program</p> <p>www.hcpss.org/food-services</p> | <p>Children</p> | <p>Provides meals to children 18 and under without charge. Parents or guardians do not need to apply for their children to be a part of this program.</p> | <p>June-August</p> | <p>Locations Vary</p> <p>Phone: 410-313-6736</p> |
| <p>Hungry Harvest</p> <p>www.hungryharvest.net</p> | <p>Community</p> | <p>Offers local produce that can be ordered and delivered to your home. Additional services include a reduced-cost market and donations to people in need.</p> | <p>Ongoing</p> | <p>Email: family@hungryharvest.net</p> |
| <p>Just One Kid</p> <p>www.justonekid.org</p> | <p>Children</p> | <p>Provides assistance including meals on weekends for school-aged children in the Oakland Mills Village of Howard County.</p> | <p>Ongoing</p> | <p>Just ONE Kid Charity c/o The Savoy Team of Keller Williams Integrity 3290 N Ridge Rd, #150 Ellicott City, MD 21043</p> <p>Phone: 443-858-2723 Email: Charlotte@JustONEKid.org</p> |

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| <p>Meals on Wheels of Central Maryland www.mealsonwheelsmd.org</p> | <p>Homebound due to age or disability</p> | <p>Provides several assistance programs including a meal delivery service and a grocery assistance program to individuals who are homebound due to age or disability. Charges a fee based on a sliding scale that considers the client's income and acceptable expenses.</p> | <p>Ongoing</p> | <p>Main Office/Central Service Facility 515 South Haven Street Baltimore, Maryland 21224 Phone: 410-558-0827 or 1-866-558-0827 (Toll free) Email: CToffice@mowcm.org</p> |
| <p>Moveable Feast www.mfeast.org</p> | <p>Individuals with chronic disease</p> | <p>Provides a free meal delivery service designed for individuals with chronic diseases who need meal assistance. Referral from a medical provider and application are required to participate.</p> | <p>Ongoing</p> | <p>Moveable Feast 901 N. Milton Avenue Baltimore, MD 21205 Phone: 410-327-3420</p> |
| <p>Roving Radish www.rovingradish.com</p> | <p>Community</p> | <p>Offers meal kits sold from local/regional farms to support healthy eating habits and local food producers. Meals kits are available at a subsidized price for eligible individuals.</p> | <p>Ongoing</p> | <p>Pick-up Locations Vary Phone: 410-992-2049 Email: JZoller@howardcountymd.gov</p> |
| <p>SNAP/Food Supplement Program (FSP) www.dhr.maryland.gov/food-supplement-program/</p> | <p>Community</p> | <p>Provides support to low-income households to buy the foods they need for good health.</p> | <p>Ongoing</p> | <p>Howard County DSS 9780 Patuxent Woods Drive Columbia, MD 21046 Phone: 410-872-8700 Email: howco.dss@maryland.gov</p> |

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| <p>Senior Farmers' Market Nutrition Program (SFMNP)</p> <p>www.dhr.maryland.gov/food-supplement-program/</p> | <p>Community</p> | <p>Provides low-income seniors with coupons that can be exchanged for eligible foods (fruits, vegetables, honey, and fresh-cut herbs) at farmers' markets, roadside stands, and community supported agriculture (CSA) programs.</p> | <p>Ongoing</p> | <p>Office on Aging and Independence (OAI) 9830 Patuxent Woods Drive Columbia, MD 21046</p> <p>Contact Maryland Access Point (MAP): Phone: 410-313-1234 Email: map@howardcountymd.gov</p> |
| <p>Weekend Warrior Snackpacks</p> <p>www.hcpss.org/food-services</p> | <p>Children</p> | <p>Offers a free bag of snacks to provide nutrition over the summer weekends to all Howard County youth ages 18 and younger.</p> | <p>June-August</p> | <p>Howard County Local Children's Board</p> <p>Locations Vary Phone: 410-313-6736</p> |
| <p>Women, Infants, Children (WIC)</p> <p>www.howardcountymd.gov/Departments/Health/Child-Health/WIC</p> | <p>Women, Infants, & Children under age 5</p> | <p>Provides nutrition education and access to healthy supplemental food for pregnant and breastfeeding women and children under the age of 5 years.</p> | <p>Ongoing</p> | <p>Columbia Health Center 8930 Stanford Blvd Columbia, MD 21045</p> <p>Phone: 410-313-7510 (voice/relay)</p> <p>North Laurel Health Center 9411 Whiskey Bottom Rd Laurel, MD 20723</p> <p>Phone: 410-313-0630 (voice/relay) Email: HowardWIC@howardcountymd.gov</p> |

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| NUTRITION EDUCATION PROGRAMS | | | | |
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| Program Name & Link | Target Population | Program Description | Dates | Location |
| Better Beverage Finder www.betterbeveragefinder.org | Community | Offers a quick way to find better beverages to reduce sugary drink consumption. | Ongoing | The Horizon Foundation 10221 Wincopin Cir #200, Columbia, MD 21044 Phone: 443-766-1217 |
| Columbia Association NewU Programs www.columbiaassociation.org/health-and-fitness/newu/ | Community *Members and Non-Members | Columbia Optimal Health, Columbia Optimal Health for My Baby and Me, and Fit Beginnings are offered to Columbia Association members and non-members with physician referral. Costs Vary. | Ongoing | Columbia Association 6310 Hillside Court, Suite 100 Columbia, MD Phone: 410-715-3128 Email: MedicalReferralPrograms@columbiaassociation.org |
| Columbia Association Healthy Eating Series www.columbiaassociation.org/health-and-fitness/newu/ | Community *Members and Non-Members | Offers seminars on how eating healthy can be affordable, enjoyable, and sustainable. Addresses the effects of a poor diet on mental and physical health and offers cooking demonstrations, recipes, tastings, presentations by nutritionists, and other interactive activities. | Ongoing | Columbia Association 6310 Hillside Court, Suite 100 Columbia, MD Phone: 410-715-3128 Email: MedicalReferralPrograms@columbiaassociation.org |

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| <p>Giant Food Nutrition Education Program</p> <p>https://giantfood.com/health-and-wellness/#/our-nutritionists</p> | Community | Registered Dietitians provide nutrition education and grocery store tours to community members. Fees refunded with gift card upon completion. | Ongoing | Giant 9200 Baltimore National Pike Ellicott City, MD 21043 Phone: 410-696-1309 Email: melanie.berdyck@giantfood.com |
| <p>Health Promotion On Call</p> <p>www.healthpromotiononcall.com</p> | Community | Registered Dietitians provide nutrition counseling to individuals and groups. | Ongoing | 10280 Old Columbia Road, Suite 220 Columbia, MD 21046 Phone: 443-794-7187 Email: healthpromotiononcall@gmail.com |
| <p>Howard County General Hospital Wellness Center</p> <p>www.hopkinsmedicine.org/howard_county_general_hospital/classes_events</p> | Community *Must be 18 or older to attend | Provides outreach and education to the Howard County community including screenings to determine risk for high blood pressure, various types of cancer, mental health issues and diabetes. | Ongoing | Medical Pavilion at Howard County 10710 Charter Dr. #100 Columbia, MD 21044 Phone: 410-740-7601 |
| <p>Howard County Local Health Improvement Coalition</p> <p>www.hclhic.org</p> | Community | Provides Healthy Weight and Physical Activity resources including a directory of Howard County Food and Nutrition Assistance and Nutrition Education Services. | Ongoing | Howard County Health Department 8930 Stanford Blvd. Columbia, MD 21045 Phone: 410-313-6204 Email: lhic@howardcountymd.gov |

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| <p>Maryland University of Integrative Health</p> <p>https://www.muih.edu/health-resources/natural-care-center/nutrition-consultations#Appointment</p> | Community | Nutritionists provide personalized nutrition counseling to individuals. | Ongoing | <p>Maryland University of Integrative Health 7750 Montpelier Road Laurel, MD 20723</p> <p>Phone: 410-888-9048 ext.6614 Email: naturalcarecenter@muih.edu</p> |
| <p>The Physicians Committee for Responsible Medicine</p> <p>www.pcrm.org/health</p> | Community | Provides online nutrition information about following a plant-based diet. Information available in English, Spanish, and Mandarin Chinese. | Ongoing | <p>5100 Wisconsin Ave., N.W., Ste.400, Washington DC, 20016</p> <p>Phone: 202-686-2210 Email: pcrm@pcrm.org</p> |
| <p>Stepping Up Your Nutrition Program</p> <p>www.howardcountymd.gov/OOAHealthandWellness</p> | Community *Must be 18 or older to attend | Provides participants with information about malnutrition and increased risk of falls and offers strategies for eating better and improving health. | Ongoing | <p>Locations Vary</p> <p>Contact: Jennifer Lee Phone: 410-313-5940 Email: jlee@howardcountymd.gov</p> |
| <p>University of Maryland Extension Food Supplement Nutrition Education (FSNE) Program</p> <p>www.extension.umd.edu/fsne</p> | Community | Offers free nutrition education programs to help Supplemental Nutrition Assistance Program (SNAP) households and those eligible for SNAP. | Ongoing | <p>University of Maryland Extension-Howard County 3300 North Ridge Road, Suite 240, Ellicott City, MD 21043</p> <p>Phone: 410-313-1797 Email: rsahuri@umd.edu</p> |