

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, 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				
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 a number of services including food assistance.	Ongoing	3267 Pine Orchard Lane Ellicott City, MD 21042 Phone: 443-656-3376 Email: sue.hunt@uss.salvationarmy.org

FOOD ASSISTANCE PROGRAMS

Program Name & Link	Target Population	Program Description	Dates	Location
<p>Howard County Food Bank & Food Pantries</p> <p>www.cac-hc.org/programs-services/food-assistance</p>	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
<p>Howard County Office on Aging and Independence Age 50+ Congregate Meals Program</p> <p>www.howardcountymd.gov/50pluscenters</p>	Older Adults	Offers a noontime meal for individuals age 60+ and their spouses of any age. Membership in Howard County 50+ Centers is free, but registration is required. Individuals under age 60 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	Office on Aging and Independence (OAI) 6751 Columbia Gateway Drive, Suite 200 Columbia, MD 21046 Contact Maryland Access Point (MAP) : Phone: 410-313-1234 Email: map@howardcountymd.gov
<p>Howard County Farmers Markets</p> <p>www.hceda.org/farm-agriculture/locations/farmers-markets</p>	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
<p>Howard County Public School System (HCPSS) Free and Reduced Meals (FARMS)</p> <p>www.hcpss.org/food-services/farms</p>	Children	Provides students from households that meet federal income guidelines with free or reduced-price meals. Application must be completed each year.	September-June	HCPSS Food & Nutrition Service Office 10910 Clarksville Pike Ellicott City, MD 21042 Phone: 410-313-6743

<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 a number of assistance programs 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>
<p>Meals on Wheels of Central Maryland</p> <p>www.mealsonwheelsmd.org</p>	<p>Homebound due to age or disability</p>	<p>Provides a number of 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 takes into account the client's income and acceptable expenses.</p>	<p>Ongoing</p>	<p>Main Office/Central Service Facility 515 South Haven Street Baltimore, Maryland 21224</p> <p>Phone: 410-558-0827 or 1-866-558-0827 (Toll free) Email: Ctooffice@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 7121 Columbia Gateway Drive Columbia, Maryland 21046 Phone: 410-872-8700 Email: howco.dss@maryland.gov</p>
<p>Senior Farmers' Market Nutrition Program (SFMNP) 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) 6751 Columbia Gateway Drive, Suite200 Columbia, MD 21046 Contact Maryland Access Point (MAP): Phone: 410-313-1234 Email: map@howardcountymd.gov</p>
<p>Weekend Warrior Snackpacks www.hcpss.org/food-services</p>	<p>Children</p>	<p>Offers a free bag of snacks in order 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 Locations Vary Phone: 410-313-6736</p>



Howard County LHIC
Local Health Improvement Coalition

8930 Stanford Blvd | Columbia, MD 21045
410.313.6204 - Voice/Relay
410.313.6108 - Fax
1.866.313.6300 - Toll Free
www.hclhic.org

<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

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
Giant Food Nutrition Education Program https://giantfood.com/health-and-wellness/#/our-nutritionists	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
<p>Maryland University of Integrative Health</p> <p>https://www.muoh.edu/health-resources/natural-care-center/nutrition-consultations#Appointment</p>	Community	Nutritionists provide personalized nutrition counseling to individuals.	Ongoing	Maryland University of Integrative Health 7750 Montpelier Road Laurel, MD 20723 Phone: 410-888-9048 ext.6614 Email: naturalcarecenter@muoh.edu
<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	5100 Wisconsin Ave., N.W., Ste.400, Washington DC, 20016 Phone: 202-686-2210 Email: pcrm@pcrm.org



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<p>Stepping Up Your Nutrition Program</p> <p>www.howardcountymd.gov/OAHealthandWellness</p>	<p>Community *Must be 18 or older to attend</p>	<p>Provides participants with information about malnutrition and increased risk of falls and offers strategies for eating better and improving health.</p>	<p>Ongoing</p>	<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>	<p>Community</p>	<p>Offers free nutrition education programs to help Supplemental Nutrition Assistance Program (SNAP) households and those eligible for SNAP.</p>	<p>Ongoing</p>	<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>