

## Howard County Resource Guide – Food Assistance and Nutrition Education Programs

The Howard County Local Health Improvement Coalition’s (HCLHIC) goal is to increase access to and awareness of culturally appropriate, accessible, affordable, and nutritious food to decrease food and nutrition insecurity among Howard County residents.

FOOD ASSISTANCE PROGRAMS				
Program Name & Link	Population	Program Description	Pantry / Meal Times	Location / Contact
<b>American Red Cross of Central Maryland</b> <a href="https://www.redcross.org/local/dc-va-md-de/about-us/locations/central-maryland.html">https://www.redcross.org/local/dc-va-md-de/about-us/locations/central-maryland.html</a>	Community	The American Red Cross works in partnership with military aid societies to provide disaster relief and quality, reliable emergency food and shelter.	Ongoing	4700 Mount Hope Drive Baltimore, MD 21215 Phone: 800-733-2767 Email: <a href="mailto:support@redcrosstraining.org">support@redcrosstraining.org</a>
<b>Bethany Lane Baptist Church Food Pantry</b> <a href="https://yourbethanyec.org/h2o/">https://yourbethanyec.org/h2o/</a>	Community	Food Pantry that serves everyone. Those requiring assistance can access this food pantry once a month. Pantry provides non-perishable food.	By appointment only	3030 Bethany Lane Ellicott City, MD 21042 Phone: 410-465-0150 Email: <a href="mailto:office@yourbethany.org">office@yourbethany.org</a>
<b>Blessings in a Backpack</b> <a href="https://lindabenfoundation.org/2022/02/07/blessings/">https://lindabenfoundation.org/2022/02/07/blessings/</a>	Children	Hunger-free weekend program that helps feed kids during the weekend across Howard County, with specific focus on children at Title I schools like Harper’s Choice MS, Bryant Woods ES and Longfellow Elementary.	September – June	LindaBen Foundation 9770 Patuxent Woods Drive Columbia, MD 21046 Phone: 443-889-1034 Email: <a href="mailto:info@lindabenfoundation.org">info@lindabenfoundation.org</a>
<b>Bread of Life Food Pantry</b> <a href="http://www.umcsavage.org/bread-of-life-food-pantry/">http://www.umcsavage.org/bread-of-life-food-pantry/</a>	Community	May attend once a month, live within a 7-mile radius of First Baptist Church of Savage. First Timers: Please bring Your ID to fill out the paper work.	Thursdays 6:30pm to 8:00pm	Frist Baptist Church of Savage 8901 Washington Street Savage, MD 20763 Phone: 301-725-3944 Email: <a href="mailto:fbcsmd1@gmail.com">fbcsmd1@gmail.com</a>

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<b>Cancer Support Foundation Services</b>  <a href="http://www.cancersupportfoundation.org/need-help/services">http://www.cancersupportfoundation.org/need-help/services</a>	Cancer patients & survivors	Provides emergency, supplemental assistance including food to help individuals undergoing cancer treatment.	Ongoing	8268 Academy Rd, Ellicott City, MD 21043 Phone: 410-964-9563
<b>Celebration Church Food Pantry</b>  <a href="https://www.wininlife.com/">https://www.wininlife.com/</a>	Community	Program provides free food and holiday assistance to anyone in need. Non-perishable grocery items are offered. During the holidays food baskets and gifts are given.	Fridays 5:30pm to 6:30pm	6080 Foreland Garth Columbia, MD 21044 Phone: 410-997-2088 Email: <a href="mailto:info@wininlife.com">info@wininlife.com</a>
<b>Columbia Community Care Food Pantry Long Reach Village Center</b>  <a href="https://columbiacommunitycare.org/">https://columbiacommunitycare.org/</a>	Community	Food Pantry provides groceries, toiletry products, feminine hygiene products, and diapers. Pantry is inside courtyard area across from the laundromat.	Saturdays 10:00 am to 12:00 pm	8775 Cloudleap Court Columbia, MD 21045 Phone: 443-583-4479
<b>Columbia Community Care Food Pantry The Barn</b>  <a href="https://columbiacommunitycare.org/">https://columbiacommunitycare.org/</a>	Community	Food Pantry provides groceries, toiletry products, feminine hygiene products, and diapers. Delivery Service available to families in HoCo.	Saturdays 10:00 am to 12:00 pm.	5853 Robert Oliver Place Columbia, MD 21045 Phone: 443-583-4479
<b>Columbia Community Care Food Pantry Wilde Lake Interfaith Center</b>  <a href="https://columbiacommunitycare.org/">https://columbiacommunitycare.org/</a>	Community	Food pantry provides groceries, toiletry products, feminine hygiene products, and diapers. Delivery service available to families in HoCo.	Saturdays 10:00 am to 12:00 pm.	10431 Twin Rivers Road Columbia, MD 21044 Phone: 443-583-4479
<b>Community Cupboard Pantry</b>  <a href="https://www.bridgeway.cc/">https://www.bridgeway.cc/</a>	Community	Supports the community by providing fresh non-perishable food. Guests visiting the Cupboard shop for a variety of food items, filling an allotted number of grocery bags, based on family size.	2 <sup>nd</sup> & 4 <sup>th</sup> Saturdays each month 9:30am to 11:30am Sundays after the 9:45am service	Bridgeway Community Church 9179 Red Branch Road STE C Columbia, MD 21045 Phone: 410-992-5832 Email: <a href="mailto:info@bridgeway.cc">info@bridgeway.cc</a>

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<p><b>Elizabeth House Pantry &amp; Meal Kitchen</b></p> <p><a href="http://www.fishoflaurel.org/what-we-do.html">http://www.fishoflaurel.org/what-we-do.html</a></p>	<p>Community</p>	<p>Program includes a food pantry and meal kitchen that helps to feed the homeless and working poor in the Laurel area with hot meals for dinner and a bagged lunch to go.</p>	<p>Meals Daily 6:00pm to 7:30pm</p> <p><u>Food Pantry</u> Tuesday &amp; Saturday 10:30am to 12pm</p> <p>2<sup>nd</sup> and 3<sup>rd</sup> Thursday each month 10:30am to 12pm</p>	<p>FISH of Laurel Inc. 308 Gorman Ave Laurel, MD 20707</p> <p>Phone: 240-547-9013 Email: <a href="mailto:webmaster@fishoflaurel.org">webmaster@fishoflaurel.org</a></p>
<p><b>Elkridge Food Pantry and Garden</b></p> <p><a href="http://elkridgefoodpantry.org/">http://elkridgefoodpantry.org/</a></p>	<p>Community</p>	<p>Program is volunteer run that serves all residents in Elkridge, Jessup and Hanover in both temporary and long-term need.</p>	<p>2<sup>nd</sup> &amp; 4<sup>th</sup> Friday each month 4pm to 7pm</p>	<p>Good Samaritan Outreach Center 5646 Furnace Ave Elkridge, MD 21075 Phone: 443-492-9209 Email: <a href="mailto:elkridgemdfoodpantry@gmail.com">elkridgemdfoodpantry@gmail.com</a></p>
<p><b>Ellicott City Seventh Day Adventist Church Hot Meals &amp; Community Garden</b></p> <p><a href="https://ellicottcity.church/">https://ellicottcity.church/</a></p>	<p>Community</p>	<p>Offers a hot lunch in Fellowship Hall to anyone in the community immediately following the Saturday Church service.</p>	<p>Saturdays 12:30pm</p>	<p>9121 St Johns Lane Ellicott City, MD 21042 Phone: 410-465-6864 Email: <a href="mailto:admin@ellicottcitychurch.org">admin@ellicottcitychurch.org</a></p>
<p><b>First Evangelical Lutheran Church Soup Kitchen</b></p> <p><a href="https://firstlutheranec.org/serving-others/">https://firstlutheranec.org/serving-others/</a></p>	<p>Community</p>	<p>Free food assistance program and soup kitchen.</p>	<p>3<sup>rd</sup> Saturday every other month 3:30pm to 4:30pm</p>	<p>3604 Chatham Road Ellicott City, MD 21042 Phone: 443-506-3814 Email: <a href="mailto:flcoffice@firstlutheranec.org">flcoffice@firstlutheranec.org</a></p>

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<b>FISH of Howard County</b> <a href="http://www.fishhowardcounty.com">www.fishhowardcounty.com</a>	Community	Provides food and referrals to county residents with legitimate emergency needs. Includes a 7 to 10-day supply of emergency food delivered to the home.	Ongoing	6132 Nest Side Columbia, MD 21045 Phone: 410-964-8660
<b>Food and Care for All Pantry (FCFA)</b> <a href="https://www.fcglobal.org/">https://www.fcglobal.org/</a>	Community	Food pantry promotes food security for the needy in Howard County by providing residents with food and other non-food items.	Tuesday & Thursday 9am to 4pm	10262 Baltimore National Pike Ellicott City, MD 21042 Phone: 410-988-5392 Email: <a href="mailto:contactus@fcglobal.org">contactus@fcglobal.org</a>
<b>Glenelg United Methodist Church Food Pantry</b> <a href="https://glenelgumc.org/">https://glenelgumc.org/</a>	Community	A pantry is open one day per week. The program also runs the TEFAP, or Emergency Food Assistance Program, in the region for those that qualify.	3 <sup>rd</sup> Saturday each month 9am to 10:00am	13900 Burtwoods Road Glenelg, MD 21737 Phone: 410-489-7260 Email: <a href="mailto:admin@glenelgumc.org">admin@glenelgumc.org</a>
<b>Grassroots Crisis Center</b> <a href="https://www.grassrootscrisis.org/">https://www.grassrootscrisis.org/</a>	Community	Community members requesting food would contact Crisis Services a 24-hour phone line. Food items are gathered ahead of time, not open to the public.	Ongoing	6700 Freetown Road Columbia, MD 21044 Phone: 410-531-6677 Email: <a href="mailto:info@grassrootscrisis.org">info@grassrootscrisis.org</a>
<b>Grassroots Day Resource Center Food Pantry</b> <a href="http://www.daycenter.org/">http://www.daycenter.org/</a>	Community	This program provides a variety of supportive services to homeless residents of Howard County, MD including hot meals, food boxes and a food pantry.	Monday & Wednesday 2pm to 6pm Saturday 10am to 2pm	Grassroots Crisis Intervention Center 10390 Guilford Rd Jessup, MD 20794 Phone: 301-776-9900 <a href="mailto:info@grassrootscrisis.org">info@grassrootscrisis.org</a>
<b>Howard Community College Fueling Dragons Food Pantry</b> <a href="https://www.howardcc.edu/services-support/basic-needs/hcc-food-resources.html">https://www.howardcc.edu/services-support/basic-needs/hcc-food-resources.html</a>	Current Students Only	Program provides resources to overcome food insecurity, develop lifelong healthy habits & skills. The on-campus food pantry provides food & personal care items for current students only.	Hours vary based on term	10901 Little Patuxent Parkway Columbia, MD 21044 CL 169 Phone: 443-518-4325 or 443-518-4950

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<p><b>Howard County Farmers Markets</b></p> <p><a href="http://www.hceda.org/farm-agriculture/locations/farmers-markets">www.hceda.org/farm-agriculture/locations/farmers-markets</a></p>	Community	Offers farmer markets 5 days a week to assist people in accessing fresh fruits and vegetables. WIC and Senior Farmers' Market Nutrition Program (SFMNP) vouchers are accepted.	May – November	Various County Locations Phone: 410-313-6500 Email: <a href="mailto:kljohnson@hceda.org">kljohnson@hceda.org</a>
<p><b>Howard County Food Bank &amp; Food Pantries – Community Action Council</b></p> <p><a href="http://www.cac-hc.org/programs-services/food-assistance">www.cac-hc.org/programs-services/food-assistance</a></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.	Tues 1pm to 4pm Wed 1pm to 7pm Thurs 1pm to 4pm Sat (by appt only) 9am to 1pm	9385 Gerwig Lane, Suite J Columbia, MD 21046 Phone: 410-313-6185 Email: <a href="mailto:clientassistance@cac-hc.org">clientassistance@cac-hc.org</a>
<p><b>Howard County Office on Aging and Independence – Age 50+ Congregate Meals</b></p> <p><a href="https://www.howardcountymd.gov/aging-independence/health-promotion-nutrition-services">https://www.howardcountymd.gov/aging-independence/health-promotion-nutrition-services</a></p>	Seniors	Offers a noontime meal for individuals age 50+ and their spouses. The nutrition program offers opportunity to dine and socialize with others.	Bain 50+ Mon, Wed, Thurs, Friday  Elkridge 50+ Tues and Thurs  Ellicott City 50+ Tues, Wed and Thurs  North Laurel 50+ Wed and Fri 12pm	Various County Locations Contact Maryland Access Point (MAP) Phone: 410-313-1234 Email: <a href="mailto:map@howardcountymd.gov">map@howardcountymd.gov</a>
<p><b>Howard County Muslim Council (HCMC) Food Pantry</b></p> <p><a href="https://www.facebook.com/hocomuslimcouncil/">https://www.facebook.com/hocomuslimcouncil/</a></p>	Community	Free Food Pantry distribution to families in need. Pantry occurs on the third Saturday of every month. Includes essential food items, no registration required.	3rd Saturday each month 11am to 1pm	Elkridge Library Parking Lot 6540 Washington Blvd. Elkridge, MD 21075 Phone: 410-570-1938 Email: <a href="mailto:nfzaidi@hotmail.com">nfzaidi@hotmail.com</a>

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<p><b>Howard County Office on Aging and Independence - Home Delivered Meal Program</b></p> <p><a href="https://www.howardcountymd.gov/aging-independence/health-promotion-nutrition-services">https://www.howardcountymd.gov/aging-independence/health-promotion-nutrition-services</a></p>	<p>Seniors</p>	<p>This program is in collaboration with Meals on Wheels of Central Maryland. Provides two nutritious meals daily, up to five days a week, to homebound individuals. Cost of the meals are determined on a sliding scale.</p>	<p>Ongoing</p>	<p>Various County Locations Contact Maryland Access Point (MAP): Phone: 410-313-1234 Email: <a href="mailto:map@howardcountymd.gov">map@howardcountymd.gov</a></p>
<p><b>Howard County Office on Aging and Independence - Senior Farmer's Market Nutrition Program (SFMNP)</b></p> <p><a href="http://www.howardcountymd.gov/aging">www.howardcountymd.gov/aging</a></p>	<p>Seniors</p>	<p>The Senior Farmer's Market Nutrition Program (SFMNP): Provides fresh, nutritious, locally grown fruits, vegetables and herbs from farmers' markets to low-income older adults.</p>	<p>Summer</p>	<p><b>Bain 50+ Center</b> 5470 Ruth Keeton Way Columbia MD Phone: 410-313-7213 <b>Ellicott City 50+ Center</b> 9401 Frederick Road Ellicott City, MD Phone: 410-313-1400 <b>North Laurel 50+ Center</b> 9411 Whiskey Bottom Road Laurel, MD Phone: 410-313-0380</p>
<p><b>Howard County Public School System (HCPSS) Free and Reduced Meals (FARMS)</b></p> <p><a href="http://www.hcpss.org/food-services/farms">www.hcpss.org/food-services/farms</a></p>	<p>Children</p>	<p>Provides students from households that meet federal income guidelines with free or reduced-price meals.</p>	<p>September-June</p>	<p>HCPSS Food &amp; Nutrition Service Office 10910 Clarksville Pike Ellicott City, MD 21042 Phone: 410-313-6600 Email: <a href="mailto:foodsvc@hcpss.org">foodsvc@hcpss.org</a></p>

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<p><b>Howard County Public School System (HCPSS) Summer Food Service Program</b></p> <p><a href="http://www.hcpss.org/food-services">www.hcpss.org/food-services</a></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 Phone: 410-313-6600</p>
<p><b>Hungry Harvest</b></p> <p><a href="http://www.hungryharvest.net">www.hungryharvest.net</a></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>1905 Clarkson Way Landover, MD 20785 Email: <a href="mailto:family@hungryharvest.net">family@hungryharvest.net</a></p>
<p><b>Indian Cultural Association of Howard County Food Pantry</b></p> <p><a href="https://www.indianculturalassociation.org/foodpantrymiller">https://www.indianculturalassociation.org/foodpantrymiller</a></p>	<p>Community</p>	<p>Free food distribution to anyone in need. No ID required.</p>	<p>3<sup>rd</sup> Saturday each month 10am to 12pm</p>	<p>Miller Library Parking lot 9421 Frederick Road Ellicott City, MD 21042 Phone: 410-567-6599 Email: <a href="mailto:contact@icaHoward.org">contact@icaHoward.org</a></p>
<p><b>JT Cares Food Pantry</b></p> <p><a href="http://www.jesustabernacle.org">www.jesustabernacle.org</a></p>	<p>Community</p>	<p>Food pantry that is first come first serve &amp; partnered with the Howard County Food Bank. Complete a one-time yearly application to qualify for the program.</p>	<p>3<sup>rd</sup> Sunday each month 2:30pm to 3:30pm</p>	<p>Jesus Tabernacle 10176 Baltimore National Pike STE 117 Ellicott City, MD 21042 Phone: 443-325-5566 Email: <a href="mailto:jtcares2013@gmail.com">jtcares2013@gmail.com</a></p>
<p><b>Just One Kid</b></p> <p><a href="http://www.justonekid.org">www.justonekid.org</a></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 3290 N Ridge Rd, #150 Ellicott City, MD 21043 Phone: 443-858-2723 Email: <a href="mailto:Charlotte@JustONEKid.org">Charlotte@JustONEKid.org</a></p>
<p><b>Laurel Advocacy &amp; Referral Services (LARS) Food Pantry</b></p>	<p>Community</p>	<p>LARS serves homeless and low-income families and individuals in Laurel that live in HoCo zip code 20723. Services include</p>	<p>Monday through Friday 9am to 2pm</p>	<p>311 Laurel Ave Laurel, MD 20707 Phone: 301-776-0442 #2</p>

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<a href="https://www.laureladvocacy.org/foodpantry.html">https://www.laureladvocacy.org/foodpantry.html</a>		a food pantry.	Monday 5pm to 7:30pm	
<b>Linwood School Food Service</b> <a href="http://www.linwoodcenter.org/">http://www.linwoodcenter.org/</a>	Children	Offers a healthy school lunch and breakfast for any student who wishes to partake. Each meal consists of a meat or a meat alternative, vegetables, fruit, whole grains, fruit juice and milk.	September – June	Linwood Center, Inc. 3421 Martha Bush Drive Ellicott City, MD 21043 Phone: 410-465-1352 Email: <a href="mailto:admin@linwoodcenter.org">admin@linwoodcenter.org</a>
<b>Long Reach Little Free Pantry</b> <a href="https://longreach.org/little-free-pantry/">https://longreach.org/little-free-pantry/</a>	Community	Located in front of Stonehouse in the Long Reach Village Center plaza on the edge of the pollinator garden. Open 24 hours to all and is a supplement to other programs.	Ongoing	Long Reach Village Center 8775 Cloudleap Court Columbia, MD 21045 Phone: 410-730-8113 Email: <a href="mailto:events@longreach.org">events@longreach.org</a>
<b>Luminus Network for New Americans Food Pantry</b> <a href="https://www.beluminus.org/programs/family-community-services/">https://www.beluminus.org/programs/family-community-services/</a>	Community	The food pantry provides quality food items to households experiencing food insecurity. This program supplies nutrition assistance to hungry individuals and families.	By appointment only	Luminus Network 5999 Harpers Farm Road Columbia, MD 21044 Phone: 410-992-1923 Email: <a href="mailto:info@beluminus.org">info@beluminus.org</a>
<b>Martin Luther King Jr Holiday Commission Food Pantry</b> <a href="https://www.howardcountymd.gov/OHRE-mlk">https://www.howardcountymd.gov/OHRE-mlk</a>	Community	Pop up Pantry that does a monthly food distribution in collaboration with the Harriet Tubman Foundation.	2 <sup>nd</sup> Monday each month 9:30am to 11:30am	Ridgley Run Community Center 8400 Mission Road Jessup, MD 20794 Phone: 443-386-0405 Email: <a href="mailto:bhatch47@gmail.com">bhatch47@gmail.com</a>



<p><b>Meals on Wheels of Central Maryland</b></p> <p><a href="http://www.mealsonwheelsmd.org">www.mealsonwheelsmd.org</a></p>	<p>Homebound due to age or disability</p>	<p>Provides 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.</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: <a href="mailto:CToffice@mowcm.org">CToffice@mowcm.org</a></p>
<p><b>Morgan Chapel United Methodist Church Food Pantry</b></p> <p><a href="https://morganchapel.church/">https://morganchapel.church/</a></p>	<p>Community</p>	<p>Food pantry provides quality food items to households experiencing food insecurity. This program supplies critical nutrition to hungry individuals and families, &amp; pet food and supplies.</p>	<p>2<sup>nd</sup> and 4<sup>th</sup> Saturday 9am to 11am  Pet supplies 2<sup>nd</sup> Saturday 9am to 11am</p>	<p>6750 Woodbine Road Woodbine, MD 21797 Phone: 410-970-2485 Email: <a href="mailto:info@morganchapel.church">info@morganchapel.church</a></p>
<p><b>Moveable Feast</b></p> <p><a href="http://www.mfeast.org">www.mfeast.org</a></p>	<p>Individuals with chronic disease</p>	<p>Free meal delivery service designed for individuals with chronic diseases. Referral from a medical provider, application required to participate.</p>	<p>Ongoing</p>	<p>901 N. Milton Avenue Baltimore, MD 21205 Phone: 410-327-3420 Email: <a href="mailto:info@mfeast.org">info@mfeast.org</a></p>
<p><b>MultiService Center (MSC) Food Pantry</b></p> <p><a href="https://www.howardcountymd.gov/MSC">https://www.howardcountymd.gov/MSC</a></p>	<p>Community</p>	<p>The Multi Service Center (MSC) provides a food pantry for individuals and families who need support meeting their basic nutritional needs.</p>	<p>Monday &amp; Wednesday 12pm to 4pm  3<sup>rd</sup> Saturday each month 9am to 1pm</p>	<p>9900 Washington Blvd North Suite I Laurel, MD 20723 Phone: 410-313-0220 Email: <a href="mailto:mscinfo@howardcountymd.gov">mscinfo@howardcountymd.gov</a></p>
<p><b>My Father's Barn Food Pantry</b></p> <p><a href="https://www.theporchmd.org/food-distribution.html">https://www.theporchmd.org/food-distribution.html</a></p>	<p>Community</p>	<p>Nonprofit organization striving to eliminate hunger in the Jessup, Laurel, and Columbia areas of Howard County through food distribution, education, and advocacy. This program supplies critical nutrition to those in need.</p>	<p>Tuesdays &amp; Thursdays 10am to 6pm  Sundays 10am to 2pm</p>	<p>Solomon's Porch Worship Center 10545 Guilford Rd Suite 104 Jessup, MD 20794 Phone: 301-776-0000</p>

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<p><b>My Brother’s Keeper Food Ministry Pantry</b></p> <p><a href="https://westlibertymarriottsville.org/ministries/">https://westlibertymarriottsville.org/ministries/</a></p>	Community	Offers non-perishable food items to anyone in need. Individuals are eligible for assistance once every 30 days. Assistance is provided on Fridays by appointment only.	Fridays, by appointment only	West Liberty United Methodist 2000 Sand Hill Road Marriottsville, MD 21104 Phone: 443-547-7702 Email: <a href="mailto:west.libertyumc.mail@gmail.com">west.libertyumc.mail@gmail.com</a>
<p><b>Open Doors Food Pantry (ODFP)</b></p> <p><a href="https://mtzionhighland.com/missions">https://mtzionhighland.com/missions</a></p>	Community	The Open Doors Food Pantry gives out canned and boxed items once a month. Sometimes included are frozen meat and fresh produce.	3 <sup>rd</sup> Saturday each month 8:30am to 10am	Mount Zion United Methodist Church 12430 Scaggsville Road Fulton, MD 20777 Phone: 301-854-2326 Email: <a href="mailto:office@mtzionhighland.com">office@mtzionhighland.com</a>
<p><b>Rachell L. Gray Community Foundation Inc. Food Pantry</b></p> <p><a href="https://www.rlgcommunityfoundationhe lp.org/">https://www.rlgcommunityfoundationhe lp.org/</a></p>	Community	Provides a food pantry to those experiencing food insecurity living in Columbia, MD. Provides food to meet basic nutritional needs	<p><u>Pantry</u> 2nd Saturday each month 10am-12pm</p> <p><u>Produce</u> 3<sup>rd</sup> Saturday each month</p>	10750 Little Patuxent Parkway Columbia, MD 21044 Phone: 443-796-5162 Email: <a href="mailto:rlgcommunityfoundation@gmail.com">rlgcommunityfoundation@gmail.com</a>
<p><b>Roving Radish</b></p> <p><a href="http://www.rovingradish.com">www.rovingradish.com</a></p>	Community	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.	Ongoing	3430 Court House Drive Ellicott City, MD 21043 Phone: 410-313-3860 Email: <a href="mailto:rovingradish@howardcountymd.gov">rovingradish@howardcountymd.gov</a>
<p><b>S.A.F.E. Emergency Food Pantry: Gluten-Free &amp; Allergy-Friendly Food Only</b></p> <p><a href="https://www.safefoodpantry.org/">https://www.safefoodpantry.org/</a></p>	Community	The S.A.F.E. Food Pantry only provides food for those needing gluten-free and allergy-friendly foods.	3 <sup>rd</sup> Saturday each month 10am to 12pm or by appointment	9770 Patuxent Woods Drive, Ste. 316 Columbia, MD 21046 Phone: 443-741-1060 Email: <a href="mailto:info@safefoodpantry.org">info@safefoodpantry.org</a>

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<p><b>St. John’s Baptist Church Food Pantry</b></p> <p><a href="https://stjohnbaptistchurch.org/">https://stjohnbaptistchurch.org/</a></p>	Community	Through a partnership with the Community Action Council, the food pantry provides nutritional food for the less fortunate in Howard County.	3 <sup>rd</sup> Saturday each month	St. John’s – Harper House 5495 Cedar Lane Columbia, MD 21045 Phone: 410-992-6977 Email: <a href="mailto:contact_us@stjohnbaptistchurch.org">contact_us@stjohnbaptistchurch.org</a>
<p><b>St. Vincent De Paul Church of the Resurrection Hot Meals</b></p> <p><a href="https://www.resurrectionmd.org/svdp">https://www.resurrectionmd.org/svdp</a></p>	Community	Provides emergency assistance to families and individuals in need, including hot meals served at Grassroots, food packages and gift cards.	3 <sup>rd</sup> Wednesday each month 1:30pm to 4pm at Grassroots Day Resource Center	3175 Paulskirk Drive Ellicott City, MD 21042 Phone: 410-461-9112 Email: <a href="mailto:pegnieber@gmail.com">pegnieber@gmail.com</a>
<p><b>Salvation Army of Central Maryland Food Pantry</b></p> <p><a href="https://www.sa-md.org/howard-county-social-services">https://www.sa-md.org/howard-county-social-services</a></p>	Community	The emergency food pantry is stocked with nonperishable food and toiletry items to serve the needs of individuals and families in the community.	Monday through Friday 8am to 5pm	Howard County Family Service Center 3267 Pine Orchard Lane Ellicott City, MD 21042 Phone: 443-656-3376
<p><b>Senior Farmers' Market Nutrition Program (SFMNP)</b></p> <p><a href="http://www.dhr.maryland.gov/food-supplement-program/">www.dhr.maryland.gov/food-supplement-program/</a></p>	Community	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.	Ongoing	Office on Aging and Independence 9830 Patuxent Woods Drive Columbia, MD 21046 Maryland Access Point (MAP) Phone: 410-313-1234 Email: <a href="mailto:map@howardcountymd.gov">map@howardcountymd.gov</a>
<p><b>SHARE – Columbia</b></p> <p><a href="https://www.catholiccharitiesdc.org/share/">https://www.catholiccharitiesdc.org/share/</a></p>	Community	SHARE is a non-profit, community-based organization dedicated to offering healthy, nutritious groceries at a roughly 50 percent discount (accepts SNAP payments). SHARE food packages are available to anyone.	Ongoing	Locust United Methodist Church 6851 Martin Road Columbia, MD 21044 Contact: Janet Williams Phone: 301-385-5745 Email: <a href="mailto:pastor@locustumc.org">pastor@locustumc.org</a>

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<p><b>SNAP/Food Supplement Program (FSP)</b></p> <p><a href="http://www.dhr.maryland.gov/food-supplement-program/">www.dhr.maryland.gov/food-supplement-program/</a></p>	Community	Provides support to low-income households to buy the foods they need for good health.	Ongoing	Howard County DSS 9780 Patuxent Woods Drive Columbia, MD 21046 Phone: 410-872-8700 Email: <a href="mailto:howco.dss@maryland.gov">howco.dss@maryland.gov</a>
<p><b>Unitarian Universalist Congregation Little Free Pantry</b></p> <p><a href="https://uucolumbia.net/events/little-free-pantry-restock/">https://uucolumbia.net/events/little-free-pantry-restock/</a></p>	Community	The mini pantry includes items donated directly to the pantry and vegetable & fruit bin: soup, canned fruit, vegetables, canned pasta.	Ongoing	Owen Brown Interfaith Center 7246 Cradlerock Way Columbia, MD 21045 Phone: 410-381-0097 Email: <a href="mailto:FoodInsecurity@uucolumbia.net">FoodInsecurity@uucolumbia.net</a>
<p><b>Washington-Ghanaian SDA Church Food Pantry</b></p> <p><a href="http://www.wgsdac.org">http://www.wgsdac.org</a></p>	Community	Distributes fresh fruits and vegetables to the community the first Friday of every other month at their Columbia campus. Distribution times are 12pm to 3pm.	Friday, February 3 Friday, April 7 Friday, June 2 Friday, August 4 Friday, October 6 Friday, December 1	6080 Foreland Garth Columbia, MD 21045 Phone: 443-774-0080 Email: <a href="mailto:churchoffice@wgsdac.org">churchoffice@wgsdac.org</a>
<p><b>Women, Infants, Children (WIC)</b></p> <p><a href="http://www.howardcountymd.gov/Departments/Health/Women-Infants-Children-WIC">www.howardcountymd.gov/Departments/Health/Women-Infants-Children-WIC</a></p>	Women, Infants, & Children under age 5	Provides nutrition education and access to healthy supplemental food for pregnant and breastfeeding women and children.	Ongoing	<p><b>Columbia Health Center</b> 8930 Stanford Blvd Columbia, MD 21045 Phone: 410-313-7510 (voice/relay)</p> <p><b>North Laurel Health Center</b> 9411 Whiskey Bottom Rd Laurel, MD 20723 Phone: 410-313-0630 (voice/relay) Email: <a href="mailto:HowardWIC@howardcountymd.gov">HowardWIC@howardcountymd.gov</a></p>

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NUTRITION EDUCATION PROGRAMS				
Program Name & Link	Population	Program Description	Dates & Times	Contact
<b>Accessible Resources for Independence</b> <a href="http://www.arinow.org">www.arinow.org</a>	Individuals with disabilities	Provides referral for food navigation. Provides independent living skills for cooking, nutrition. Advocates for food access, financial assistance for groceries.	Ongoing	1406-B Crain Highway South, Ste 206 Glen Burnie, MD 21061 Phone: 410-636-2274 Email: <a href="mailto:arinow@arinow.org">arinow@arinow.org</a>
<b>Better Beverage Finder</b> <a href="http://www.betterbeveragefinder.org">www.betterbeveragefinder.org</a>	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
<b>Giant Food Nutrition Education</b> <a href="https://giantfood.com/pages/health-and-wellness">https://giantfood.com/pages/health-and-wellness</a>	Community	Registered Dietitians provide free nutrition education classes and grocery store tours to community members.	Ongoing	9200 Baltimore National Pike Ellicott City, MD 21043 Phone: 410-696-1309 Email: <a href="mailto:healthyliving@giantfood.com">healthyliving@giantfood.com</a>
<b>Health Promotion On Call</b> <a href="http://www.healthpromotiononcall.com">www.healthpromotiononcall.com</a>	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: <a href="mailto:healthpromotiononcall@gmail.com">healthpromotiononcall@gmail.com</a>
<b>Howard County Access Point</b> <a href="https://www.howardcountymd.gov/aging-independence/information-assistance">https://www.howardcountymd.gov/aging-independence/information-assistance</a>	Adults 18+	MAP provides guidance with assistance and benefits, and referrals to programs and services.	Ongoing	Maryland Access Point of Howard County Phone: 410-313-1234 Email: <a href="mailto:map@howardcountymd.gov">map@howardcountymd.gov</a>

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<p><b>Howard County Local Health Improvement Coalition (HCLHIC)</b></p> <p><a href="http://www.hclhic.org">www.hclhic.org</a></p>	Community	Provides healthy eating, physical activity & chronic disease resources including a directory of Howard County Food and Nutrition Assistance & Nutrition Education Services.	Ongoing	Howard County Health Department 8930 Stanford Blvd. Columbia, MD 21045 Phone: 410-313-6204 Email: <a href="mailto:lhic@howardcountymd.gov">lhic@howardcountymd.gov</a>
<p><b>Maryland University of Integrative Health (MUIH)</b></p> <p><a href="https://www.muih.edu/health-resources/natural-care-center/nutrition-consultations#Appointment">https://www.muih.edu/health-resources/natural-care-center/nutrition-consultations#Appointment</a></p>	Community	Nutritionists provide personalized nutrition counseling to individuals.	Ongoing	7750 Montpelier Road Laurel, MD 20723 Phone: 410-888-9048 ext.6614 Email: <a href="mailto:naturalcarecenter@muih.edu">naturalcarecenter@muih.edu</a>
<p><b>The Physicians Committee for Responsible Medicine</b></p> <p><a href="http://www.pcrm.org/health">www.pcrm.org/health</a></p>	Community	Provides online nutrition information about following a plant-based diet. Information available in English, Spanish, and Mandarin.	Ongoing	5100 Wisconsin Ave., NW, Suite 400 Washington DC, 20016 Phone: 202-686-2210 Email: <a href="mailto:pcrm@pcrm.org">pcrm@pcrm.org</a>
<p><b>Stepping Up Your Nutrition Program</b></p> <p><a href="http://www.howardcountymd.gov/OOAHealthandWellness">www.howardcountymd.gov/OOAHealthandWellness</a></p>	Adults 18+	Provides participants with a wide range of services including free one-on-one nutrition consultations with a registered dietitian, offered at HoCo 50+ Centers.	Ongoing	Locations Vary Contact: Rachel Filar Phone: 410-313-6073 Email: <a href="mailto:rfilar@howardcountym.gov">rfilar@howardcountym.gov</a>
<p><b>University of Maryland Extension – SNAP-Ed - Howard County</b></p> <p><a href="https://extension.umd.edu/locations/Howard-county">https://extension.umd.edu/locations/Howard-county</a></p> <p><a href="https://extension.umd.edu/locations/Howard-county">SNAP-Ed   University of Maryland Extension (umd.edu)</a></p>	Youth and Families	Provides SNAP education program plus nutrition, health and wellness classes to low-income participants to effect changes in health policies, systems, and environments at their sites.	Ongoing	3300 North Ridge Road, Suite 240 Ellicott City, MD 21043 Karen Basinger Phone: 410-313-1908 Email: <a href="mailto:kbasinger@umd.edu">kbasinger@umd.edu</a> Maryland SNAP-Ed: Razan Sahuri Phone: 410-313-1797 Email: <a href="mailto:rsahuri@umd.edu">rsahuri@umd.edu</a>