

## 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 Church Food Pantry</b> <a href="https://yourbethanyec.org/h2o/">https://yourbethanyec.org/h2o/</a>	Community	Bethany Food Pantry serves our church family and community in their time of need with nonperishable food and supplies.	By appointment only	3030 Bethany Lane Ellicott City, MD 21042 Phone: 410-465-0150 Email: <a href="mailto:tjohnson@yourbethany.org">tjohnson@yourbethany.org</a>
<b>Bethany Lane Online Food Pantry</b> <a href="https://bethanyumc.churchcenter.com/registrations/events/1672540">https://bethanyumc.churchcenter.com/registrations/events/1672540</a>	Community	Bethany's online food pantry helps ensure people in need receive groceries and other household items without storing products on the church premises. Pick-up or delivery.	Monday to Thursday 9am to 2pm	Bethany United Methodist Church 2875 Bethany Lane Ellicott City, MD 21042 Phone: 410-465-2919 Email: <a href="mailto:bethanypantry@bethanyum.org">bethanypantry@bethanyum.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 ES.	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	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 paperwork.	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:fbcsm1@gmail.com">fbcsm1@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>Church of the Resurrection Hot Meals, Food Packages</b> <a href="https://www.resurrectionmd.org/svdp">https://www.resurrectionmd.org/svdp</a>	Community	Provides emergency assistance to families and individuals in need, including hot meals, food packages and gift cards. Meals served at Grassroots Day Resource Center.	Tuesdays 10am to 12pm, Wednesdays 2pm to 4pm, Fridays 10am to 12pm	St. Vincent de Paul Church 3175 Paulskirk Drive Ellicott City, MD 21042 Phone: 410-461-9112 Email: <a href="mailto:aebuening@gmail.com">aebuening@gmail.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 10:00am to 12:00 pm	8775 Cloudleap Court Columbia, MD 21045 Phone: 443-583-4479
<b>Columbia Community Care Food Pantry Oakland Mills Middle School</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.	9540 Kilimanjaro Rd 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 10:00am to 12:00 pm.	10431 Twin Rivers Road Columbia, MD 21044 Phone: 443-583-4479



<p><b>Community Cupboard Pantry</b></p> <p><a href="https://www.bridgeway.cc/">https://www.bridgeway.cc/</a></p>	<p>Community</p>	<p>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.</p>	<p>2<sup>nd</sup> &amp; 4<sup>th</sup> Saturdays                  9:30am to 11:30am                  Sundays after the                  9:45am service</p>	<p>Bridgeway Community Church                  9189 Red Branch Road STE C                  Columbia, MD 21045                  Phone: 410-992-5832                  Email: <a href="mailto:info@bridgeway.cc">info@bridgeway.cc</a></p>
<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 for Laurel residents (by appointment only) and meal kitchen that helps to feed the homeless and working poor in the Laurel area with hot dinner served in to-go containers and a bagged lunch.</p>	<p>Meals Daily 6:00pm to 7:30pm</p> <p>Food Pantry: by appointment only, 1x a month</p>	<p>FISH of Laurel Inc.                  308 Gorman Ave                  Laurel, MD 20707                  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>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 12:30 to 1:30pm</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>



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<b>FISH of Howard County</b>  <a href="https://www.facebook.com/FISHofHowardcounty/">https://www.facebook.com/FISHofHowardcounty/</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	PO Box 34 Ellicott City, MD 21041 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 and 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 Pantries</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, and Park-it-Market Mobile Food Pantry.	3 <sup>rd</sup> Saturday each month 9am to 10:30am	13900 Burntwoods Road Glenelg, MD 21737 Phone: 410-489-0084 Email: <a href="mailto:gumcfoodministry@gmail.com">gumcfoodministry@gmail.com</a>
<b>Grassroots Crisis Intervention, Inc.</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	8990 Old Annapolis Road Suite A Columbia, MD 21045 Phone: 410-531-6006 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, hot meals, food boxes and a food pantry.	Monday & Wednesday 2pm to 6pm Saturday 10am to 2pm	Grassroots Crisis Intervention 10390 Guilford Road Suite A 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>	<p>Community</p>	<p>Offers farmer markets to assist people in accessing fresh fruits and vegetables. WIC and Senior Farmers' Market Nutrition Program (SFMNP) vouchers are accepted.</p>	<p>May – November</p>	<p>Various County Locations                  Phone: 410-313-6500                  Email: <a href="mailto:kjohnson@hceda.org">kjohnson@hceda.org</a></p>
<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>	<p>Community</p>	<p>Provides food to Howard County residents in need. CAC also sponsors fourteen (14) emergency food pantries that support families in need of emergency food.</p>	<p>Tues 1pm to 4pm                  Wed 1pm to 7pm                  Thurs 1pm to 4pm                  Sat (by appt only)                  9am to 1pm</p>	<p>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>
<p><b>Howard County Office on Aging and Independence – Age50+ 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>	<p>Seniors</p>	<p>Offers a noontime meal for individuals age 50+ and their spouses. The nutrition program offers opportunity to dine and socialize with others.</p>	<p>Varies by location</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 Muslim Council (HCMC) Food Pantry</b></p> <p><a href="https://www.facebook.com/hocomuslimcouncil/">https://www.facebook.com/hocomuslimcouncil/</a></p>	<p>Community</p>	<p>Free Food Pantry distribution to families in need. Pantry occurs on the third Saturday of every month. Includes essential food items, no registration required.</p>	<p>3rd Saturday each month                  11am to 1pm</p>	<p>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></p>



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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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<b>Howard County Public School System (HCPSS) Summer Food Service Program</b> <a href="http://www.hcpss.org/food-services">www.hcpss.org/food-services</a>	Children	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.	June-August	Locations Vary Phone:410-313-6600
<b>Hungry Harvest</b> <a href="http://www.hungryharvest.net">www.hungryharvest.net</a>	Community	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.	Ongoing	1905 Clarkson Way Landover, MD 20785 Email: <a href="mailto:family@hungryharvest.net">family@hungryharvest.net</a>
<b>Indian Cultural Association of Howard County Food Pantry</b> <a href="https://www.indianculturalassociation.org/hunger-relief">https://www.indianculturalassociation.org/hunger-relief</a>	Community	Free food distribution to anyone in need. No ID required.	3 <sup>rd</sup> Saturday each month 9:30am to 11am	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>
<b>JT Cares Food Pantry</b> <a href="http://www.jesustabernacle.org">www.jesustabernacle.org</a>	Community	Food pantry that is first come first serve & partnered with the Howard County Food Bank. Complete a one-time yearly application to qualify for the program.	3 <sup>rd</sup> Sunday each month 2:30pm to 3:30pm	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>
<b>Just One Kid Charity</b> <a href="http://www.justonekid.org">www.justonekid.org</a>	Children	Provides assistance including meals on weekends for school-aged children in the Oakland Mills Village of HC.	Ongoing	3290 N Ridge Rd, #150 Ellicott City, MD 21043 Phone: 443-858-2723 Email: <a href="mailto:Charlotte@JustONEKid.org">Charlotte@JustONEKid.org</a>
<b>Laurel Advocacy &amp; Referral Services (LARS) Food Pantry</b> <a href="https://www.laureladvocacy.org/foodpantry.html">https://www.laureladvocacy.org/foodpantry.html</a>	Community	LARS serves homeless and low-income families and individuals in Laurel that live in HoCo zip code 20723. By appointment only.	Monday to Friday 9am to 2pm, Monday 5pm to 7:30pm	311 Laurel Ave Laurel, MD 20707 Phone: 301-776-0442 #2

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<p><b>LinwoodSchool Food Service</b>  <a href="http://www.linwoodcenter.org/">http://www.linwoodcenter.org/</a></p>	<p>Children</p>	<p>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.</p>	<p>September – June</p>	<p>Linwood Center, Inc.                  3421Martha Bush Drive                  Ellicott City, MD 21043                  Phone: 410-465-1352                  Email: <a href="mailto:admin@linwoodcenter.org">admin@linwoodcenter.org</a></p>
<p><b>Long Reach Little Free Pantry</b>  <a href="https://longreach.org/little-free-pantry/">https://longreach.org/little-free-pantry/</a></p>	<p>Community</p>	<p>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.</p>	<p>Ongoing</p>	<p>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></p>
<p><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></p>	<p>Community</p>	<p>The food pantry provides quality food items to households experiencing food insecurity. This program supplies nutrition assistance to hungry individuals and families.</p>	<p>By appointment only</p>	<p>Luminus Network for New Americans                  5999 Harpers Farm Road                  Columbia, MD 21044                  Phone: 410-992-1923                  Email: <a href="mailto:info@beluminus.org">info@beluminus.org</a></p>
<p><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></p>	<p>Community</p>	<p>Popup Pantry that does a monthly food distribution in collaboration with the Harriet Tubman Foundation.</p>	<p>2<sup>nd</sup> Monday each month 10am to 11:30am</p>	<p>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>





<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>Tuesday &amp; Thursday 10am to 6pm                   Sunday 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="http://westlibertyumc.org">West Liberty United Methodist Church, Ellicott City, MD   (westlibertymarriottsville.org)</a></p>	<p>Community</p>	<p>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.</p>	<p>Fridays, by appointment only</p>	<p>West Liberty United Methodist                  2000 Sand Hill Road                  Marriottsville, MD 21104                  Phone: 410-442-2969                  Email: <a href="mailto:west.libertyumc.mail@gmail.com">west.libertyumc.mail@gmail.com</a></p>
<p><b>Open Doors Food Pantry (ODFP)</b></p> <p><a href="https://mtzionhighland.com/missions">https://mtzionhighland.com/missions</a></p>	<p>Community</p>	<p>The Open Doors Food Pantry gives out canned and boxed items once a month. Sometimes included are frozen meat and fresh produce.</p>	<p>3<sup>rd</sup> Saturday each month 8:30am to 10am</p>	<p>Mount Zion United Methodist Church                  12430 Scaggsville Road                  Highland, MD 20777                  Phone: 301-854-2324                  Email: <a href="mailto:office@mtzionhighland.com">office@mtzionhighland.com</a>  <a href="mailto:Carolann663@gmail.com">Carolann663@gmail.com</a></p>
<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>	<p>Community</p>	<p>Provides a food pantry to those experiencing food insecurity living in Columbia, MD. Provides food to meet basic nutritional needs</p>	<p><b>Pantry</b>                  2nd Saturday each month 10am-12pm  <b>Produce</b>                  3<sup>rd</sup> Saturday each month</p>	<p>6327 Meadowridge Rd                  Elkridge, MD 21075                  Phone: 443-796-5162                  Email: <a href="mailto:rlgcommunityfoundation@gmail.com">rlgcommunityfoundation@gmail.com</a></p>
<p><b>Roving Radish</b></p> <p><a href="http://www.rovingradish.com">www.rovingradish.com</a></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>3430 Court House Drive                  Ellicott City, MD 21043                  Phone: 410-313-3860                  Email: <a href="mailto:rovingradish@howardcountymd.gov">rovingradish@howardcountymd.gov</a></p>
<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>	<p>Community</p>	<p>The S.A.F.E. Food Pantry only provides food for those needing gluten-free and allergy-friendly foods.</p>	<p>3<sup>rd</sup> Saturday each month 10am to 12pm or by appointment</p>	<p>9770 Patuxent Woods Drive, Ste. 316                  Columbia, MD 21046                  Phone: 443-741-1060                  Email: <a href="mailto:info@safefoodpantry.org">info@safefoodpantry.org</a></p>

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

<p><b>SJBC Food Pantry</b></p> <p><a href="https://stjohnbaptistchurch.org/">https://stjohnbaptistchurch.org/</a></p>	<p>Community</p>	<p>Through a partnership with the Community Action Council, the food pantry provides nutritional food for the less fortunate in Howard County.</p>	<p>3<sup>rd</sup> Saturday each month, 10am to 1pm</p>	<p>St. John Baptist Church                  9055 Tamar Drive                  Columbia, MD 21045                  Phone: 410-992-6977                  Email: <a href="mailto:contact_us@stjohnbaptistchurch.org">contact_us@stjohnbaptistchurch.org</a></p>
<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>	<p>Community</p>	<p>The emergency food pantry is stocked with nonperishable food and toiletry items to serve the needs of individuals and families in the community.</p>	<p>Monday to Friday 8am to 5pm</p>	<p>Howard County Family Service Center                  3267 Pine Orchard Lane                  Ellicott City, MD 21042                  Phone: 443-656-3376</p>
<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>	<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                  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>
<p><b>SHARE – Columbia</b></p> <p><a href="https://www.catholiccharitiesdc.org/share/">https://www.catholiccharitiesdc.org/share/</a></p>	<p>Community</p>	<p>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.</p>	<p>Ongoing</p>	<p>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></p>

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

<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>	<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: <a href="mailto:howco.dss@maryland.gov">howco.dss@maryland.gov</a></p>
<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>	<p>Community</p>	<p>The mini pantry includes items donated directly to the pantry and vegetable &amp; fruit bin: soup, canned fruit, vegetables, canned pasta.</p>	<p>Ongoing</p>	<p>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>
<p><b>Washington-Ghanaian SDA Church Food Pantry</b></p> <p><a href="http://www.wgsdac.org">http://www.wgsdac.org</a></p>	<p>Community</p>	<p>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.</p>	<p>Call for details</p>	<p>6080 Foreland Garth                  Columbia, MD 21045                  Phone: 443-774-0080                  Email: <a href="mailto:churchoffice@wgsdac.org">churchoffice@wgsdac.org</a></p>
<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>	<p>Women, Infants, &amp; Children under age 5</p>	<p>Provides nutrition education and access to healthy supplemental food for pregnant and breastfeeding women and children.</p>	<p>Ongoing</p>	<p><b>Columbia Health Center</b>                  8930 Stanford Blvd                  Columbia, MD 21045                  Phone: 410-313-7510 (voice/relay)  <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>

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

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>

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

<p><b>Howard County Local Health Improvement Coalition(HCLHIC)</b>   <a href="http://www.hclhic.org">www.hclhic.org</a></p>	<p>Community</p>	<p>Provides healthy eating, physical activity &amp; chronic disease resources including a directory of Howard County Food and Nutrition Assistance &amp; Nutrition Education Services.</p>	<p>Ongoing</p>	<p>Howard County HealthDepartment              8930 Stanford Blvd.              Columbia, MD 21045              Phone: 410-313-6204              Email: <a href="mailto:lhic@howardcountymd.gov">lhic@howardcountymd.gov</a></p>
<p><b>Lindaben Food as Medicine Program</b>   <a href="https://lindabenfoundation.org/">https://lindabenfoundation.org/</a></p>	<p>Community</p>	<p>This program is part of a diet-related disease prevention program. Participants receive vouchers that will be used for small or large produce bundles, along with free shelf stable food and diapers.</p>	<p>Six-to-nine-month program</p>	<p>Bryant Woods Elementary School              5450 Blue Heron Lane              Columbia, MD 21044              Phone: 240-461-9442              Email: <a href="mailto:ljmeja@lindabenfoundation.org">ljmeja@lindabenfoundation.org</a></p>
<p><b>Maryland University of Integrative Health (MUIH)</b>   <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>	<p>Community</p>	<p>Nutritionists provide personalized nutrition counseling to individuals.</p>	<p>Ongoing</p>	<p>7750 Montpelier Road              Laurel, MD 20723              Phone: 410-888-9048 ext.6614              Email: <a href="mailto:naturalcarecenter@muih.edu">naturalcarecenter@muih.edu</a></p>
<p><b>The Physicians Committee for Responsible Medicine</b>   <a href="http://www.pcrm.org/health">www.pcrm.org/health</a></p>	<p>Community</p>	<p>Provides online nutrition information about following a plant-based diet. Information available in English, Spanish, and Mandarin.</p>	<p>Ongoing</p>	<p>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>
<p><b>Stepping Up Your Nutrition Program</b>   <a href="http://www.howardcountymd.gov/OOAHealthandWellness">www.howardcountymd.gov/OOAHealthandWellness</a></p>	<p>Adults 18+</p>	<p>Provides participants with a wide range of services including free one-on-one nutrition consultations with a registered dietitian, offered at HoCo 50+ Centers.</p>	<p>Ongoing</p>	<p>Locations Vary              Contact: Rachel Filar              Phone: 410-313-6073              Email: <a href="mailto:rfilar@howardcountym.gov">rfilar@howardcountym.gov</a></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](http://www.hclhic.org)

<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>Youth and Families</p>	<p>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.</p>	<p>Ongoing</p>	<p>Ascend One Building 8930 Stanford Blvd. Suite 25 Columbia, MD 21045 Karen Basinger Phone:410-313-1908 <a href="mailto:kbasinger@umd.edu">Email: kbasinger@umd.edu</a></p>
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