



Community Food Resources

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Need Help? Call 2-1-1

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

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

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

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

Food Banks - Bring ID and proof of Frederick County Address

Community Action Agency (downtown Frederick)

Address: 14 East All Saints Street Frederick, MD 21701

Phone: 301-600-1506

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

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

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

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

Monday & Wednesdays: 6-8pm

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

Tuesday, Wednesday, Thursday 2-4pm

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

- Open every day 5-6:30pm

Frederick Rescue Mission

Address: 419 West South Street Frederick, MD 21701

Phone: 301-695-6633

Website: www.therescuemission.org

Food Distribution Center/Food Bank:

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

Hot Meals:

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

Glade Valley Food Bank

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

Phone: 301-845-4229

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

Hours:

Mondays: 6:30 - 7:30pm

Thursdays: 1:00 - 3:00pm

Brunswick Food Bank

Address: 601 East Potomac St Brunswick, MD 21716

Phone: 301-834-9718

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

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

Hours:

Thursdays 6:30-7:30pm

Emmitsburg Food Bank

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

Phone: 717-642-6963

Website: https://www.emmitsburgmd.gov/community_outreach/food_bank/index.php

Hours:

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

Knoxville Food Bank

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

Phone: 301-834-7221

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

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

Address: Parish House 3866 Jefferson Pike Jefferson, MD 21755

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

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

Food Bank- located at rear ramp of church

Hours:

- 1st and 3rd Saturdays each month from 9-11am

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

Thurmont Food Bank

Address: 10 Frederick Road Thurmont, MD 21788

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

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

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

Hours:

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

Greater Urbana Area Food Bank

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

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

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

Middletown Food Bank

Address: 301 West Main Street Middletown, MD 21769

Phone: 301-371-3182

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

Hours:

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

Each adult over 18 years old must bring:

- A photo ID and proof of Frederick residency

I Believe in Me & Youth City Matrix

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

Visit their Facebook page to learn about upcoming food drops.

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

Food Resources

Food Stamps (Supplemental Nutrition Assistance Program)

Phone: 1-800-332-6387

Email: fcdss.fia@maryland.gov

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

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

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

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

SHARE

Phone number: 800-217-4273

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

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

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

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

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

Summer Meal Sites- Frederick County Public Schools

Phone: 301-644-5061

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

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

Hours

2025 Locations and hours to be announced June 2025

They serve cold breakfast and hot lunch. Multiple locations.

Maryland Hunger Solutions

Phone: 410-528-0021

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

Provides help connecting with community food resources

Asian American Center of Frederick

Phone: 301-694-3355

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

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

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

Meals on Wheels

Phone: 301-600-3524

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

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

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

Employment

Workforce Services

Phone: 301-600-2255

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

They can help with unemployment insurance information, job openings, job searches, work-from-home opportunities, career planning and more.

Asian American Center of Frederick

Phone: 301-694-3355

Website: <https://aacfmd.org/workforce-development/>

Serve people of all backgrounds and languages. Receive personalized guidance. Information on scholarships. Funds for training for high-demand job industries. Job search workshops and career guidance.

Unemployment Insurance

Phone: 1-877-293-4125

Website: <https://www.dllr.state.md.us/employment/unemployment.shtml>

Had your hours cut back or lost your job? Apply for Unemployment Insurance to receive financial help while searching for another job.

Child Care Scholarship (CCS)

Phone: 301-600-4555

Website: <https://earlychildhood.marylandpublicschools.org/child-care-providers/child-care-scholarship-program>

Provides financial assistance for childcare costs to families that meet the eligibility requirements.

Emergency Programs

Emergency Assistance for Families & Children (EAFC)

Phone: 301-600-4555

Website: <https://dhs.maryland.gov/weathering-tough-times/emergency-assistance/>

Provides emergency cash assistance to families who need help paying an eviction notice, utilities, etc.

Temporary Cash Assistance

Phone: 301-600-4555

Website: <https://dhs.maryland.gov/weathering-tough-times/temporary-cash-assistance/>

Provides short term cash assistance for families with minor children. Must meet income guidelines and other eligibility requirements. Receive an electronic benefits card (EBT) that can be used like a debit card to purchase food from the store. Benefits received monthly and depend on income and family size.

Glade Valley Emergency Relief Fund

Phone: 301-845-4229

Website: <http://gladevalley.org/services/emergency-relief-fund/>

Able to help with Utilities (electric, water), heating oil, mortgage/rent, prescription medication, other medical expenses. Other types of emergency assistance considered on a case-by-case basis.

Brunswick Emergency Relief Fund

Phone: 301-834-9718

Website: <https://www.brunswickbeacon.org/emergency-relief-fund/>

Provides emergency assistance to households in Brunswick for rent, utility bills, security deposits and needs of school children. They take phone call requests on the first and third Wednesday of the month.

Mental Health

988 Suicide & Crisis Lifeline

Dial 988 for 24/7 free and confidential support for people in distress. Prevention and crisis resources available for you and your loved ones.

211

Dial 211, then press 1 or text your zip code to 898-211 or TXT-211

Website: <https://pressone.211md.org/>

- Get connected with help for depression, anxiety, drugs and alcohol abuse, thoughts of suicide, or any other crisis.

Walk-In Crisis Care Center

340 Montevue Lane Frederick, MD 21702

Telephone: 211 or 301-662-2255

Website: <https://fcmha.org/how-we-help/behavioral-health/>

- Free 24 hours a day 7 days a week

Behavioral Health Services- Frederick County Health Department

Phone: 301-600-1755

Website: <https://health.frederickcountymd.gov/131/Behavioral-Health-Services>

- Mental health screening and support. Help with addiction.

Behavioral Health Partners- Frederick

Phone: 301-663-8263, ext. 301 Website:

<https://www.sheppardpratt.org/care-finder/behavioral-health-partners-of-frederick/>

Provide comprehensive mental health services to children, adolescents, and adults.



DIAPER BANK

"For Those in Need of a Change"

**1st & 3rd Thursdays
of Each Month
5 - 7 pm at
GC3 Church, Frederick
2100 Rosemont Ave**

Free Diapers!

(ONE sleeve per child each distribution)
Diapers size NB - size 7

Can you donate? Have extras?

**Donations Always
Needed!**

Donating can
be easy.
Scan for our
Wish List!



Call, text, or email with any questions:
240-397-9887 gc3diaperbank@gmail.com

This institution is an equal opportunity provider.

Updated 5/23/2025