Community Food Resources

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  Downtown Frederick, Walkersville, Brunswick, Emmitsburg, Knoxville, Jefferson, Thurmont, Urbana, Middletown

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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/
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
Facebook: https://www.facebook.com/frederickcommunityaction/

✓ Provides 3-5 day supply of food to families and individuals
✓ Hot meals: Carryout only. Open daily 5:30-6:30PM

Food Bank Hours of Operation
• Monday: 2:00-4:00pm and 7:00-9:00pm
• Tuesday: 2:00-4:00pm
• Wednesday: 7:00-9:00pm
• Thursday: 2:00-4:00pm
• Friday: 2:00-4:00pm

MUST SCHEDULE APPOINTMENT
To schedule an appointment to pick up food visit:
https://outlook.office365.com/owa/calendar/CityOfFrederick@cityoffrederickmd.gov/bookings/

Appointments can also be scheduled at their Facebook page:
https://www.facebook.com/frederickcommunityaction/
Frederick Community Action Agency (downtown Frederick)

Additional Food Distribution Sites:

Monday:
- Monocacy Village Shopping Center at 12:00pm (in front of Dollar General)
- Carrollton Park at 1:00pm (455 Center Street)

Tuesdays:
- Amber Meadows Park between 12:00-12:45pm (201 Amber Drive)
- American Legion Parking Lot at 1:00pm (1450 Taney Ave)
- Taney Village at 12:00pm
- Catoctin Manor at 12:00pm

Wednesday: (Wednesday sites alternate-Check their Facebook)
- Hickory Hills between 12:00-1:00pm (1445 Key Parkway next to pool)
- Jefferson Mobile Home Park between 1:30-2:00pm (NOT EVERY WEEK, check Facebook page)
- Elmwood Terrace at 12:00pm (1420 Key Parkway- parking lot closest to Waverly Drive)

Thursday:
- Windsor Gardens Apartments at 12:00pm (1111 Key Parkway)
- Hillcrest Park at 1:00pm (501 S. McCain Drive)

Friday:
- Hill Street Skate Park between 12:00-1:00pm (100 Hill Street)
- Grove Park at 1:30pm (corner of Franklin and South Streets)
**Frederick Rescue Mission**
Address: 419 West South Street Frederick, MD 21701
Phone: 301-695-6633
Website: [www.therescuemission.org](http://www.therescuemission.org)

**Food Distribution Center/Food Bank:** Pre-packed boxes with assorted groceries available for pick-up
- Tuesday & Wednesday 1:30-3:30PM
- Thursday 2:00-6:00PM

**Hot Meals:** (Available to go)
- Breakfast is 7:00am-8:00am everyday
- Lunch is 12:00-1:30pm Monday-Saturday and 1:00-2:00pm Sunday

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**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/](http://gladevalley.org/services/food-bank/)

**Food Bank Hours:**
Mondays: 6:30pm - 7:30pm
Thursdays: 1:00pm - 3:00pm
**Brunswick Food Bank**

Temporary Pandemic Address: 18 S. Maple St Brunswick, MD 21716  
Phone: 301-834-9718  
Facebook: [https://www.facebook.com/brunswickfoodbank/](https://www.facebook.com/brunswickfoodbank/)

**Current covid-19 operations:** Food bank currently operating as a drive thru. Clients need to wear a mask and stay in their car. Bring photo ID and proof of Frederick County residency. Can go once a month.

**Food Bank Hours:**  
- Thursdays 6:30-8:00pm  
- First Saturday each month from 10:30am-12:00pm

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**Emmitsburg Food Bank**

Address: 130 S. Seton Avenue Emmitsburg, MD 21727 (use rear entrance)  
Phone: 717-642-6963  

**Hours:**  
- Monday: 7:00pm - 8:00pm  
- Wednesday: 7:00pm - 8:00pm  
- Friday: 3:30pm - 4:30pm  
- Saturday: 10:00am - 11:00am

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**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](https://www.stpauljeff.com/Food-Bank)

**Food Bank** - located at rear ramp of church

**Hours of Operation:**
- 1st and 3rd Saturdays each month from 9:00am-11:00am

A typical supply of food from the Food Bank for a family of 4-6 includes 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.

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**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/](http://www.thurmontfoodbank.com/)

**Covid-19 Operations**: Currently operating as a drive-thru with pre-packed boxes. Do not get out of your car.

**Hours**:
- Tuesday 5:00pm-7:30pm
- Friday 4:00pm-6:00pm
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: http://www.middletownvalleyfoodbank.com/location-hours-and-mission.html

Hours:
• Wednesday 1:00pm – 3:00pm
• Saturday 9:00am to 12:00pm

Each adult over 18 years old must bring:
• Photo ID and proof of residence in Frederick County

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 their upcoming schedule.
Facebook page: https://www.facebook.com/ibmfrederick/
Food Resources

Food Stamps (Supplemental Nutrition Assistance Program)
Phone: 301-600-4555
Website: [https://dhs.maryland.gov/food-supplement-program/](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 to apply for Food Stamps or Temporary Cash Assistance but cannot use a smartphone or computer? 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/share/](https://www.catholiccharitiesdc.org/share/)
Provides groceries at about 50% of the cost. Spend $22 to receive package of groceries worth $40-45 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 - Frederick County Public Schools
Phone: 301-644-5061
Website: https://www.fcpsnutrition.com
✓ FREE breakfast and lunch every day of the week
✓ FREE supper on days that children have school

Hours of Operation:
• **Mondays** (11:00am-1:00pm): “To go” breakfasts, lunches and suppers provided for Monday and Tuesday
• **Wednesdays** (11:00am-1:00pm): “To go” breakfasts, lunches and suppers provided for Wednesday and Thursday
• **Fridays** (11:00am-1:00pm): “To go” breakfast and lunch provided for Friday, Saturday and Sunday. Supper provided for Friday.

School Distribution Sites: Ballenger Creek Elementary, Brunswick Middle, Butterfly Ridge Elementary, Centerville Elementary, Crestwood Middle, Deer Crossing Elementary, Emmitsburg Elementary, Frederick High, Glad Elementary, TJ High, TJ Middle, Green Valley Elementary, Hillcrest Elementary, Lewistown Elementary, Liberty Elementary, Lincoln Elementary, Middletown High, Monocacy Elementary, Myersville Elementary, New Market Elementary, North Frederick Elementary, Oakdale Elementary, Orchard Grove Elementary, Spring Ridge Elementary, Sugarloaf Elementary, Thurmont Middle, Tuscarora Elementary, Twin Ridge Elementary, Valley Elementary, Walkersville High, Waverly Elementary, Whittier Elementary, Windsor Knolls Middle

Community Distribution Sites:
• 7th Street Frederick Shopping Center Parking Lot, 1305 West 7th Street, Frederick
• Brunswick Heights Shopping Center Parking Lot, 92 Souder Road, Brunswick
• Concord Mobile Homes Park Community, 4828 Pioneer Circle, Jefferson
• Discovery Shopping Center Parking Lot, 8425 Woodsboro Pike, Walkersville
• Lucas Village Community Center Parking Lot, 111 Pennsylvania Avenue, Frederick
• Golden Mile Giant Eagle Shopping Center Parking Lot, 1275 W Patrick Street, Frederick
• Liberty Road/Kingfisher Drive Giant Shopping Center Parking Lot, 1700 Kingfisher Drive, Frederick
• Thomas Johnson Drive Weis Shopping Center Parking Lot, 199 Thomas Johnson Drive, Frederick
• Westview Promenade Parking Lot, 5223 Buckeystown Pike, Frederick
Pandemic EBT for School Meals - Qualifying public school students receive a card with money to use for groceries while schools are closed because of the virus.

Families receiving free and reduced school meals will receive $5.70 per day per child that schools are closed. Families with an existing EBT card will have the money automatically loaded to their card. Families without an EBT card will automatically be mailed one.

- Apply online for Free and Reduced School Meals: [https://www.myschoolapps.com/Application](https://www.myschoolapps.com/Application)

Maryland Hunger Solutions

Phone: 410-528-0021
Website: [https://www.mdhungersolutions.org/get-help/](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/how-we-help/](https://aacfmd.org/how-we-help/)

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 who meets 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 languages and backgrounds. One-on-one guidance with a professional case manager. Information about scholarships or funding for training in high-demand industries. Job search workshops. Career Counseling.

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 and other necessities. Benefits received monthly and depend on income and family size.

Energy Assistance- Office of Home Energy Programs
Phone: 301-600-2410
Email: ohep@cityoffrederick.com
Apply online: https://mydhrbenefits.dhr.state.md.us/
Receive help paying utilities. You do not need a shut-off notice to apply. Do not delay. Amount of money received depends on family size and income.

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.
Mental Health

**211**

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

Website: [https://pressone.211md.org/](https://pressone.211md.org/)

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

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**Behavioral Health Services- Frederick County Health Department**

Phone: 301-600-1755

Website: [https://health.frederickcountymd.gov/131/Behavioral-Health-Services](https://health.frederickcountymd.gov/131/Behavioral-Health-Services)

Mental health screening and support. Help with addiction.

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**Behavioral Health Partners- Frederick**

Phone: 301-663-8263, ext. 301

Website: [https://www.sheppardpratt.org/care-finder/behavioral-health-partners-of-frederick/](https://www.sheppardpratt.org/care-finder/behavioral-health-partners-of-frederick/)

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

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This institution is an equal opportunity provider.