

## 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/>

## **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@cityoffrederick.md.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
- Catoclin 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

### **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/>

**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

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

Facebook: <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

## **Emmitsburg Food Bank**

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

Phone: 717-642-6963

Website: [http://www.emmitsburgmd.gov/community\\_outreach/foodbank.php](http://www.emmitsburgmd.gov/community_outreach/foodbank.php)

### **Hours:**

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

## **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 of Operation:**

- 1<sup>st</sup> and 3<sup>rd</sup> 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.

### **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/>

**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/>

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/>

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>

### **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/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](mailto: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/>

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

### 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.

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This institution is an equal opportunity provider.