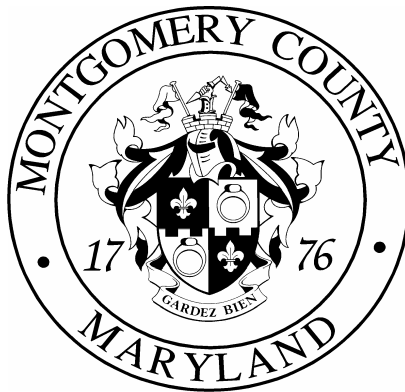


Montgomery County

FOOD DeskGuide



**A guide for use by Service Provider Organizations who
serve low-income customers in Montgomery County.**

*Prepared by the Department of Health and Human Services,
Children, Youth and Family Services*

July 2011

Food Supplement Program

(Formerly called Food Stamp Program)

The Federal Food Supplement Program provides monthly benefits to eligible households (all persons in a residence who purchase and prepare food together) to supplement their food budget. Eligibility is based upon household size, income and assets. Benefits are not intended to cover total monthly food expenses. Generally, U.S. citizenship is a requirement of the program. Non-citizens with "qualified immigrant" status may also meet eligibility requirements. A signed application and face-to-face interview is required in order to receive Food Stamps. Benefits are issued via an Electronic Benefit System (EBT) card, which can be used to purchase food in grocery stores and other approved locations. Some applicants must enroll in the Food Stamp Employment and Training Program (FSET), a program requiring participation in a job search.

To be technically eligible as of January 1, 2009, an adult applicant must:

- Meet the program's income guidelines.
- Have resources (or assets) that total no more than \$2,000 (not including applicant's home). This limit increases to \$3,000 if someone in the household is over 60 years old or receives SSI.
- Apply in the jurisdiction where they live.
- Be a U.S. citizen or have the following status¹:
 1. Refugee
 2. Asylee
 3. Immigrant granted withholding of deportation (5 yr. limit)
 4. Veteran and dependent family
 5. Active military duty and dependent family
 6. Immigrant who has worked 40 qualifying quarters as reported to Social Security
- Provide Social Security cards for everyone in food stamp household.
- (May) be required to participate in an employment and training program.

Income Limitations:

<u>Household Size</u>	<u>Gross Monthly Income</u>
1	\$1,127
2	1,517
3	1,907
4	2,297
5	2,687
6	3,077
7	3,467
8	3,857

If income level is higher, a household may still be eligible if it includes members over 60 years old or disabled.

How to Apply:

The Montgomery County Department of Health and Human Services administers the Food Stamp Program at the following locations. Applicants may apply in person, but should call in advance to find out what to bring, where to apply, and when to report. Rockville, Silver Spring, and Germantown locations are open Tuesday evenings until 7pm. You may file an application by mail, fax or other electronic means or someone may drop an application off for you. Apply on line: Go to www.marylandsail.org to file your application.

- Rockville, 1301 Piccard Drive.....240-777-4600
- Silver Spring, 8818 Georgia Avenue.....240-777-3100
- Germantown, 12900 Middlebrook Road.....240-777-3420
- East County, 3300 Briggs Chaney Road.....240-777-4470

Further information may be obtained about the Food Stamp program by going to <http://www.dhr.state.md.us/fia/fstamp.htm>

¹ Note: Legal immigrant children continue to be eligible for a State Food Stamp Program.

SHARE Food Network Program

Self Help And Resources Exchange

SHARE is a monthly food co-op program sponsored by Associated Catholic Charities and Knights of Malta. For \$19.00 plus two hours of volunteer service, anyone may receive a SHARE food package full of frozen meats, fresh fruits, vegetables and staple items with a value of \$45-\$50. There are no income or family size limits. SHARE Food Network has organized over 350 volunteer host organizations to include churches of all denominations, schools, HeadStart programs, senior centers and tenant associations. Participants can register each month at a neighborhood host site and may call the main number to identify the most convenient location. Web site:

Main number: 1-301-864-3115 or 1-800-217-4273

Fax number: 301-864-5370

Web Site: www.sharedc.org

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WIC Program

Supplemental Nutrition Program for Women, Infants and Children

WIC is a federally funded program that provides healthy supplemental foods and nutrition counseling for pregnant women, new mothers, infants and children under age five. Eligibility is determined by household income and must be recertified every six months. A family can collect both Food Stamps and WIC food vouchers at the same time, provided they meet eligibility requirements for both programs.

Eligibility: To be eligible, you must:

- Live in Maryland.
- Are pregnant, a new mother, an infant or a child under five years of age.
- Have a nutritional need.
- Have a household gross income that is less than or equal to the income guidelines below (if you receive Food Stamps, Medical Assistance, or Temporary Cash Assistance, you are automatically income eligible):

Income Limitations:

<u>Household Size</u>	<u>Gross Monthly Income</u>
1	\$1,603
2	2,158
3	2,713
4	3,268
5	3,823
6	4,378
7	4,933
8	5,488
For each additional Person add	+555

How to Apply: Community Clinic, Inc. administers the WIC Program, under contract from the State of Maryland, at six WIC and Health Services clinics in Montgomery County. Applicants must apply in person, but should call the main number for an appointment, in advance, to find out what to bring, where to apply and when to report. Offices are located in Gaithersburg, Germantown, Hyattsville, Silver Spring, and Wheaton.

Main number 301-762-9426

Web Page: <http://www.fha.state.md.us/wic>

General Information and Referral: **First Call for Help (United Way)** **1-800-492-0618**
 Interfaith Works of Montgomery County (IWS) 301-762-8682x121
 Montgomery County HHS Information & Referral 240-777-1245

WIC Program
 (Community Clinic)

SHARE
 Food Network Program

FOOD STAMP Program (MCDHHS)
 Rockville, 1301 Picarrd Drive, 2nd fl (240)777-4600
 Silver Spring, 8818 Georgia Ave (240)777-3100
 Germantown, 12900 Middlebrook Rd., 2nd fl. (240) 777-3420

FOOD PANTRIES
With Delivery
(Without referral)

- BETHESDA HELP
- DAMASCUS HELP
- GERMANTOWN HELP
- OLNEY HELP
- ROCKVILLE HELP
- WUMCO HELP

MEALS
Non-Delivery

- Bethesda Cares
- Community Vision
- Lord's Table
- Shepherd's Table

CUSTOMER

Referring Organization
 (Church, Agency, etc.)

FOOD PANTRIES
Non-Delivery
(Without referral)

- Adventist Community Services
- Catholic Charities
- Compassion Ministries Food Bank Program
- Silver Spring Church of God
- First Baptist Church of Silver Spring
- Gaithersburg HELP
- MUM
- Saint Martin's Catholic Church
- Salvation Army
- Spanish Catholic Center
- The Lutheran Church of St. Andrew

GROCERY DELIVERY SERVICES

- Shoppers Program of the American Red Cross, Montgomery County
- Top Banana Home Delivered Groceries, Inc.

FOOD PANTRIES
Non-Delivery
(Referral Required)

- Manna Food Centers
- Saint Luke Evangelical Lutheran Church

NOTE: Additional resources may be available for specific target populations. Contact the following people for more information.

American Red Cross Disaster Services..... (301-588-2515)

- Mass care feeding during times of disaster

MCPS Division of Food & Nutrition Services..... Kathy Lazor (301-840-8170)

- School Lunch & Breakfast Program
- Family Daycare Program
- Summer Feeding Program

Senior Nutrition Program..... Marilyn Mower (240-777-3810)

- Meals-On-Wheels
- Senior Nutrition Sites (Congregate dining & activities)

July 2011

Food Pantries (Non-Delivery)

Organization Name/Phone	Address	Hours	Referral Required	Languages	Notes:
Gaithersburg:					
Mercy for Many Program (301) 740-8118	Mercy Seat Chapel 17604 Wash. Grove Gaithersburg, MD20878	M-F 9-5 Last week of the mo.	X		Provides food for Gaithersburg and surrounding communities. Donations are made once a month during the last week of the month to families that meet program eligibility criteria. Referrals received in advance for pick-up only.
Compassion Ministries Food Bank Program 301-926-3761 ext. 104	Christian Life Center 11800 Darnestown Rd. Gaithersburg, MD 20878	Tu - Th 10-4			Serving all residents of Montgomery County. Must call first to make appointment and by appointment only. For pick up only.
First African Methodist Episcopal Church Unity House 240 632-9766	17620 Washington Grove Lane Gaithersburg, MD 20877	Every 4 th Saturday 8:30-10:30am	X		Limited to 20877 Zip code. Will provide approximately a 3 day food package to families that have a place to live but not enough food. Eligibility to those living below the poverty level guidelines, the unemployed, on public assistance, and those experiencing a temporary hardship. Service is non-discriminatory. Referral required. ID required: Driver's License or a telephone, gas, or electric bill showing a 20877 zip code.
Gaithersburg HELP 301-216-2510	431 N. Frederick Ave. Suite 105 Gaithersburg, MD 20877	M - F (by appt. only) Call before 1p.m.		Spanish	Limited to 8 times per year. ID required. Services Gaithersburg, Laytonsville, Montgomery Village and Washington Grove. Limited delivery available to sick & elderly. Call for an appt. Referrals received in advance.
MANNA Food Gaithersburg Satellite Ctr. 301-424-1130	9311 Gaither Road Rockville, MD 20850	M-F 12-3:30 Sat. 11:30-1:30	X	Spanish	Limited to 3 day food supply, once per month. ID required. Call for referral criteria. *Saturday Distribution* 2 nd Sat. of each month-11:30am-1:30pm. Referrals must be rec'd by Friday the previous day.
Muslim Inter-Community Network (MICN) 301-519-1358too	28B S. Frederick Ave. Unit #6 Gaithersburg, MD 20877	F 10-11 (by appt)	X	Urdu, Arabic Samoli	Bread is distributed every Friday. Call in advance to make arrangements for pick up.
St. Martin's Catholic Church 301-330-5812	201 S. Frederick Ave. Gaithersburg, MD 20877	M at 6am line #'s distributed		Spanish French Portuguese	Serving Gaithersburg and surrounding communities. Limited to one bag per family. Pick up line number at 6:00am. Food distribution from 10:00 to 11:30 am.
Germantown:					
MANNA Food 301-424-1130	Salvation Army Center 20021 Aircraft Drive Germantown, MD 20874	Th 2 - 4	X	Spanish	Limited to 3 day food supply, once per month. ID required. Call for referral criteria.
The Salvation Army 301-515-5354	20021 Aircraft Drive Germantown, MD 20874	M-F 8:30-5		English	Serves all of Montgomery County. ID required. Limited to 2 day supply, once per month.
Rockville:					
MANNA Food Center 301-424-1130	614 Lofstrand Lane Rockville, MD 20850	M-F 12-3	X	Spanish	Limited to 3 day food supply, once per month. ID required. Call for referral criteria.
Silver Spring:					
MANNA Food 301-424-1130	East County Center 3300 Briggs Chaney Road Silver Spring, MD 20904	Fr 2-4	X	Spanish	Limited to 3 day food supply, once per month. ID required. Call for referral criteria.
First Baptist Church of Silver Spring 301-585-5454	8415 Fenton St. Silver Spring, MD 20910 No changes	Sa 10-12		Spanish	ID and proof of residence required for all family members. Limited to twice per month. County residents only.
Lutheran Church of St. Andrew 301-942-6531	12247 Georgia Avenue Silver Spring, MD 20901	W 10-12	Preferred	Spanish, Portuguese	Limited to 1 day food supply once per month for a single person or family.
St. Luke Evangelical Lutheran Church 301-588-4363	9100 Colesville Rd. Silver Spring, MD 20910	M - F 10-4	X		Call first, and then pick up food.
Takoma Park/East Silver Spring:					
Adventist Community Services 301-585-6556	501 Sligo Ave. Silver Spring, MD 20910	M-Th 10-4 (By Appt.)		Spanish	By appointment only. Limited to 3 day food supply, once per month. ID required.
MANNA Food 301-424-1130	Longbranch Comm. Ctr. 8700 Piney Branch Road Silver Spring, MD 20901	Tu 2-4 W 5-7	X	Spanish	Limited to 3 day food supply, once per month. ID required. Call for referral criteria.
MANNA Food 301-424-1130	St. Camillus Church 1600 St. Camillus Drive Silver Spring, MD 20902	M 2-4	X	Spanish	Limited to 3 day food supply, once per month. ID required. Call for referral criteria.
Spanish Catholic Center 301-587-8136	7949 15 th Avenue #100 Hyattsville, MD 20783	M-F 10-4		Spanish	Call to check availability. Serves all county emergency food pantries.
Wheaton:					
Catholic Charities 301-942-1790	12247 Georgia Avenue Wheaton, MD 20902	M-F 9-5 Tu 5-7 (by appt only)	X	French Spanish Igbo, Amharic ItalianVietnamese	Call for appointment. ID and proof of address required. MANNA FOOD. Call for referral criteria.
MUM (Midcounty United Ministries) 301 929-8675	2424 Reedie Drive Wheaton, MD 20902	M & W 9-3 Tu 10-2 Th 9-2			Serving zip codes: 20853, 20895, 20896, 20902, and 20906. Limited to once per month

¹ Referrals are accepted from public or private service provider organizations, faith organizations, and treatment providers.

FOOD PANTRIES (With Delivery, No Referral Required)

Organization Name/Phone	Service Area Covered	Languages	Notes:
BETHESDA HELP 301-294-4888/365-2022	Delivers food in Bethesda, Cabin John, Chevy Chase, Garrett Park, Glen Echo, Kensington, Potomac and North Bethesda.		Limited to 3 day food supply, once per month. M – F 9 am – 4 pm. Closed Federal Holidays
DAMASCUS HELP 301-253-4100	Delivers food in Clarksburg, Damascus, Northern Gaithersburg, Hyattstown and Northern Germantown.	Spanish	Limited to 3-5 day food supply, once per month.
GERMANTOWN HELP 301-482-1320	Delivers food in Germantown.		Limited to 3 day food supply.
OLNEY HELP 301-774-4334	Delivers food in Ashton, Brinklow, Brookeville, Northern Derwood, Olney, and Sandy Spring.	Spanish	Limited to 2 day food supply, once per month.
ROCKVILLE FISH 301-564-0800	Delivers food in Rockville, Twinbrook and Southern Derwood.		Limited to 3 day food supply, once per month.
WUMCO HELP 301-972-8481	Delivers food in Barnesville, Boyds, Dickerson, Poolesville and Beallsville.		Food supply depends on availability.

MEALS SERVED (No Referral Required)

Organization Name/Phone	Address	Hours	Language	Notes:
<u>Bethesda:</u>				
Bethesda Cares: 301-907-9244	Bethesda First Baptist Church 5033 Wilson Lane Bethesda, MD 20814	1 st - 15 th of the month Mo – Fr 12:45 pm - 1:45 pm		Lunch
	Bethesda Presbyterian Church 7611 Clarendon Rd. Bethesda, MD 20814	SAT 10am - 12noon		Lunch
	Christ Lutheran Church 8011 Old Georgetown Rd. Bethesda, MD 20814	16 th thru end of month Mo – Fr 12:45pm - 1:45pm		Lunch
	Our Lady of Lourdes Church 7500 Pearl St. Bethesda, MD 20814	Sun 5:00 pm – 5:50 pm		Dinner
<u>Gaithersburg:</u>				
Lord's Table at St. Martin's Catholic Church 301-330-5812 301-869-7609	201 S. Frederick Ave. Gaithersburg, MD 20877	Mo – Sa 3:30 pm - 4:30 pm Sep thru June		Not available during summer months (one meal, late lunch/early dinner) A hot 4 course meal and limited referral services.
<u>Laytonsville:</u>				
Morningstar Community Church Community Food Pantry 301-977-7700	6855 Olney-Laytonsville Road Laytonsville, MD 20882	2 nd Wed of every month 7pm – 8pm		Dinner
<u>Silver Spring</u>				
Silver Spring Church of God 301-608-9597 301-585-1220	2106 Linden Lane Silver Spring, MD 20910	Once per month By Appt. only		Bags of food available when referred by Department of Health and Human Services. The sick, unemployed and elderly. A 2-day supply, once per month.
Allen Chapel Outreach 301-404-2688	2518 Fairland Road Silver spring, MD 20904	3 rd Sat of the month 9-11 am		Limit to 20904 - ID & proof of residence required. Limit to 2 days food supply every 2 months. Call to check for availability.
<u>Downtown Silver Spring:</u>				
Interfaith Works (IWS) Community Vision 301-585-4471	8210 Colonial Lane Silver Spring, MD 20910	Mo – Fr 8:00 am – 9:00 am	Spanish	Breakfast
Shepherd's Table at Progress Place 301-585-6463	8210 Colonial Lane Silver Spring, MD 20910	Daily 6:00 pm – 7:30pm	Spanish	Dinner

GROCERY DELIVERY SERVICES

Organization Name/Phone	Address	Hours	Language	Notes:
Shoppers Program of the American Red Cross, Montgomery County, MD 240-485-3030	none listed 2020 East West Highway Silver Spring, MD 20910	Monday - Friday none listed 8:30 – 4:30 pm		Shoppers program provides homebound and escorted grocery shopping services for low income & elderly – must provide proof of income. No required fees but contributions accepted.
Top Banana Home Delivered Groceries Inc. 301-372-FOOD (3663) www.topbananagroceries.org	none listed 14100 Brandywine Road Brandywine, MD 20613	none listed M – Thu 9am – 430 pm Fr – 9am – 3pm		Products delivered from agency's professional storehouse to community, elderly or disabled residents. No eligibility requirements. Orders taken by phone and each client gets extra help as needed (ex: putting groceries away or opening jars). The service fee is based on client's ability to pay.

Please fax any suggestions or revisions to this DeskGuide or requests for additional copies of DeskGuides to 240-777-1342, attention Office Services Coordinator or email to HHS.DeskGuides@montgomerycountymd.gov

DeskGuides are available on the following topics:

**Food
Clothing**

**Furniture and Furnishings
Legal Assistance**

**Emergency Financial Assistance
Health Care**

Did you know that Montgomery County Health and Human Services offers evening hours (with limited services) for the following services?

**Heating Bills, Rent, Food, Health Care,
Cash Assistance or Child Care**

**Services are provided at the Rockville, Germantown and
Silver Spring Regional Centers
every Tuesday from 5 to 7 p.m.**

**No appointment is necessary.
Customers may pick up and complete an application with help,
drop off documents, and ask general questions about programs.**

**8818 Georgia Avenue
Silver Spring, MD 20910**

**12900 Middlebrook Road
Germantown, MD 20874**

**1301 Piccard Drive
Rockville, MD 20850**