

# FOOD ASSISTANCE IN MONTGOMERY COUNTY DURING COVID-19

If you can afford to purchase food for yourself and your family, please see these links which list grocery delivery, curbside pickup and meal delivery/takeout options

**Delivery:** [Peapod](#), [Wegmans](#), [Dawson's Market \(Rockville\)](#), [Roots Market](#), [Market at River Falls](#), [Whole Foods Market through Amazon](#)

**Curbside Pickup:** [Dawson's Market](#), [Takoma Park-Silver Spring Co-op](#), [Market at River Falls](#), [Giant](#), [Founding Farmers Market](#)

**Farmers Markets:** As of 3/23, farmers markets are considered "essential" and can remain open

*\*Note some grocery stores have special hours for at-risk individuals or seniors*

If you cannot afford to purchase food, please refer to the below resources.

1. For food assistance organizations, visit the [Food Assistance Resource Directory Map](#), or call 311 for help navigating the map
2. For discounted groceries, call the [SHARE network](#) at (301)-864-3115
3. Do you receive SNAP (food stamps) benefits?
  - a. Check eligibility and apply online on [myDHR](#)
  - b. Call [Maryland Hunger Solutions](#) for SNAP application assistance over the phone at 1-866-821-5522
  - c. DHHS service centers are closed, but request a phone appointment by calling 240-777-1003
  - d. Many [rules](#) have recently been changed to increase eligibility for SNAP, including removing limits for able-bodied adults (ABAWD)
  - e. During April and May 2020, SNAP recipients will be given the maximum SNAP benefit amount for their household size.

Additional resources:

County COVID-19 Hotline Number:  
**240-777-1755**

24/7 Mental Health Crisis Line: **240-777-4000**

[Gilchrist Center](#): Healthcare,  
Housing/Rent Assistance, Immigration  
Support

[DHHS Assistance](#): Financial Assistance,  
Child Care, Energy



Please visit  
[www.mocofoodcouncil.org](http://www.mocofoodcouncil.org)  
to download this page and  
click on the links.

Are you 60+?

The [Senior Nutrition Program](#) provides nutritious meals to registered residents over 60 and their spouses of any age, as well as to adults with disabilities at [Senior Congregate Meal Sites](#).  
Senior Nutrition Hotline: 240-777-3000

The [Villages Programs](#) are offering grocery assistance and other volunteer support to our senior community.

[Meals on Wheels](#) is continuing to provide home deliveries to seniors throughout the County.

[Manna](#) is now implementing a home delivery program call "Stay Put Packs" to serve older participants and those with health conditions with 30 lbs of non-perishable food.

Are you pregnant or is there a child under 5 in the house?

All [WIC](#) offices are currently closed, but application and program assistance services are available via phone by calling 301-762-9426.

[Montgomery County Public Schools](#) are offering 3 meals daily for each child under 18 at 40+ community sites and nonprofit partner are distributing weekend bags each week.

[No Kid Hungry](#) has a texting hotline (**FOOD or COMIDA to 877-877**) to provide distribution sites in communities where school have closed.

Are there children under 18 in the house?

Would you like to increase benefits at Farmers Markets?

Several [Farmers Markets](#) in Montgomery County accept SNAP or WIC and also match SNAP/WIC dollars spent up to a certain amount. During April and May 2020, [Crossroads Farmers Market](#) is matching SNAP/WIC dollars without limit.

Are you homebound/disabled?

[Meals on Wheels](#) is continuing to provide home deliveries.

Place	Website	Phone Number
Peapod	<a href="http://Peadpod.com">Peadpod.com</a>	1-888-469-4426
Wegmans	<a href="http://instacart.wegmans.com">instacart.wegmans.com</a>	
Dawson's Market	<a href="http://dawsonsmarket.com">dawsonsmarket.com</a>	240-428-1386
Root's Market	<a href="http://rootsmkt.com">rootsmkt.com</a>	Clarksville: 443-535-9321 Olney: 301-774-1344
Market at River Falls	<a href="http://marketriverfalls.com">marketriverfalls.com</a>	301-765-8001
Whole Foods through Amazon	<a href="http://amazon.com/wholefoods">amazon.com/wholefoods</a>	1-888-280-4331
Takoma Park Silver Spring Co-op	<a href="http://tpss.coop">tpss.coop</a>	301-891-2667
Giant	<a href="http://giantfood.com">giantfood.com</a>	1-888-469-4426
Founding Farmers Market	<a href="http://foundingfarmersmarket.com">foundingfarmersmarket.com</a>	
Farmers Markets	<a href="http://marylandfma.org/food/where-to-buy-local-while-social-distancing-on-farm-pickups-and-more">marylandfma.org/food/where-to-buy-local-while-social-distancing-on-farm-pickups-and-more</a>	
Special Grocery Store Hours	<a href="http://www.mymcmedia.org/several-grocery-stores-offering-senior-only-shopping">www.mymcmedia.org/several-grocery-stores-offering-senior-only-shopping</a>	
Food Assistance Resource Directory Map	<a href="http://mocofoodcouncil.org/food-assistance-resource-map">mocofoodcouncil.org/food-assistance-resource-map</a>	311
Share Network	<a href="http://catholiccharitiesdc.org/share">catholiccharitiesdc.org/share</a>	301-864-3115
myDHR online	<a href="http://mydhrbenefits.dhr.state.md.us/dashboardClient/#/home">mydhrbenefits.dhr.state.md.us/dashboardClient/#/home</a>	
Maryland Hunger solutions	<a href="http://mdhungersolutions.org/">mdhungersolutions.org/</a>	1-866-821-5522
SNAP Rules and Regulations	<a href="http://fns.usda.gov/disaster/pandemic/covid-19">fns.usda.gov/disaster/pandemic/covid-19</a>	
Senior Nutrition Program	<a href="http://montgomerycountymd.gov/rec/activitiesandprograms/seniors/nutrition.html">montgomerycountymd.gov/rec/activitiesandprograms/seniors/nutrition.html</a>	
Senior Congregation Meal Site	<a href="http://mocofoodcouncil.org/senior-meals-sites/">mocofoodcouncil.org/senior-meals-sites/</a>	240-777-3000
Village Programs	<a href="http://montgomerycountymd.gov/HHS-Program/ADS/Villages/villageslist.html">montgomerycountymd.gov/HHS-Program/ADS/Villages/villageslist.html</a>	240-777-1231
Meals on Wheels	<a href="https://www3.montgomerycountymd.gov/311/Solutions.aspx?SolutionId=1-534HEE">https://www3.montgomerycountymd.gov/311/Solutions.aspx?SolutionId=1-534HEE</a>	240-777-3810
Manna	<a href="http://mannafood.org">mannafood.org</a>	301-424-1130
WIC Offices	<a href="https://www3.montgomerycountymd.gov/311/Solutions.aspx?SolutionId=1-6BC45Q">https://www3.montgomerycountymd.gov/311/Solutions.aspx?SolutionId=1-6BC45Q</a>	301-762-9426
Montgomery County Public Schools Meals	<a href="http://montgomeryschoolsmd.org/coronavirus/meals/#emergencymeals">montgomeryschoolsmd.org/coronavirus/meals/#emergencymeals</a>	Engilsh: 240-740-3000 Español: 240-740-2845
Maryland Farmers Market Directory	<a href="http://mda.maryland.gov/maryland_products/Documents/2020-Maryland-Farmers-Market-Directory.pdf">mda.maryland.gov/maryland_products/Documents/2020-Maryland-Farmers-Market-Directory.pdf</a>	
Crossroads Farmers Market	<a href="https://www.crossroadscommunityfoodnetwork.org/farmers-market/">https://www.crossroadscommunityfoodnetwork.org/farmers-market/</a>	
Gilchrist Center	<a href="http://montgomerycountymd.gov/gilchrist">montgomerycountymd.gov/gilchrist</a>	240-777-4940
DHHS	<a href="http://montgomerycountymd.gov/HHS/ProgramIndex/FinHousingServicesIndex.html">montgomerycountymd.gov/HHS/ProgramIndex/FinHousingServicesIndex.html</a>	301-251-4850