



MONTGOMERY COUNTY FOOD DELIVERY SUPPORT SERVICES



KEY: G = GROCERY BOX DELIVERY | P = PREPARED MEAL DELIVERY

This graphic serves as a [quick reference guide](#) of food delivery options in Montgomery County. [Please note](#) that some organizations only provide food to specific populations. For example, assistance may be limited to individuals in certain locations, age groups, cultural communities, or to members of a particular program or organization. Please [review each listing carefully](#) to confirm eligibility before reaching out.

EDUCARE SUPPORT SERVICES, INC. – G

- (The Takoma Park Food Pantry – Pantry-On-The-Go)
- Address: 7517 New Hampshire Ave, Takoma Park, MD 20912
- Phone: 240-450-2092
- Email: info@educaremd.org
- Website: <https://educaremd.org/takoma-park-food-pantry/>
- Languages: French, Spanish
- Features: Delivers perishable & non-perishable food to housebound individuals, seniors, and individuals with disabilities
- Service Area: Within 10-mile radius of Takoma Park address
- Current Capacity: Accepting new referrals (10-15 households per week; up to 50 per month)

AMERICAN MUSLIM SENIOR SOCIETY INC. (AMSS) – P

- Address: AMSS Food Pantry/Office
- 15841 Crabbs Branch Way Rockville MD, 20855
- Phone: 301-355-9961
- Email: info@amssmd.org
- Website: <https://www.amssmd.org/>
- Schedule: Every first and third Sunday of the month from 10:00 a.m.–12:00 p.m.
- Languages: Arabic, English, Urdu, Hindi, French, Wolof, Creole, Spanish
- Features: Halal, Produce
- Eligibility Notes: Walk-In (registration required)/ Delivery (for eligible clients)
- Current Capacity: Accepting new referrals

FOOD & FRIENDS, INC. – P

- Address: 219 Riggs Rd NE, Washington, DC 20011
- Phone: 202-269-6820
- Email: info@foodandfriends.org
- Website: How to Get Meals and Nutrition Counseling <https://foodandfriends.org/how-to-get-meals/>
- Schedule: Monday–Friday, 8:00 AM–5:00 PM (Delivery Fridays)
- Features: Medically tailored meals; nutrition counseling
- Eligibility Notes: Intake application must be signed by a medical professional verifying health status. Up to three referrals per healthcare partner per month.
- Current Capacity: Accepting new intake applications

BETHESDA HELP – G

- Address: P.O. Box 34094, Bethesda, MD 20827-0094
- Phone: 301-365-2022
- Email: info@bethesdaahelp.org
- Website: <https://www.serviceahelp.org/home>
- Schedule: Monday–Friday, 9:00 AM–4:00 PM
- Languages: English, Spanish, French
- Features: Shelf-stable food deliveries up to 3 times per month; no income or Medicaid requirements
- Service Area: Bethesda, Chevy Chase, Kensington, parts of Potomac, Silver Spring & Wheaton
- Current Capacity: Accepting new referrals

GAITHERSBURG MEALS ON WHEELS, INC. – P

- Address: 80-A Bureau Drive, Gaithersburg, MD 20878
- Phone: 301-371-2770
- Email: Info@gburgmow.org
- Website: <https://www.gaithersburgmealsonwheels.org/>
- Schedule: Monday–Friday, 11:00 AM–1:00 PM
- Features: Freshly prepared hot and cold meals
- Eligibility Notes: Serves seniors age 60+ in Gaithersburg area
- Current Capacity: Accepting new referrals (no waiting list)

DAMASCUS HELP, INC. – G

- Address: P.O. Box 126, Damascus, MD 20872
- Phone: 301-253-4100
- Email: dh20872@aol.com
- Website: <https://damascushelp.org/>
- Schedule:
 - Monday–Friday: 9:00 AM–5:00 PM
 - Saturday: 9:00 AM–1:00 PM
- Languages: French, Russian, Spanish
- Features: Pantry items, fresh produce, other services
- Service Area ZIP Codes: 20871, 20872, 20882 (north of Brink Rd), 20876 (north of Brink Rd), part of 20841
- Current Capacity: Accepting new referrals

GERMANTOWN HELP, INC. – G

- Location: Germantown, MD
- Phone: 301-482-1320
- Email: info.gtownhelp@gmail.com
- Website: <https://germantownhelp.org/>
- Schedule: Monday–Friday, 9:00 AM–8:00 PM
- Languages: Spanish
- Features: Pre-packed perishable & nonperishable items; limited dietary accommodation; prescription assistance
- Service Area ZIP Codes: 20874, 20876
- Current Capacity: Accepting new referrals

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JEWISH SOCIAL SERVICE AGENCY (JSSA) – P

- Address: 6123 Montrose Rd, Rockville, MD 20852
- Phone: 301-816-2639
- Email: contactus@jssa.org
- Website: <https://www.jssa.org/services/aging-in-place/meal-delivery/>
- Schedule: Monday–Friday, 9:00 AM–12:30 PM
- Languages: Russian
- Features: Kosher meals; 3–5 meals per week; subsidy options available
- Eligibility Notes: Serves seniors and adults ages 50 – 59. Subsidies available through Montgomery County DHHS Senior Nutrition Program.
- Current Capacity: Limited availability (waitlist for 60+; space for 1–2 individuals ages 50–59)

ROCKVILLE HELP – G

- Address: P.O. Box 1624, Rockville, MD 20849
- Phone: 301-564-0800
- Email: rockvillemdhelp@gmail.com
- Website: <https://www.rockvillehelp.org/>
- Schedule: Monday–Sunday, 9:00 AM–5:00 PM (messages returned daily)
- Languages: Spanish
- Features: 3 deliveries per 6-month period (exceptions possible)
- Service Area: Rockville (specific boundary areas)
- Current Capacity: Accepting new referrals

MANNA FOOD CENTER – G

- Address: 12301 Old Columbia Pike, Suite 200, Silver Spring, MD 20904
- Phone: 301-424-1130 (Press 2 for Referral Team)
- Email: info@mannafood.org
- Website: <https://www.mannafood.org/>
- Schedule: Monday–Friday, 9:00 AM–4:00 PM
- Languages: Amharic, French, Spanish
- Features: Benefits counseling, special diet accommodations, fresh produce, additional services
- Eligibility Notes: Appointment required. No waiting list.
- Current Capacity: Accepting new referrals

SO WHAT ELSE – G

- Address: 4924 Wyaconda Rd, North Bethesda, MD 20852
- Phone: 240-705-4345
- Email: info@sowhatelse.org
- Website: <http://www.sowhatelse.org/>
- Schedule:
 - Monday & Friday: 8:30 AM–4:00 PM
 - Tuesday–Thursday: 8:30 AM–4:30 PM
 - Saturday: 7:00 AM–1:00 PM
- Languages: Mandarin, Spanish
- Features: Food pantry appointments required (online scheduling available)
- Current Capacity: Accepting new referrals

MEALS ON WHEELS OF WHEATON – P

- Address: 10101 Connecticut Avenue, Kensington, MD 20895
- Phone: 301-942-1111
- Email: MOWofWheaton@gmail.com
- Website: <https://mowwheaton.org/>
- Schedule: Monday–Friday, 9:00 AM–1:00 PM
- Features: Home-delivered nutritious meals (a hot mid-day meal and a cold supper) five days a week
- Service Area: From the Beltway (Rte. 495), north along Connecticut Avenue and Georgia Avenue, and includes:
 - Kensington, Silver Spring, Garrett Park, Wheaton, Glenmont, Layhill, Aspen Hill, Leisure World
- Eligibility Notes: Serves seniors age 60+, physically and/or mentally incapacitated and in need of some assistance, & unable to prepare nutritious meals or to shop for food
- Current Capacity: Accepting new referrals

THE UPCOUNTY HUB – G

- Address: 12900 Middlebrook Rd, Suite 1100 Germantown, MD 20874
- Phone: 240-912-1077
- Email: info@theupcountyhub.org
- Website: www.theupcountyhub.org
- Schedule: Monday–Friday, 9:00 AM–5:00 PM
- Languages: English, Spanish
- Features: Pantry items, Fresh Produce, Fresh and Frozen Proteins
- Service Area: Zipcodes 20837, 20842, 20839, 20838, 20841, 20874, 20876, 20879, 20871, 20872, 20882 and 20886
- Eligibility Notes: Delivery Weekly to residents
- Current Capacity: Accepting new referrals

OLNEY HELP, INC. – G

- Phone: 301-774-4334
- Email: Help@OlneyHelp.org
- Website: <http://olneyhelp.org/>
- Languages: Spanish
- Features: Special diet accommodations, fresh produce, limited financial assistance (rent, utilities, medication)
- Service Area ZIP Codes: 20832, 20833, 20860, 20861, 20862, small portion of 20855
- Eligibility Notes: Food assistance once per month
- Current Capacity: Accepting new referrals (3–4 additional families per month)

WESTERN UPPER MONTGOMERY COUNTY (WUMCO) HELP, INC. – G

- Address: 17821 Elgin Rd, Poolesville, MD 20837
- Phone: 301-972-8481
- Email: info@wumcohelp.org
- Website: <https://wumcohelp.org/>
- Schedule: Monday–Friday, 9:00 AM–12:00 PM
- Features: Fresh produce, pantry items, special diet accommodations, financial & medical assistance
- Service Area ZIP Codes: 20837, 20838, 20839, 20841, 20842
- Current Capacity: Accepting new referrals

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Link to Food Resources

