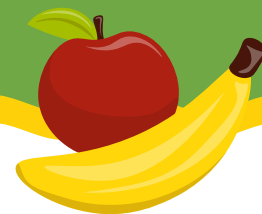




Maryland Food Pantry Directory by County

Please note: The information in this guide is current as of November 2025 and may not include all available resources. All listed resources are **free and open to everyone**. For an expanded and continuously updated list of food resources, visit **mcf.family/food-assistance**



Allegany

Food Pantry by the Office of Consumer Advocates, Inc.

632 North Centre Street, Cumberland, MD 21502

Open M-F 10:00 AM - 1:30 PM

240-362-7168 (Appointment Only)

Healing Hunger Food Service

12504 Naves Cross Road Northeast, Cumberland, MD 21502

Open Fridays and Saturdays

301-724-4467

Western Maryland Food Bank

The Harry and Jeanette Weinberg Building, 816 Frederick Street,
Cumberland, MD 21501

Open M-F 8:00 AM - 4:00 PM

301-722-2797

Anne Arundel

Free Mobile Community Market

Pioneer Drive, Severn, MD 21144

Open M-F 8:00 AM - 5:00 PM

410-553-4505

Food Pantry at St. Elizabeth Ann Seton Catholic Church

1800 Seton Drive, Crofton, MD 21114

Open MWF 10:00 AM - 12:30 PM

410-721-5770

Food Assistance by North County Emergency Outreach Network (NCEON)

304 5th Avenue Southeast, Glen Burnie, MD 21061

Open M-F 10:00 AM - 12:00 PM

410-766-1826



Baltimore City

Transformation Center

3701 4t Street, Brooklyn, MD 21225

Hours vary

443-312-8700

Y in Druid Hill Fresh Mart

1609 Druid Hill Avenue, Baltimore, MD 21217

Open Mondays, Tuesdays, and Saturdays

410-663-1300

Food Pantry by the Salvation Army of Central Maryland

814 Light Street, Baltimore, MD 21230

Open M-F 8:30 AM - 4:30 PM

410-783-2920

Food and Clothing Pantry by Bea Gaddy Family Center

425 North Chester Street, Baltimore, MD 21231

Open Monday-Saturday

410-563-2749

Baltimore County

Y in Central Maryland Fresh Mart

8910 Waltham Woods Road, Parkville, MD 21234

Open Tuesdays and Saturdays

410-663-1300

St. Mark's on the Hill

1620 Reisterstown Road, Pikesville, MD 21208

Open Saturdays 10:00 AM - 1:00 PM

410-486-3016

Food Pantry by Southwest Emergency Services

1201 Maple Avenue, Arbutus, MD 21227

Open MWF 9:00 AM - 11:30 AM

410-247-8154



Calvert County

Smile Food Pantry

10290 H G Trueman Road, Lusby, MD 20657

Open Mondays, Wednesdays, and Saturdays

410-326-0009

Food Pantry by Calvert Churches Community Food Pantry, Inc

100 Jibsail Drive, Suite 101, Prince Frederick, MD 20678

Open Mondays, Tuesdays, and Wednesdays 9:00 AM - 12:00 PM

410-414-7474

Caroline County

Food Pantry by Martin's House & Barn

14374 Benedictine Lane, Ridgely, MD 21660

Open Tuesday-Friday

410-634-2537

Food Pantry by Samaritan House

12 North 5th Street, Denton MD, 21629

Hours vary

410-479-1251

Carroll County

Y in Central Maryland Fresh Mart

1719 Sykesville Road, Westminster, MD 21157

Open Mondays and Saturdays

410-663-1300

Food Pantry by Morgan Chapel United Methodist Church

6750 Woodbine Road, Woodbine, MD 21797

Open 2nd and 4th Saturday of the Month

410-970-2485



Carroll County, Continued

Food Program by Westminster Rescue Mission
658 Lucabaugh Mill Road, Westminster, MD 21157
Open Monday-Friday (Appointment Only)
410-848-2222

Cecil County

Cecil County Help Center
135 E High Street, Elkton, MD 21921
Hours vary
410-996-0260

Pantry On-The-Go
300 Rear Seneca Avenue, Havre De Grace, MD 21078
Monthly - Upcoming event on 11/26/2025 10:00 AM - 2:00 PM
410-939-3535

Sheilagh's Pantry
200 Road B Hollingsworth Manor, Elkton, MD 21921
Open Mondays and Wednesdays 2:00 PM - 4:00 PM
410-287-1100 ext. 1125

Charles County

Food Pantry by the Arnold House
3444 Rockefeller CT, Waldorf, MD 20602
Open Mondays, Tuesdays, Thursdays, and Fridays 11:00 AM - 1:00 PM
301-932-8555

Wayside Food Pantry
13050 Rock Point Road, Newburg, MD 20664
Call for hours
301-259-4327



Charles County, Continued

The Samaritan Project

101 Catalpa Drive, Suite 103, La Plata, MD 20646

Open Monday-Friday 9:30 AM - 5:00 PM

301-609-9900

Dorchester County

Food Pantry by the Salvation Army

200 Washington Street, Cambridge MD, 21613

Hours vary

443-225-7332

Delmarva Community Services

2450 Cambridge Beltway, Cambridge MD, 21613

Open Mondays, Wednesdays, and Thursdays 9:00 AM - 4:00 PM

410-901-2998

Frederick County

Community Fridge and Pantry

15 West Church Street, Frederick, MD 21701

Open 24 hrs.

Food Pantry by Helping Hands and Caring Hearts

12428 Fingerboard Road, Monrovia, MD 21770

Open Tuesdays, Thursdays, and Saturdays 11:00 AM - 2:00 PM

240-388-6514

Food Distribution Drops by the City of Frederick

Department of Housing and Human Services

Contact 301-600-1506 for nearest location



Garrett County

Food Pantry by House of Hope

Please call 301-334-2357 for more information

Community Meals by the Episcopal Church Garrett County

126 East Liberty Street, Oakland, MD 21550

Upcoming events on 11/20/2025 and 12/18/2025 at 5:00 PM

301-334-4699

Harford County

Pantry On-The-Go

300 Rear Seneca Avenue, Havre De Grace, MD 21078

Monthly - Upcoming event on 11/26/2025 10:00 AM - 2:00 PM

410-939-3535

The Sharing Table

2600 Willoughby Beach Road, Edgewood, MD 21040

Open Saturdays 11:30 AM - 1:00 PM

410-575-3858

Howard County

Grassroots Day Resource Center

10390 Guilford Road, Suite A, Jessup, MD 20794

Open Mondays/Wednesdays 2:00 PM - 6:00 PM

& Saturdays 10:00 AM - 2:00 PM

301-776-9900

Food Pantry by Food and Care for All

10262 Baltimore National Pike, Ellicott City, MD 21042

Open Tuesdays/Thursdays 9:00 AM - 4:00 PM

& Saturdays 9:00 AM - 2:00 PM

410-988-5392



Howard County, Continued

Howard County Food Bank

9385 Gerwig Lane, Suite J, Columbia, MD 21046

Open Tuesdays, Wednesdays, Thursdays, and Saturdays

Hours vary

410-313-6185

Kent County

Food Pantry by the Salvation Army

200 Washington Street, Cambridge MD, 21613

Hours vary

443-225-7332

Food Pantry by MD Rural Development Corporation

118-B South Lynchburg Street, Chestertown, MD 21620

Hours vary

667-254-8063

Montgomery County

Grab & Go Food by the Equity Center

19201 Woodfield Road, @ ICOG church, Gaithersburg, MD 20879

Open Wednesdays 11:00 AM - 2:00 PM and Saturdays 9:00 AM - 11:00 AM

202-893-8996

Choice Food Pantry by Catholic Charities

12247 Georgia Avenue, Silver Spring, MD 20902

Open MWF 9:00 AM - 4:00 PM

301-942-1790

Mobile Food Pantry by Mid-County United Ministries

13501 Georgia Avenue, Silver Spring, MD 20906

Open Sundays 2:00 PM - 4:00 PM

301-929-8675



Prince George's County

Labor of Love by Community Outreach and Development
4719 Marlboro Pike, Capitol Heights, MD 20743
Open M-F 9:00 AM - 5:00 PM
301-735-0121

Food Pantry by Tzu Chi - Greater Washington D.C.
6111 Ager Road #2707, Hyattsville, MD 20782
This program is offered on the fourth Saturday of each month.
703-707-8606

Food Pantry by Trinity Lutheran Church
6600 Laurel Bowie Road, Bowie, MD 20715
Open Saturdays 9:00 AM - 12:00 PM
301-442-6726

Queen Anne's County

Haven Ministries, Inc.
206 Del Rhodes Avenue, Queenstown, MD 21658
Open Mondays, Wednesdays, Thursdays & Fridays 8:30 AM - 4:30 PM
& Tuesdays 7:00 AM - 7:00 PM
410-827-7194

Food Pantry by St. Christopher's Catholic Church
1861 Harbor Drive, Chester, MD 21619
Open MWF 9:30 AM - 12:00 PM
410-643-6220

Grasonville Seventh Day Adventist Church
208 Medical Center Drive, Grasonville, MD 21638
Open Mondays 10:00 AM - 1:00 PM
410-827-8461



St. Mary's County

Food Pantry by The Mission

21015 Great Mills Road, Lexington Park, MD 20653

Open Monday through Saturday 7:30 AM - 2:00 PM

240-718-8911

Helping Hands

28291 Old Village Rd, Mechanicsville

Open Fridays 10:00 AM - 1:00 PM

240-496-0727

First Friendship Pantry

13723 Point Lookout Rd, Ridge

Open Wednesdays and Saturdays 10:30 AM - 11:30 AM

301-475-7200

Somerset County

Food Pantry at Somerset County Judy Center

281A Woodson School Road, Crisfield, MD, 21817

& 11576 Lankford Street, Princess Anne, MD, 21853

Hours vary

410-968-1295

Seton Center

30632 Hampden Avenue, Princess Anne, MD 21853

Open M-F 8:00 AM - 5:00 PM

410-651-9608

Food Pantry by Diakonia, Inc.

12747 Old Bridge Road, Ocean City, MD 21842

Open daily 8:00 AM - 4:00 PM

410-213-0923



Talbot County

St. Vincent De Paul

29533 Canvasback Drive

Open Tuesdays 1:00 PM - 4:00 PM and Saturdays 9:00 AM - 12:00 PM

410-770-4505

St. Mark's Pantry at Brookletts Senior Center

400 Brookletts Ave, Easton, MD 21601

Open Fridays 9:00 AM - 11:00 AM

410-822-2869

Tilghman Food Pantry

5731 Tilghman Island Rd, Tilghman, MD 21671

Open Wednesdays 3:00 PM - 4:30 PM

410-886-9863

Washington County

The Hope Center at Hagerstown Rescue Mission

125 North Prospect Street, Hagerstown, MD 21740

Open M-F 8:15 AM - 4:00 PM

301-739-1165

Food Pantry by Washington County Community Action Council

117 Summit Avenue, Hagerstown, MD 21740

Open M-F 8:30 AM - 4:00 PM

301-797-4161

Food Pantry by Salvation Army of Hagerstown

525 George Street, Hagerstown, MD 21740

Open M-F 9:00 AM - 4:00 PM

301-733-2440



Wicomico County

Food Pantry by The Salvation Army
407 Oak Street, Salisbury, MD 21804
Open Monday through Friday 8:30 AM - 4:30 PM
410-749-7771

Shore Up! Inc.
520 Snow Hill Road, Salisbury, MD 21804
Open M-F 8:30 AM - 5:00 PM
410-749-1142

Salisbury Outreach Services
1905 Cedar Way, Salisbury, MD 21804
Open Saturdays 10:00 AM - 11:00 AM
410-341-4767

Worcester County

Blessing House Ministries
7915 Old Ocean City Road, Whaleyville, MD 21872
Re-opening 11/4/2025 11:00 AM - 2:00 PM
410-835-2913

For more resources, please visit mcf.family/food-assistance

