



## Howard County Resource Guide – Food Assistance and Nutrition Education Programs

The Howard County Local Health Improvement Coalition (HCLHIC) is working to increase participation in free/low-cost nutrition education/services for priority populations by 20%. In addition, the HCLHIC is working on an effort to reduce the consumption of sugary, sweetened beverages and increase healthy food choices for priority populations. HCLHIC partner organizations including: *Howard County General Hospital, Howard County Health Department, the Horizon Foundation, Howard County Parks and Recreation, and the Howard County Public School System* are collaborating to help achieve these goals. *You can help by sharing these programs and services!*

EMERGENCY FOOD ASSISTANCE PROGRAMS				
Program Name & Link	Target Population	Program Description	Dates	Location
<b>FISH of Howard County</b> <a href="http://www.fishhowardcounty.com">www.fishhowardcounty.com</a>	Community	Provides food, financial assistance, and referrals to county residents with legitimate emergency needs. The food assistance program includes a 7-10-day supply of emergency food delivered to the home.	Ongoing	6132 Nest Side Columbia, MD 21045  Phone: 410-964-8660
<b>Howard County Food Bank &amp; Food Pantries</b> <a href="http://www.cac-hc.org/programs-services/food-assistance">www.cac-hc.org/programs-services/food-assistance</a>	Community	Provides food to Howard County residents in need. CAC also sponsors fourteen (14) emergency food pantries that support families in need of emergency food assistance.	Ongoing	9385 Gerwig Lane, Suite J Columbia, MD 21046  Phone: 410-313-6185
<b>The Salvation Army of Maryland and West Virginia Howard County Service Center</b> <a href="http://www.salvationarmycm.org">www.salvationarmycm.org</a>	Community	Provides several services including food assistance.	Ongoing	3267 Pine Orchard Lane Ellicott City, MD 21042  Phone: 443-656-3376 Email: <a href="mailto:sue.hunt@uss.salvationarmy.org">sue.hunt@uss.salvationarmy.org</a>



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FOOD ASSISTANCE PROGRAMS				
Program Name & Link	Target Population	Program Description	Dates	Location
<b>Howard County Food Bank &amp; Food Pantries</b> <a href="http://www.cac-hc.org/programs-services/food-assistance">www.cac-hc.org/programs-services/food-assistance</a>	Community	Provides food to Howard County residents in need. CAC also sponsors fourteen (14) emergency food pantries that support families in need of emergency food assistance.	Ongoing	9385 Gerwig Lane, Suite J Columbia, MD 21046  Phone: 410-313-6185
<b>Howard County Office on Aging and Independence</b>  <b>Age 50+ Congregate Meals Program</b> <a href="http://www.howardcountymd.gov/50pluscenters">www.howardcountymd.gov/50pluscenters</a>	Older Adults	Offers a noontime meal for individuals age 50+ and their spouses of any age. Membership in Howard County 50+ Centers is free, but registration is required. Individuals under age 50 may purchase a meal at its full cost. The nutrition program provides one-third of the Recommended Daily Allowance (RDA) and offers a great opportunity to dine and socialize with others.	Ongoing	Various County Locations  Contact <b>Maryland Access Point (MAP)</b> : Phone: 410-313-1234 Email: <a href="mailto:map@howardcountymd.gov">map@howardcountymd.gov</a>
<b>Howard County Farmers Markets</b> <a href="http://www.hceda.org/farm-agriculture/locations/farmers-markets">www.hceda.org/farm-agriculture/locations/farmers-markets</a>	Community	Offers Farmers Markets 5 days a week throughout the county to assist people in accessing fresh fruits and vegetables. WIC and Senior Farmers' Market Nutrition Program (SFMNP) vouchers are accepted at all markets.	May – November	Various County Locations  Phone: 410-313-6500 Email: <a href="mailto:kljohnson@hceda.org">kljohnson@hceda.org</a>

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<p><b>Howard County Public School System (HCPSS) Free and Reduced Meals (FARMs)</b></p> <p><a href="http://www.hcpss.org/food-services/farms">www.hcpss.org/food-services/farms</a></p>	<p>Children</p>	<p>Provides students from households that meet federal income guidelines with free or reduced-price meals. Application must be completed each year.</p>	<p>September-June</p>	<p>HCPSS Food &amp; Nutrition Service Office                  10910 Clarksville Pike                  Ellicott City, MD 21042</p> <p>Phone: 410-313-6600</p>
<p><b>Howard County Public School System (HCPSS) Summer Food Service Program</b></p> <p><a href="http://www.hcpss.org/food-services">www.hcpss.org/food-services</a></p>	<p>Children</p>	<p>Provides meals to children 18 and under without charge. Parents or guardians do not need to apply for their children to be a part of this program.</p>	<p>June-August</p>	<p>Locations Vary</p> <p>Phone: 410-313-6600</p>
<p><b>Hungry Harvest</b></p> <p><a href="http://www.hungryharvest.net">www.hungryharvest.net</a></p>	<p>Community</p>	<p>Offers local produce that can be ordered and delivered to your home. Additional services include a reduced-cost market and donations to people in need.</p>	<p>Ongoing</p>	<p>Email: <a href="mailto:family@hungryharvest.net">family@hungryharvest.net</a></p>
<p><b>Just One Kid</b></p> <p><a href="http://www.justonekid.org">www.justonekid.org</a></p>	<p>Children</p>	<p>Provides assistance including meals on weekends for school-aged children in the Oakland Mills Village of Howard County.</p>	<p>Ongoing</p>	<p>Just ONE Kid Charity                  c/o The Savoy Team of Keller Williams Integrity                  3290 N Ridge Rd, #150                  Ellicott City, MD 21043</p> <p>Phone: 443-858-2723                  Email: <a href="mailto:Charlotte@JustONEKid.org">Charlotte@JustONEKid.org</a></p>

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<p><b>Meals on Wheels of Central Maryland</b>  <a href="http://www.mealsonwheelsmd.org">www.mealsonwheelsmd.org</a></p>	<p>Homebound due to age or disability</p>	<p>Provides several assistance programs including a meal delivery service and a grocery assistance program to individuals who are homebound due to age or disability. Charges a fee based on a sliding scale that considers the client's income and acceptable expenses.</p>	<p>Ongoing</p>	<p>Main Office/Central Service Facility                      515 South Haven Street                      Baltimore, Maryland 21224                       Phone: 410-558-0827 or 1-866-558-0827 (Toll free)                      Email: <a href="mailto:CToffice@mowcm.org">CToffice@mowcm.org</a></p>
<p><b>Moveable Feast</b>  <a href="http://www.mfeast.org">www.mfeast.org</a></p>	<p>Individuals with chronic disease</p>	<p>Provides a free meal delivery service designed for individuals with chronic diseases who need meal assistance. Referral from a medical provider and application are required to participate.</p>	<p>Ongoing</p>	<p>Moveable Feast                      901 N. Milton Avenue                      Baltimore, MD 21205                       Phone: 410-327-3420</p>
<p><b>Roving Radish</b>  <a href="http://www.rovingradish.com">www.rovingradish.com</a></p>	<p>Community</p>	<p>Offers meal kits sold from local/regional farms to support healthy eating habits and local food producers. Meals kits are available at a subsidized price for eligible individuals.</p>	<p>Ongoing</p>	<p>Pick-up Locations Vary                       Phone: 410-992-2049                      Email: <a href="mailto:JZoller@howardcountymd.gov">JZoller@howardcountymd.gov</a></p>
<p><b>SNAP/Food Supplement Program (FSP)</b>  <a href="http://www.dhr.maryland.gov/food-supplement-program/">www.dhr.maryland.gov/food-supplement-program/</a></p>	<p>Community</p>	<p>Provides support to low-income households to buy the foods they need for good health.</p>	<p>Ongoing</p>	<p>Howard County DSS                      9780 Patuxent Woods Drive                      Columbia, MD 21046                       Phone: 410-872-8700                      Email: <a href="mailto:howco.dss@maryland.gov">howco.dss@maryland.gov</a></p>

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<p><b>Senior Farmers' Market Nutrition Program (SFMNP)</b></p> <p><a href="http://www.dhr.maryland.gov/food-supplement-program/">www.dhr.maryland.gov/food-supplement-program/</a></p>	<p>Community</p>	<p>Provides low-income seniors with coupons that can be exchanged for eligible foods (fruits, vegetables, honey, and fresh-cut herbs) at farmers' markets, roadside stands, and community supported agriculture (CSA) programs.</p>	<p>Ongoing</p>	<p>Office on Aging and Independence (OAI)                  9830 Patuxent Woods Drive                  Columbia, MD 21046</p> <p>Contact <b>Maryland Access Point (MAP)</b>:                  Phone: 410-313-1234                  Email: <a href="mailto:map@howardcountymd.gov">map@howardcountymd.gov</a></p>
<p><b>Weekend Warrior Snack packs</b></p> <p><a href="http://www.hcpss.org/food-services">www.hcpss.org/food-services</a></p>	<p>Children</p>	<p>Offers a free bag of snacks to provide nutrition over the summer weekends to all Howard County youth ages 18 and younger.</p>	<p>June-August</p>	<p>Howard County Local Children's Board</p> <p>Locations Vary                  Phone: 410-313-6736</p>
<p><b>Women, Infants, Children (WIC)</b></p> <p><a href="http://www.howardcountymd.gov/Departments/Health/Women-Infants-Children-WIC">www.howardcountymd.gov/Departments/Health/Women-Infants-Children-WIC</a></p>	<p>Women, Infants, &amp; Children under age 5</p>	<p>Provides nutrition education and access to healthy supplemental food for pregnant and breastfeeding women and children under the age of 5 years.</p>	<p>Ongoing</p>	<p><b>Columbia Health Center</b>                  8930 Stanford Blvd                  Columbia, MD 21045</p> <p>Phone: 410-313-7510 (voice/relay)</p> <p><b>North Laurel Health Center</b>                  9411 Whiskey Bottom Rd                  Laurel, MD 20723</p> <p>Phone: 410-313-0630 (voice/relay)                  Email: <a href="mailto:HowardWIC@howardcountymd.gov">HowardWIC@howardcountymd.gov</a></p>

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NUTRITION EDUCATION PROGRAMS				
Program Name & Link	Target Population	Program Description	Dates	Location
<b>Better Beverage Finder</b> <a href="http://www.betterbeveragefinder.org">www.betterbeveragefinder.org</a>	Community	Offers a quick way to find better beverages to reduce sugary drink consumption.	Ongoing	The Horizon Foundation 10221 Wincopin Cir #200, Columbia, MD 21044  Phone: 410-715-0311
<b>Columbia Association NewU Programs</b> <a href="http://www.columbiaassociation.org/blog/cas-newu-programs-offer-four-health-focused-options-to-improve-your-life/">www.columbiaassociation.org/blog/cas-newu-programs-offer-four-health-focused-options-to-improve-your-life/</a>	Community *Members and Non-Members	Columbia Optimal Health, Columbia Optimal Health for My Baby and Me, and Fit Beginnings are offered to Columbia Association members and non-members with physician referral. Costs Vary.	Ongoing	Columbia Association 6310 Hillside Court, Suite 100 Columbia, MD 21046  Phone: 410-715-3128 Email: <a href="mailto:MedicalReferralPrograms@columbiaassociation.org">MedicalReferralPrograms@columbiaassociation.org</a>
<b>Columbia Association Healthy Eating Series</b> <a href="http://www.columbiaassociation.org/health-and-fitness/newu/">www.columbiaassociation.org/health-and-fitness/newu/</a>	Community *Members and Non-Members	Offers seminars on how eating healthy can be affordable, enjoyable, and sustainable. Addresses the effects of a poor diet on mental and physical health and offers cooking demonstrations, recipes, tastings, presentations by nutritionists, and other interactive activities.	Ongoing	Columbia Association 6310 Hillside Court, Suite 100 Columbia, MD 21046  Phone: 410-715-3128 Email: <a href="mailto:MedicalReferralPrograms@columbiaassociation.org">MedicalReferralPrograms@columbiaassociation.org</a>

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<p><b>Giant Food Nutrition Education Program</b></p> <p><a href="https://giantfood.com/health-and-wellness/#/our-nutritionists">https://giantfood.com/health-and-wellness/#/our-nutritionists</a></p>	<p>Community</p>	<p>Registered Dietitians provide nutrition education and grocery store tours to community members. Fees refunded with gift card upon completion.</p>	<p>Ongoing</p>	<p>Giant                  9200 Baltimore National Pike                  Ellicott City, MD 21043</p> <p>Phone: 410-696-1309                  Email: <a href="mailto:melanie.berdyck@giantfood.com">melanie.berdyck@giantfood.com</a></p>
<p><b>Health Promotion On Call</b></p> <p><a href="http://www.healthpromotiononcall.com">www.healthpromotiononcall.com</a></p>	<p>Community</p>	<p>Registered Dietitians provide nutrition counseling to individuals and groups.</p>	<p>Ongoing</p>	<p>10280 Old Columbia Road, Suite 220                  Columbia, MD 21046</p> <p>Phone: 443-794-7187                  Email: <a href="mailto:healthpromotiononcall@gmail.com">healthpromotiononcall@gmail.com</a></p>
<p><b>Howard County General Hospital Wellness Center</b></p> <p><a href="http://www.hopkinsmedicine.org/howard_county_general_hospital/classes_events">www.hopkinsmedicine.org/howard_county_general_hospital/classes_events</a></p>	<p>Community                  *Must be 18 or older to attend</p>	<p>Provides outreach and education to the Howard County community including screenings to determine risk for high blood pressure, various types of cancer, mental health issues and diabetes.</p>	<p>Ongoing</p>	<p>Medical Pavilion at Howard County                  10710 Charter Dr. #100                  Columbia, MD 21044</p> <p>Phone: 410-740-7601</p>
<p><b>Howard County Local Health Improvement Coalition</b></p> <p><a href="http://www.hclhic.org">www.hclhic.org</a></p>	<p>Community</p>	<p>Provides Healthy Weight and Physical Activity resources including a directory of Howard County Food and Nutrition Assistance and Nutrition Education Services.</p>	<p>Ongoing</p>	<p>Howard County Health Department                  8930 Stanford Blvd.                  Columbia, MD 21045</p> <p>Phone: 410-313-6204                  Email: <a href="mailto:lhic@howardcountymd.gov">lhic@howardcountymd.gov</a></p>

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<p><b>Maryland University of Integrative Health</b></p> <p><a href="https://www.muhi.edu/health-resources/natural-care-center/nutrition-consultations#Appointment">https://www.muhi.edu/health-resources/natural-care-center/nutrition-consultations#Appointment</a></p>	Community	Nutritionists provide personalized nutrition counseling to individuals.	Ongoing	<p>Maryland University of Integrative Health                  7750 Montpelier Road                  Laurel, MD 20723</p> <p>Phone: 410-888-9048 ext.6614                  Email: <a href="mailto:naturalcarecenter@muhi.edu">naturalcarecenter@muhi.edu</a></p>
<p><b>The Physicians Committee for Responsible Medicine</b></p> <p><a href="http://www.pcrm.org/health">www.pcrm.org/health</a></p>	Community	Provides online nutrition information about following a plant-based diet. Information available in English, Spanish, and Mandarin Chinese.	Ongoing	<p>5100 Wisconsin Ave., NW, Suite.400,                  Washington DC, 20016</p> <p>Phone: 202-686-2210                  Email: <a href="mailto:pcrm@pcrm.org">pcrm@pcrm.org</a></p>
<p><b>Stepping Up Your Nutrition Program</b></p> <p><a href="http://www.howardcountymd.gov/OOAHealthandWellness">www.howardcountymd.gov/OOAHealthandWellness</a></p>	Community *Must be 18 or older to attend	Provides participants with information about malnutrition and increased risk of falls and offers strategies for eating better and improving health.	Ongoing	<p>Locations Vary</p> <p>Contact: Jennifer Lee                  Phone: 410-313-5940                  Email: <a href="mailto:jlee@howardcountymd.gov">jlee@howardcountymd.gov</a></p>
<p><b>University of Maryland Extension Food Supplement Nutrition Education (FSNE) Program</b></p> <p><a href="http://www.extension.umd.edu/fsne">www.extension.umd.edu/fsne</a></p>	Community	Offers free nutrition education programs to help Supplemental Nutrition Assistance Program (SNAP) households and those eligible for SNAP.	Ongoing	<p>University of Maryland Extension-Howard County                  3300 North Ridge Road, Suite 240,                  Ellicott City, MD 21043</p> <p>Phone: 410-313-1797                  Email: <a href="mailto:rsahuri@umd.edu">rsahuri@umd.edu</a></p>