

Howard County Resource Guide – Food Assistance and Nutrition Education Programs

The Howard County Local Health Improvement Coalition's (HCLHIC) goal is to increase access to and awareness of culturally appropriate, accessible, affordable, and nutritious food to decrease food and nutrition insecurity among Howard County residents.

FOOD ASSISTANCE PROGRAMS				
Program Name & Link	Population	Program Description	Pantry / Mealtimes	Location / Contact
Bethany Lane Online Food Pantry https://bethanyumc.churchcenter.com/registrations/events/1672540	Community	Bethany's online food pantry helps ensure people in need receive groceries and other household items without storing products on the church premises. Pick-up or delivery.	Monday through Thursday 9 am - 2 pm	Bethany United Methodist Church 2875 Bethany Lane Ellicott City, MD 21042 Phone: 410-465-2919 Email: bethanypantry@bethanyum.org
Blessings in a Backpack https://www.blessingsinabackpack.org/lindaben-hoco	Children	Hunger-free weekend program that helps feed kids during the weekend across Howard County, with specific focus on children at Title I schools like Harper's Choice MS, Bryant Woods ES and Longfellow ES.	September – June	LindaBen Foundation 9770 Patuxent Woods Drive Columbia, MD 21046 Phone: 443-889-1034 Email: info@lindabenfoundation.org
Bread of Life Food Pantry https://fbcsavage.org/bread-of-life-food-pantry.html#/	Community	Attend once a month, live within a 7- mile radius of First Baptist Church of Savage. First Timers: Please bring Your ID to fill out the paperwork.	Thursdays 6:00 pm - 7:00 pm	Frist Baptist Church of Savage 8901 Washington Street Savage, MD 20763 Phone: 301-725-3944 Email: fbcsmd1@gmail.com

Cancer Support Foundation Services http://www.cancersupportfoundation.org/need-help/services	Cancer patients & survivors	Provides emergency, supplemental assistance including food to help individuals undergoing cancer treatment.	Ongoing	8268 Academy Rd, Ellicott City, MD 21043 Phone: 410-964-9563
Celebration Church Food Pantry https://cancersupportfoundation.org/need-help/services	Community	Program provides free food and holiday assistance to anyone in need. Non-perishable grocery items are offered. During the holidays food baskets and gifts are given.	Fridays 5:30 pm - 6:30pm	6080 Foreland Garth Columbia, MD 21044 Phone: 410-997-2088 Email: info@wininlife.com
Church of the Resurrection Hot Meals, Food Packages www.resurrectionmd.org/svdp	Community	Provides emergency assistance to families and individuals in need, including hot meals, food packages and gift cards. Meals served at Grassroots Day Resource Center.	Tuesday and Friday 10 am - 12 pm Wednesday 2 pm - 4 pm 2nd Thursday each month 5 pm - 6:30 pm	St. Vincent de Paul Church 3175 Paulskirk Drive Ellicott City, MD 21042 Phone: 410-461-9112 Email: aebuening@gmail.com
Columbia Community Care Food Pantry Long Reach Village Center https://columbiacommunitycare.org/	Community	Food Pantry provides groceries, toiletry products, feminine hygiene products, and diapers. A pantry is inside the courtyard area across from the laundromat.	Saturdays 9:30 am - 11:30 am	8775 Cloudleap Court Columbia, MD 21045 Phone: 443-583-4479

Columbia Community Care Food Pantry The Barn https://columbiacommunitycare.org/	Community	Food Pantry provides groceries, toiletry products, feminine hygiene products, and diapers. Delivery Service available to families in HoCo.	Saturdays 9:30 am - 11:30 am	5853 Robert Oliver Place Columbia, MD 21045 Phone: 443-583-4479
Columbia Community Care Food Pantry Wilde Lake Interfaith Center https://columbiacommunitycare.org/	Community	Food pantry provides groceries, toiletry products, feminine hygiene products, and diapers. Delivery service available to families in HoCo.	Saturdays 9:30 am - 11:30 am	10431 Twin Rivers Road Columbia, MD 21044 Phone: 443-583-4479
Community Cupboard Pantry www.bridgeway.cc/	Community	Supports the community by providing fresh non-perishable food. Guests visit the Cupboard shop for a variety of food items, filling an allotted number of grocery bags, based on family size.	2nd and 4th Saturdays 9:30 am - 11:30 am Sundays after the 9:45 am service	Bridgeway Community Church 9189 Red Branch Road STE C Columbia, MD 21045 Phone: 410-992-5832 Email: info@bridgeway.cc

Elizabeth House Pantry & Meal Kitchen http://www.fishoflaurel.org/what-we-do.html	Community	Program includes a food pantry for Laurel residents (by appointment only) and meal kitchen that helps to feed the homeless and working poor in the Laurel area with hot dinner served in to-go containers and a bagged lunch.	Meals Daily 6 pm - 7:30 pm Food Pantry: Thursdays 10:15 am – 12 pm Saturdays 10:15 am – 12:30 pm	FISH of Laurel Inc. 308 Gorman Ave Laurel, MD 20707 Phone: 240-547-9013 Email: webmaster@fishoflaurel.org
Elkridge Food Pantry and Garden https://elkridgefoodpantry.org/	Community	The program is volunteer run that serves all residents in Elkridge, Jessup, and Hanover in both temporary and long- term need.	2 nd and 4 th Friday each month 4 pm - 7 pm	5646 Furnace Ave Elkridge, MD 21075 Phone: 443-492-9209 Email: elkridgemdfoodpantry@gmail.com
Ellicott City Seventh Day Adventist Church Hot Meals & Community Garden https://ellicottcity.church/	Community	Offers a hot lunch in Fellowship Hall to anyone in the community immediately following Saturday Church service.	Saturdays 12:30 - 1:30 pm	9121 St Johns Lane Ellicott City, MD 21042 Phone: 410-465-6864 Email: admin@ellicottcitychurch.org
FISH of Howard County https://fishhowardcounty.org/	Community	Provides food and referrals to county residents with legitimate emergency needs. Includes a 7 to 10-day supply of emergency food delivered to the home.	Ongoing By Appointment only	PO Box 34 Ellicott City, MD 21041 Phone: 410-964-8660

Food and Care for All Pantry (FCFA) www.fcfaglobal.org/	Community	Food pantry promotes food security for the needy in Howard County by providing residents with food and other non-food items.	Tuesday and Thursday 9 am - 4 pm Saturday 9 am – 1 pm	10262 Baltimore National Pike Ellicott City, MD 21042 Phone: 410-988-5392 Email: contactus@fcfaglobal.org
Glenelg United Methodist Church Food Pantries https://glenelgumc.org/	Community	A pantry is open one day per week. The program also runs the TEFAP, or Emergency Food Assistance Program, and Park-it-Market Mobile Food Pantry.	3rd Saturday each month 9 am - 11 am	13900 Burntwoods Road Glenelg, MD 21737 Phone: 410-489-0084 Email: gumcfoodministry@gmail.com
Grassroots Crisis Intervention, Inc. https://www.grassrootscrisis.org/	Community	Community members requesting food would contact Crisis Services a 24-hour phone line. Food items are gathered ahead of time, not open to the public.	Ongoing	8990 Old Annapolis Road Suite A Columbia, MD 21045 Phone: 410-531-6006 Email: info@grassrootscrisis.org
Grassroots Day Resource Center Food Pantry https://grassrootscrisis.org/day-resource-center/	Community	This program provides a variety of supportive services to homeless residents of Howard County, hot meals, food boxes and a food pantry.	Monday & Wednesday 2 pm - 6 pm Saturday 10 am - 2 pm	Grassroots Crisis Intervention 10390 Guilford Road Suite A Jessup, MD 20794 Phone: 301-776-9900 info@grassrootscrisis.org

Howard Community College Fueling Dragons Food Pantry https://www.howardcc.edu/services-support/Fueling--Dragons	Current Students Only	Program provides resources to overcome food insecurity, develop lifelong healthy habits & skills. The on-campus food pantry provides food and personal care items for current students only.	Mondays and Tuesdays, 3 pm - 6 pm; Wednesdays and Thursdays, 12 pm - 3 pm; Fridays, 1 pm - 3 pm	10901 Little Patuxent Parkway Columbia, MD 21044 CL 169 Phone: 443-518-4325 or 443-518-4950
Howard County Farmers Markets https://www.howardcountymd.org/living-here/farmers-markets/	Community	Offers Farmers Markets to assist people in accessing fresh fruits and vegetables. WIC and Senior Farmers' Market Nutrition Program (SFMNP) vouchers are accepted.	May – November	Various County Locations Phone: 410-313-6500 Email: kljohnson@hceda.org
Howard County Food Bank & Food Pantries – Community Action Council https://cac-hc.org/food-assistance/	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.	Tues 1 pm - 4 pm Wed 1 pm - 7 pm Thurs 1 pm - 4 pm Sat (by appt only) 9 am - 1 pm	9385 Gerwig Lane, Suite J Columbia, MD 21046 Phone: 410-313-6185 Email: clientassistance@cac-hc.org
Howard County Office on Aging and Independence – Age 50+ Congregate Meals https://www.howardcountymd.gov/aging-independence/east-columbia-50-center	Seniors	Offers a noontime meal for individuals age 50+ and their spouses. The nutrition program offers an opportunity to dine and socialize with others.	Varies by location	Various County Locations Contact Maryland Access Point (MAP) Phone: 410-313-1234 Email: map@howardcountymd.gov

Howard County Muslim Council (HCMC) Food Pantry https://www.facebook.com/hocomuslimcouncil/	Community	Free Food Pantry distribution to families in need. Pantry occurs on the third Saturday of every month. Includes essential food items, no registration required.	3rd Saturday each month 11 am – 1 pm (While supplies last)	Elkridge Library Parking Lot 6540 Washington Blvd. Elkridge, MD 21075 Phone: 410-570-1938 Email: nfzaidi@hotmail.com
Howard County Office on Aging and Independence - Home Delivered Meal Program https://www.howardcountymd.gov/nutrition	Seniors	This program is in collaboration with Meals on Wheels of Central Maryland. Provides two nutritious meals daily, up to five days a week, to homebound individuals. The cost of the meals is determined by a sliding scale.	Ongoing	Various County Locations Contact Maryland Access Point (MAP): Phone: 410-313-1234 Email: map@howardcountymd.gov
Howard County Office on Aging and Independence - Senior Farmer's Market Nutrition Program (SFMNP) www.howardcountymd.gov/aging	Seniors	The Senior Farmer's Market Nutrition Program (SFMNP): Provides fresh, nutritious, locally grown fruits, vegetables, and herbs from farmers' markets to low-income older adults.	Summer	The Bain 50+ Center 5470 Ruth Keeton Way Columbia MD 21044 Phone: 410-313- 7213 Ellicott City 50+Center 9401 Frederick Road Ellicott City, MD 21042 Phone: 410- 313-1400 North Laurel 50+ Center 9411 Whiskey Bottom Road Laurel, MD 20723 Phone: 410-313-0380

Howard County Public School System (HCPSS) Free and Reduced Meals (FARMs) https://www.hcpss.org/food-services/farms/	Children	Provides students from households that meet federal income guidelines with free or reduced-price meals.	September- June	HCPSS Food & Nutrition Service Office 10910 Clarksville Pike Ellicott City, MD 21042 Phone: 410-313-6600 Email: foodsvc@hcpss.org
Howard County Public School System (HCPSS) Summer Meal Program https://www.hcpss.org/food-services/summer-meals/	Children	Provides meals for children 18 and under without charge. Parents or guardians do not need to apply for their children to be a part of this program.	June-August	Locations Vary Phone: 410-313-6600
Hungry Harvest www.hungryharvest.net	Community	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.	Ongoing	1905 Clarkson Way Landover, MD 20785 Email: family@hungryharvest.net
Indian Cultural Association of Howard County Food Pantry https://www.indianculturalassociation.org/hunger-relief	Community	Free food distribution to anyone in need. No ID required.	3 rd Saturday of each month 9:30 am - 11 am	Miller Library, Parking Lot 9421 Frederick Road Ellicott City, MD 21042 Phone: 410-567-6599 Email: contact@icaHoward.org

JT Cares Food Pantry www.jesustabernacle.org	Community	Food pantry first comes, first served and partnered with the Howard County Food Bank. Complete a one-time yearly application to qualify for the program.	3 rd Sunday of each month 2:30 pm - 3:30 pm	Jesus Tabernacle 10176 Baltimore National Pike STE 117 Ellicott City, MD 21042 Phone: 443-325-5566 Email: jtcares2013@gmail.com
Just One Kid Charity http://www.justonekid.org/	Children	Provides assistance including meals on weekends for school-aged children in the Oakland Mills Village of Howard County.	Ongoing	3290 N Ridge Rd, #150 Ellicott City, MD 21043 Phone: 443- 858-2723 Email: Charlotte@JustONEKid.org
Laurel Advocacy & Referral Services (LARS) Food Pantry http://www.laureladvocacy.org/food	Community	LARS serves homeless and low-income families and individuals in Laurel that live in Howard County zip code 20723. By appointment only.	Tuesday - Thursday 9 am - 1 pm	311 Laurel Ave Laurel, MD 20707 Phone: 301-776-0442, option 2
Linwood School Food Service https://www.linwoodcenter.org/programs/linwood-school/food-service/	Children	Offers a healthy school lunch and breakfast for any student who wishes to participate. Each meal consists of a meat or a meat alternative, vegetables, fruit, whole grains, fruit juice and milk.	September – June	Linwood Center, Inc. 3421 Martha Bush Drive Ellicott City, MD 21043 Phone: 410-465-1352 Email: admin@linwoodcenter.org

Long Reach Little Free Pantry https://longreach.org/little-free-pantry/	Community	Located in front of Stonehouse in the Long Reach Village Center Plaza on the edge of the pollinator garden. Open 24 hours to all and is a supplement to other programs.	Ongoing	Long Reach Village Center 8775 Cloudleap Court Columbia, MD 21045 Phone: 410-730-8113 Email: events@longreach.org
Martin Luther King Jr. Holiday Commission Food Pantry https://www.howardcountymd.gov/OHRE-mlk	Community	Popup Pantry that does a monthly food distribution in collaboration with the Harriet Tubman Foundation.	2 nd Monday each month 10 am - 11:30 am	Ridgley Run Community Center 8400 Mission Road Jessup, MD 20794 Phone: 443-386-0405 Email: bhatch47@gmail.com
Meals on Wheels of Central Maryland www.mealsonwheelsmd.org	Homebound due to age or disability	Provides assistance programs including a meal delivery service and a grocery assistance program to individuals who are	Ongoing	Main Office/Central Service Facility 515 South Haven Street Baltimore, MD 21224 Phone: 410-558-0827 or 1-866-558-0827 (Toll free)
Morgan Chapel United Methodist Church Food Pantry https://morganchapel.church/	Community	Food pantry provides quality food items to households experiencing food insecurity. This program supplies critical nutrition to hungry individuals and families, & pet food and supplies.	2 nd , 4 th and 5 th Saturday 9:00 am - 11:00 am Pet supplies 2 nd Saturday 9:00 am - 11:00 am	6750 Woodbine Road Woodbine, MD 21797 Phone: 410-970-2485 Email: info@morganchapel.church

Moveable Feast www.mfeast.org	Individuals with chronic disease	Free meal delivery service designed for individuals with chronic diseases. Referral from a medical provider, application required to participate.	Ongoing	901 N. Milton Avenue Baltimore, MD 21205 Phone: 410-327-3420 Email: info@mfeast.org
Multi Service Center (MSC) Food Pantry https://www.howardcountymd.gov/office-local-childrens-board/multiservice-center	Community	The Multi Service Center (MSC) provides a food pantry for individuals and families who need support meeting their basic nutritional needs.	Monday and Wednesday 12 pm - 4 pm 3 rd Saturday each month 9 am - 1 pm	9900 Washington Blvd North, Suite I Laurel, MD 20723 Phone: 410-313-0220 Email: mscinfo@howardcountymd.gov
My Father's Barn Food Pantry https://www.theporchmd.org/food-distribution.html	Community	Nonprofit organization striving to eliminate hunger in the Jessup, Laurel, and Columbia areas of Howard County through food distribution, education, and advocacy. This program supplies critical nutrition to those in need.	Tuesdays and Thursdays 10:00 am - 6:00 pm Sundays 10:00 am - 2:00 pm	Solomon's Porch Worship Center 10545 Guilford Rd Suite 104 Jessup, MD 20794 Phone: 301-776-0000

My Brother's Keeper Food Ministry Pantry https://westlibertymarriottsville.org/about-us/	Community	Offers non-perishable food items to anyone in need. Individuals are eligible for assistance once every 30 days. Assistance is provided on Fridays by appointment only.	Appointment only	West Liberty United Methodist 2000 Sand Hill Road Marriottsville, MD 21104 Phone: 240-653-6937 Email: west.libertyumc.mail@gmail.com
Open Doors Food Pantry (ODFP) https://mtzionhighland.com/missions	Community	The Open Doors Food Pantry gives out canned and boxed items once a month. Sometimes, other items included are frozen meat and fresh produce.	3rd Saturday of each month 9 am - 10:30 am	Mount Zion United Methodist Church 12430 Scaggsville Road Highland, MD 20777 Phone: 301-854-2324 Email: office@mtzionhighland.com Carolann663@gmail.com
Rachell L. Gray Community Foundation Inc. - Food Pantry https://www.rlgcommunityfoundationhelp.org/upcoming-events	Community	Provides a food pantry to those experiencing food insecurity living in Columbia, MD. Provides food to meet basic nutritional needs.	Pantry 2nd Saturday of each month 10:00 am - 12:00 pm Produce 3rd Saturday of each month	6327 Meadowridge Rd Elkridge, MD 21075 Phone: 443-796-5162 Email: rlgcommunityfoundation@gmail.com
Roving Radish https://rovingradish.com/	Community	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.	Ongoing	3430 Court House Drive Ellicott City, MD 21043 Phone: 410-313-3860 Email: rovingradish@howardcountymd.gov

S.A.F.E. Emergency Food Pantry: Gluten- Free & Allergy-Friendly Food Only www.safefoodpantry.org/	Community	The S.A.F.E. Food Pantry only provides food for those needing gluten-free and allergy-friendly foods.	3 rd Saturday of each month 10:00 am - 12:00 pm or by appointment	9770 Patuxent Woods Drive, Ste. 316 Columbia, MD 21046 Phone: 443-741-1060 Email: info@safefoodpantry.org
St. John's Baptist Church Food Pantry https://stjohnbaptistchurch.org/	Community	Through a partnership with the Community Action Council, the food pantry provides nutritional food for the less fortunate in Howard County.	3rd Saturday of each month, 10 am - 1 pm	St. John Baptist Church 9055 Tamar Drive Columbia, MD 21045 Phone: 301-943-5643 Email: contact_us@stjohnbaptistchurch.org
Salvation Army of Central Maryland Food Pantry https://www.sa-md.org/howard-county-social-services	Community	The emergency food pantry is stocked with nonperishable food and toiletry items to serve the needs of individuals and families in the community.	Monday through Friday 8:30 am to 4:30 pm	Howard County Family Service Center 3267 Pine Orchard Lane Ellicott City, MD 21042 Phone: 443-656-3376
Senior Farmers' Market Nutrition Program (SFMNP) https://aging.maryland.gov/pages/nutrition.aspx	Community	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.	Ongoing	Office on Aging and Independence 9830 Patuxent Woods Drive Columbia, MD 21046 Maryland Access Point (MAP) Phone: 410-313-3506 Email: map@howardcountymd.gov

SHARE – Columbia https://www.catholiccharitiesdc.org/program/share-food-network/	Community	SHARE is a non-profit, community-based organization dedicated to offering healthy, nutritious groceries at a roughly 50 percent discount (accepts SNAP payments). SHARE food packages are available to anyone.	Ongoing	SHARE Warehouse 3222 Hubbard Road Landover, MD 20785 Contact: Janet Williams Phone: 301-864-3115 Email: shareorders@cc-dc.org
SNAP/Food Supplement Program (FSP) https://dhs.maryland.gov/supplemental-nutrition-assistance-program/	Community	Provides support to low-income households to buy the foods they need for good health.	Ongoing	Howard County DSS 9780 Patuxent Woods Drive Columbia, MD 21046 Phone: 410-872-8700 Email: howco.dss@maryland.gov
Unitarian Universalist Congregation Little Free Pantry https://uucolumbia.net/events/little-free-pantry-restock/	Community	The mini pantry includes items donated directly to the pantry and vegetable & fruit bin: soup, canned fruit, vegetables, canned pasta.	Ongoing	Owen Brown Interfaith Center 7246 Cradlerock Way Columbia, MD 21045 Phone: 410-381-0097 Email: FoodInsecurity@uucolumbia.net
Washington-Ghanaian SDA Church https://www.wgsdac.org/	Community	Washington Ghanaian Seventh-Day Adventist Church provides quality food items to households experiencing food insecurity. This program supplies critical nutrition to hungry individuals and families.	1 st Friday of every 2 months 12 – 3 pm	Washington-Ghanaian SDA Church 6080 Foreland Garth Columbia, MD 21045 Phone: 443-774-0080 Email: beatrice.osei-amoh@wgsdac.org

Howard County LHIC

Local Health Improvement Coalition



8930 Stanford Blvd | Columbia, MD 21045

410.313.6204 - Voice/Relay

410.313.6108 - Fax

1.866.313.6300 - Toll-free

www.hclhic.org

Women, Infants, Children (WIC) https://www.howardcountymd.gov/health/women-infants-children-wic	Women, Infants, & Children under age 5	Provides nutrition education and access to healthy supplemental food for pregnant and breastfeeding women and children.	Ongoing	Columbia Health Center 8930 Stanford Blvd Columbia, MD 21045 Phone: 410-313-7510 (voice/relay) North Laurel Health Center 9411 Whiskey Bottom Rd Laurel, MD 20723 Phone: 410-313-0630 (voice/relay) Email: HowardWIC@howardcountymd.gov
---	--	---	---------	--

Revised 04/2025

www.hclhic.org



@HCLHIC



@HCLHIC



NUTRITION EDUCATION PROGRAMS

Program Name & Link	Population	Program Description	Dates & Times	Contact
Accessible Resources for Independence www.arinow.org	Individuals with disabilities	Provides referral for food navigation. Provides independent living skills for cooking and nutrition. Advocates for food access, financial assistance for groceries.	Ongoing	1406-BCrain Highway South, Ste. 206 Glen Burnie, MD 21061 Phone: 410-636-2274 Email: arinow@arinow.org
Better Beverage Finder www.betterbeveragefinder.org	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: 443-766-1217
Giant Food Nutrition Education https://giantfood.com/pages/health-and-wellness	Community	Registered Dietitians provide free nutrition education classes and grocery store tours to community members.	Ongoing	9200 Baltimore National Pike Ellicott City, MD 21043 Phone: 410-696-1309 Email: healthyliving@giantfood.com
Howard County Access Point https://www.howardcountymd.gov/aging-independence/information-assistance	Adults 18+	MAP provides guidance with assistance and benefits, and referrals to programs and services.	Ongoing	Maryland Access Point of Howard County Phone: 410-313-1234 Email: map@howardcountymd.gov
Howard County Local Health Improvement Coalition (HCLHIC) www.hclhic.org	Community	Provides healthy eating, physical activity & chronic disease resources including a directory of Howard County Food and Nutrition Assistance & Nutrition Education Services.	Ongoing	Howard County Health Department 8930 Stanford Blvd. Columbia, MD 21045 Phone: 410-313-6204 Email: lhic@howardcountymd.gov

Lindaben Food as Medicine Program https://www.lindabenfoundation.org/food-as-medicine	Community	This program is part of a diet-related disease prevention program. Participants receive vouchers that will be used for small or large produce bundles, along with free shelf stable food and diapers.	Six-to-nine-month program	Bryant Woods Elementary School 5450 Blue Heron Lane Columbia, MD 21044 Phone: 240-461-9442 Email: Imejia@lindabenfoundation.org
Maryland University of Integrative Health (MUIH) https://ncc.muih.edu/services/nutrition/	Community	Nutritionists provide personalized nutrition counseling to individuals.	Ongoing	7750 Montpelier Road Laurel, MD 20723 Phone: 410-888-9048 ext.6614 Email: naturalcarecenter@muih.edu
The Physicians Committee for Responsible Medicine https://www.pcrm.org/good-nutrition/nutrition-programs-policies	Community	Provides online nutritional information about following a plant-based diet. Information available in English, Spanish, and Mandarin.	Ongoing	5100 Wisconsin Ave., NW, Suite 400 Washington DC, 20016 Phone: 202-686-2210 Email: pcrm@pcrm.org
Stepping Up Your Nutrition Program https://mdlivingwell.org/programs/stepping-up-nutrition/	Adults 18 and older	Provides participants with a wide range of services including free one-on-one nutrition consultations with a registered dietitian offered at HoCo 50+ Centers.	Ongoing	Locations Vary Contact: Rachel Filar Phone: 410-313-6073 Email: rfilar@howardcountym.gov
University of Maryland Extension – SNAP-Ed - Howard County https://extension.umd.edu/locations/howard-county	Youth and Families	Provides SNAP education programs plus nutrition, health, and wellness classes to low-income participants to affect changes in health policies, systems, and environments at their sites.	Ongoing	Ascend One Building 8930 Stanford Blvd. Suite 25 Columbia, MD 21045 Contact: Karen Basinger Phone: 410-313-1908 Email: kbasinger@umd.edu

Revised 04/2025