

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/lindabenhoco	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 6:30 pm - 8:00 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 Oakland Mills Middle School 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	9540 Kilimanjaro RD 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 6:00 pm - 7:30 pm Food Pantry: by appointment only, once a month	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 4:00 pm - 7:00 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	PO Box 34 Ellicott City, MD 21041 Phone: 410-964-8660





Food and Care for All Pantry (FCFA) www.fcglobal.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 10 am - 1 pm	10262 Baltimore National Pike Ellicott City, MD 21042 Phone: 410-988-5392 Email: contactus@fcglobal.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 - 10:00 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





<p>Howard Community College Fueling Dragons Food Pantry https://www.howardcc.edu/services-support/Fueling--Dragons</p>	<p>Current Students Only</p>	<p>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.</p>	<p>Hours vary based on term</p>	<p>10901 Little Patuxent Parkway Columbia, MD 21044 CL 169 Phone: 443-518-4325 or 443-518-4950</p>
<p>Howard County Farmers Markets https://www.howardcountyleda.org/living-here/farmers-markets/</p>	<p>Community</p>	<p>Offers Farmers Markets to assist people in accessing fresh fruits and vegetables. WIC and Senior Farmers' Market Nutrition Program (SFMNP) vouchers are accepted.</p>	<p>May – November</p>	<p>Various County Locations Phone: 410-313-6500 Email: kljohnson@hceda.org</p>
<p>Howard County Food Bank & Food Pantries – Community Action Council https://cac-hc.org/food-assistance/</p>	<p>Community</p>	<p>Provides food to Howard County residents in need. CAC also sponsors fourteen (14) emergency food pantries that support families in need of emergency food.</p>	<p>Tues 1 pm - 4 pm Wed 1 pm - 7 pm Thurs 1 pm - 4 pm Sat (by appt only) 9 am - 1 pm</p>	<p>9385 Gerwig Lane, Suite J Columbia, MD 21046 Phone: 410-313-6185 Email: clientassistance@cac-hc.org</p>
<p>Howard County Office on Aging and Independence – Age 50+ Congregate Meals https://www.howardcountymd.gov/aging-independence/east-columbia-50-center</p>	<p>Seniors</p>	<p>Offers a noontime meal for individuals age 50+ and their spouses. The nutrition program offers an opportunity to dine and socialize with others.</p>	<p>Varies by location</p>	<p>Various County Locations Contact Maryland Access Point (MAP) Phone: 410-313-1234 Email: map@howardcountymd.gov</p>





<p>Howard County Muslim Council (HCMC) Food Pantry https://www.facebook.com/hocomuslimcouncil/</p>	<p>Community</p>	<p>Free Food Pantry distribution to families in need. Pantry occurs on the third Saturday of every month. Includes essential food items, no registration required.</p>	<p>3rd Saturday each month 8:30 am (While supplies last)</p>	<p>Elkridge Library Parking Lot 6540 Washington Blvd. Elkridge, MD 21075 Phone: 410-570-1938 Email: nfzaidi@hotmail.com</p>
<p>Howard County Office on Aging and Independence - Home Delivered Meal Program https://www.howardcountymd.gov/nutrition</p>	<p>Seniors</p>	<p>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.</p>	<p>Ongoing</p>	<p>Various County Locations Contact Maryland Access Point (MAP): Phone: 410-313-1234 Email: map@howardcountymd.gov</p>
<p>Howard County Office on Aging and Independence - Senior Farmer's Market Nutrition Program (SFMNP) www.howardcountymd.gov/aging</p>	<p>Seniors</p>	<p>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.</p>	<p>Summer</p>	<p>The Bain 50+ Center 5470 Ruth Keeton Way Columbia MD 21044 Phone: 410-313- 7213</p> <p>Ellicott City 50+Center 9401 Frederick Road Ellicott City, MD 21042 Phone: 410- 313-1400</p> <p>North Laurel 50+ Center 9411 Whiskey Bottom Road Laurel, MD 20723 Phone: 410-313-0380</p>





<p>Howard County Public School System (HCPSS) Free and Reduced Meals (FARMS) https://www.hcpss.org/food- services/farms/</p>	<p>Children</p>	<p>Provides students from households that meet federal income guidelines with free or reduced-price meals.</p>	<p>September- June</p>	<p>HCPSS Food & Nutrition Service Office 10910 Clarksville Pike Ellicott City, MD 21042 Phone: 410-313-6600 Email: foodsvc@hcpss.org</p>
<p>Howard County Public School System (HCPSS) Summer Meal Program https://www.hcpss.org/food-services/summer-meals/</p>	<p>Children</p>	<p>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.</p>	<p>June-August</p>	<p>Locations Vary Phone: 410-313-6600</p>
<p>Hungry Harvest www.hungryharvest.net</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>1905 Clarkson Way Landover, MD 20785 Email: family@hungryharvest.net</p>
<p>Indian Cultural Association of Howard County Food Pantry https://www.indianculturalassociation.org/hunger-relief</p>	<p>Community</p>	<p>Free food distribution to anyone in need. No ID required.</p>	<p>3rd Saturday of each month 9:00 am - 10:30 am</p>	<p>Miller Library, Parking Lot 9421 Frederick Road Ellicott City, MD 21042 Phone: 410-567-6599 Email: contact@icaHoward.org</p>





<p>JT Cares Food Pantry www.jesustabernacle.org</p>	<p>Community</p>	<p>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.</p>	<p>3rd Sunday of each month 2:30 pm - 3:30 pm</p>	<p>Jesus Tabernacle 10176 Baltimore National Pike STE 117 Ellicott City, MD 21042 Phone: 443-325-5566 Email: jtcares2013@gmail.com</p>
<p>Just One Kid Charity http://www.justonekid.org/</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>3290 N Ridge Rd, #150 Ellicott City, MD 21043 Phone: 443- 858-2723 Email: Charlotte@JustONEKid.org</p>
<p>Laurel Advocacy & Referral Services (LARS) Food Pantry http://www.laureladvocacy.org/food</p>	<p>Community</p>	<p>LARS serves homeless and low-income families and individuals in Laurel that live in Howard County zip code 20723. By appointment only.</p>	<p>Monday 9 am - 2 pm and 5 pm - 7:30 pm Tuesday - Friday 9 am - 2 pm</p>	<p>311 Laurel Ave Laurel, MD 20707 Phone: 301-776-0442, option 2</p>
<p>Linwood School Food Service https://www.linwoodcenter.org/programs/linwood-school/food-service/</p>	<p>Children</p>	<p>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.</p>	<p>September – June</p>	<p>Linwood Center, Inc. 3421 Martha Bush Drive Ellicott City, MD 21043 Phone: 410-465-1352 Email: admin@linwoodcenter.org</p>



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



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





<p>My Brother's Keeper Food Ministry Pantry https://westlibertymarriottsville.org/about-us/</p>	<p>Community</p>	<p>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.</p>	<p>Appointment only</p>	<p>West Liberty United Methodist 2000 Sand Hill Road Marriottsville, MD 21104 Phone: 240-653-6937 Email: west.libertyumc.mail@gmail.com</p>
<p>Open Doors Food Pantry (ODFP) https://mtzionhighland.com/missions</p>	<p>Community</p>	<p>The Open Doors Food Pantry gives out canned and boxed items once a month. Sometimes, other items included are frozen meat and fresh produce.</p>	<p>3rd Saturday (Apr- Oct) 8:30 am to 10:00 am (Mar-Nov) 10:00 am - 11:30 am</p>	<p>Mount Zion United Methodist Church 12430 Scaggsville Road Highland, MD 20777 Phone: 301-854-2324 Email: office@mtzionhighland.com Carolann663@gmail.com</p>
<p>Rachell L. Gray Community Foundation Inc. - Food Pantry https://www.rlgcommunityfoundationhelp.org/upcoming-events</p>	<p>Community</p>	<p>Provides a food pantry to those experiencing food insecurity living in Columbia, MD. Provides food to meet basic nutritional needs.</p>	<p>Pantry 2nd Saturday of each month 10:00 am - 12:00 pm Produce 3rd Saturday of each month</p>	<p>6327 Meadowridge Rd Elkridge, MD 21075 Phone: 443-796-5162 Email: rlgcommunityfoundation@gmail.com</p>
<p>Roving Radish https://rovingradish.com/</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>3430 Court House Drive Ellicott City, MD 21043 Phone: 410-313-3860 Email: rovingradish@howardcountymd.gov</p>





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





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



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

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



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

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