Food and Family Support

Find local food and basic needs resources by location below. Countywide food, benefits, parenting, and urgent support services are listed together on the following page.

Olney and nearby communities

Olney HELP. Emergency food, limited help with rent, utilities, and essential medications, plus referrals. Call 301-774-4334. Serves Olney-area families.

Mid-County Hub. Food, diapers, and referrals at Harvest Intercontinental Church, 16227 Batchelors Forest Rd, Olney 20832; 240-934-2885 or Spanish 301-512-5255. Drive-through Saturdays, 9-11 a.m.; call ahead.

Rockville and nearby communities

Interfaith Works Food Pantry. Food, diapers, clothing, and basic needs. 751 Twinbrook Pkwy, Rockville 20851. Call 301-424-3796 to make an appointment.

Rockville HELP. Emergency financial assistance and referrals for food, rent, mortgage, utilities, and medications for Rockville City residents: 301-564-0800.

Rockville DHHS offices. Public benefits and applications: 1301 Piccard Dr, Rockville 20850, or 1401 Rockville Pike, Rockville 20852. Call 240-777-1003.

Silver Spring and nearby communities

Silver Spring Service Hub. Food and monthly diapers. Clifton Park Baptist Church, 8818 Piney Branch Rd, Silver Spring 20903. Walk-in Wednesdays, 11 a.m.-2 p.m.; 301-891-9512.

East County Service Hub. Food, diapers, and referrals for the White Oak/Calverton area. Kingdom Fellowship AME Church, 11710 Beltsville Dr, Calverton 20705; 240-707-1085.

Silver Spring DHHS. SNAP, medical assistance, emergency eviction prevention, and more. 8818 Georgia Ave, Silver Spring 20910; 240-777-0311.

Wheaton and nearby communities

Wheaton Service Hub. Food and diapers. Hughes United Methodist Church, 10700 Georgia Ave, Wheaton 20902; 301-949-8383. Walk-up food distribution Tuesdays, 9:30 a.m.-12 p.m.

Prince Georges County

PG County food pantry directory. For Beltsville, College Park, Hyattsville, Laurel, and other PG County communities: pgcfec.org/resources/find-food-food-pantry-listings/

PG County DSS food pantries. Walk-in, no registration, weekdays 8 a.m.-4:30 p.m.: 6505 Belcrest Rd, Hyattsville; 425 Brightseat Rd, Landover; 4235 28th Ave, Temple Hills.

PG benefits and WIC. SNAP/cash/medical assistance: 301-909-6330 or benefits.maryland.gov. PG WIC: 301-856-9600. PG energy assistance: 301-909-6300.

Countywide Food and Family Support

These resources serve families across Montgomery County or help families find support by ZIP code. Contact programs directly for availability and eligibility.

Food and nutrition

Food Resource Specialists. SNAP application help and food/WIC referrals: 301-818-3614 | SNAP@mocofoodcouncil.org.

MC Groceries Program: https://www.montgomerycountymd.gov/office-food-systems-resilience/our-initiatives/mc-groceries-program. Email: mcgroceries@montgomerycountymd.gov

Montgomery County food map. montgomerycountymd.gov/office-food-systems-resilience/food-assistance

Manna Food Center. Food distribution for Montgomery County residents: 301-424-1130 | mannafood.org.

SNAP and WIC. SNAP help: 240-777-1003. WIC (pregnant/postpartum people, infants, and children under 5): 301-762-9426.

Housing bills and benefits

Housing, bills, and benefits. Montgomery County DHHS: 311 or 240-777-0311. Utility help: 240-777-4450.

Family and parenting support

Social-skills groups. Search groups4kids.com for local social-skills groups.

Aunt Bertha. Search auntbertha.com by ZIP code for food, housing, employment, and other local supports.

Family and parenting support. Parents Place of Maryland: ppmd.org | 1-800-394-5694. Parent Encouragement Program: pepparent.org | 301-929-8824. Family Support Network: 240-777-4809.

More family support. Healthy Families Montgomery: 240-398-1362. JSSA Family Support: 240-221-7914. YMCA family counseling referrals: 301-593-1160.

Parent guidance and neurodiversity. 211 Parent Support: 1-800-243-7337. Montgomery County Counseling Center parent coaching: 240-772-1199. Better Family Therapy: 240-242-5185. Maryland Family Network: 410-659-7701.

Urgent help and family violence support

National Suicide & Crisis Lifeline. Call or text 988 (available 24/7).

Montgomery County Crisis Center Hotline. 24/7 urgent emotional or substance-use crisis help: 240-777-4000.

Prince George's County Crisis/Suicide Hotline. Call 301-864-7130

Family violence support. Montgomery County Family Justice Center: 240-773-0444. National Hotline: 800-799-7233.