



Howard | Montgomery | Anne Arundel

FOOD ASSISTANCE

(Updated 10.30.2025)

Anne Arundel County

- Anne Arundel County Food Bank - <https://aafoodbank.org/>
- Anne Arundel County Food Pantry Map - <https://aafoodbank.org/pantry-map/>
- Anne Arundel County Government - Resource list:
<https://www.aacounty.org/boards-and-commissions/partnership-for-children-youth-families/forms-andpublications/2018-aaco-partnerhsip-resource-list.pdf>

Howard County

- Community Action Council - <https://cac-hc.org/food-assistance/>
410-313-6440
- FISH Howard County - <https://fishhowardcounty.org/>
- Howard County Dept. of Social Services
<https://dhs.maryland.gov/Local-Offices/Howard-County/>
- Howard County Food Connection Map - <https://www.hclhic.org/foodmap>
- Howard County Food Bank (Th. Community Action Council)
9385 Gerwig Lane, Suite J, Columbia, MD 21046. 410-313-6185
Universal Application: <https://portal.cac-hc.org/universal-application-registration/?program=food>

Montgomery County

- Montgomery County Government - Federal Shutdown Assistance Portal
https://montgomerycountymd.gov/mcg/fed_employee-furlough.html
- Manna Food Center - Distribution Sites <http://www.mannafood.org/about/contact-manna/manna-food-distribution-sites/> or (301) 424-1130
- Gaithersburg HELP <https://www.gaithersburghelp.org/get-help/food/> Nourish Now - Get Food <https://nourishnow.org/get-food/>
- Nourish Now - Get Food <https://nourishnow.org/get-food/>

Other

- **Maryland Food Bank - Find Food Bank Near Me:** <https://mdfoodbank.org/find-food/>
- **Catholic Charities - Food Pantries & Soup Kitchens in each county:** <http://www.catholiccharities-md.org/wpcontent/uploads/2017/08/food-pantries-in-mdpdf-1.pdf>
- **211 MD - Food Pantry Listings:** <https://211md.org/211provider-md-search-results?q=Food%20Pantries>
- **List of Community Food Resources by Region in Maryland:** chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.dhr.maryland.gov/documents/Supplemental%20Nutrition%20Assistance%20Program%20%28SNAP%29/Federal%20Govt%20Shutdown%202019/List%20of%20Community%20Food%20Resources%20in%20Maryland%20by%20Region.pdf
- **Laurel Advocacy & Referral Services (LARS) -** <https://www.laureladvocacy.org/>
- **Salvation Army Maryland -** <https://www.salvationarmyusa.org/md/>

For additional resources and support, please contact the Autism Society of Maryland,

410-290-3466 or email info@autismsocietymd.org