

ALLEGANY COUNTY MARYLAND

ACCESS TO FOOD RESOURCES

FOOD PANTRIES

Bruce Outreach Center Pantry

301-707-9195 Grace Glass
Thurs 4-6 pm or by appt.

Cumberland Community Church

240-522-4038
1st Wednesdays 11-12 pm

Must call 1 week prior to picking up. Valid ID and proof of residence required

First Church of Nazarene

301-777-1480

Friendship Haven Food Pantry

301-724-2382
1st and 3rd Sundays at 12
Tuesdays at 10:30

Frostburg Area Interfaith Pantry

301-687-1728
Tues-Thurs 9-10:30am
referral from DSS

Gateway to Hope Food Pantry/Clothes Closet

304-676-7163 – Susan (call anytime if emergency)
1st and 3rd full week Tues. 10-1
Friday 3-6 pm

George's Creek Food Pantry

301-338-1535

Bethel Holiness Church, Lonaconing
1st and 3rd Tuesday each month
10am-12 noon
One visit per month

Interfaith Community Pantry

301-777-7882
must be referred to by DSS



LaVale Assembly Church

301-759-2863

Monday-Friday 10-11 am

LaVale United Methodist Church Pantry

565 National Highway
Tuesday & Thursday 1-2pm
Tuesday 5-6pm
301-722-6800

Mt. Savage Catholic Church Pantry

4th Wed 10am-12pm
301-777-1750

New Day Church

240-362-7621

Every Tuesday 10:30-12:30

Salvation Army

301-777-7600

Food Pantry Open Mon., Wed., Fri. 2-4pm
Walk in

Second Baptist Church Pantry

Oldtown Road
301-722-5190

Tuesday 9am-12:30pm Food Bank

St. Anthony Food Pantry at St. Mary's Church

301-777-1750

Mon, Wed, Fri – 1-3 pm

Tri-Towns Food Pantry

at Presbyterian Church in Piedmont, WV
Services Westernport MD 301-707-2222

Wednesday, 10:30 am to 12:30pm

Western Maryland Food Bank

301-722-2797

food & hygiene products



Farmer's Market

April - October



Thursdays: Cumberland at Canal Place

Festival Grounds & Shops:

9:30AM - 1:00PM

Fridays: Frostburg City Place:

9:30AM - 1:00PM

Saturdays: Cumberland at Canal Place
at the Train Station: 9:30AM - 1:00PM

For local farms and markets visit
www.BuyLocalAllegany.org

Allegany County Farmer's Market
<https://www.alleganyfarmersmarkets.com/>



winter markets

10:00AM - 12:00PM

At City Place in Frostburg, MD

November

Friday, November 7th and 21st

December

Friday, December 12th and 26th

January

Saturday, January 10th and 24th

February

Saturday, February 7th and 21st

March

TBD

MAIN SEASON OPENS
APRIL 30TH

food giveaways (Subject to Change)

Flintstone United Methodist Church

240-522-2460

3rd or 4th Thursday of every month
9a-until gone

Frostburg City Place

11a-1p 4th Thursday of month

Hope Station

240-362-7168

Photo ID food pantry 1x per month by appointment only
Fresh produce 4th Friday every Month

1st come 1st serve

Mt. Savage Volunteer Fire Department

4th Tuesday of every Month 1-3p

South Penn Elementary School

3rd or 4th Thursday of every month 12p-3:30p

301-777-1755

St John's Lutheran Church

400 Arch Street

1-4pm 3rd Thursday of month food giveaway

301-724-7250

Community Dinners

Christ Lutheran Church

301-729-1010

1222 Vocke Road in LaVale

Drive through dinners 3rd Saturday
3-5 pm

Friendship Haven Community Lunch

301-724-2382

Saturday before 4th Sunday of the
Month 11-1



FOOD PROGRAMS

Allegany County Dept of Social Services

SNAP Program/Food Stamps

Food Supplement Program

301-784-7000

America's Hauling for Hope-Allegany County

Home delivery program if meet guidelines

Application here:

americashaulingforhope.org/allegany-county

Union Rescue Mission

301-724-1585

Food Card Program fill out application

3 meals a day Mon-Sat, 2 meals on Sunday

Food Boxes also every 2 weeks and they must present the

Food Card

WIC Program

Allegany County WIC

301-759-5020

**Pay What
you Can**
RESTAURANT



Community Cafe

127 N. Centre Street

Cumberlandcommunitycafe.org

Sunday, Monday, and Tuesdays from 11-2



SENIOR CENTERS

Cumberland Senior Citizen Center

301-777-5970

Frostburg Senior Citizen Center

301-689-5510

Georges Creek Senior Citizen Center

301-463-6215

HRDC Meal Services

Ages 60 +

301-777-5970

Westernport Senior Citizen Center

301-359-9930

Home delivery Westernport & Rawlings