

# 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

1<sup>st</sup> and 3<sup>rd</sup> 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)

1<sup>st</sup> and 3<sup>rd</sup> full week Tues. 10-1

Friday 3-6 pm

**George's Creek Food Pantry**

301-338-1535

Bethel Holiness Church, Lonaconing

1<sup>st</sup> and 3<sup>rd</sup> 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](http://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 7<sup>th</sup> and 21<sup>st</sup>

## December

Friday, December 12<sup>th</sup> and 26<sup>th</sup>

## January

Saturday, January 10<sup>th</sup> and 24<sup>th</sup>

## February

Saturday, February 7<sup>th</sup> and 21<sup>st</sup>

## March

TBD

**MAIN SEASON OPENS**  
**APRIL 30TH**

*All Markets Accept SNAP & FMNP*

## 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 1 x per month by appointment only  
Fresh produce 4th Friday every Month  
1st come 1st serve

**Mt. Savage Volunteer Fire Department**  
4<sup>th</sup> Tuesday of every Month 1-3p

**South Penn Elementary School**  
3<sup>rd</sup> or 4<sup>th</sup> Thursday of every month 12p-3:30p  
301-777-1755

**St John's Lutheran Church**  
400 Arch Street

1-4pm 3<sup>rd</sup> Thursday of month food giveaway  
301-724-7250



## 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](http://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

### 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

*Pay What  
you Can*  
RESTAURANT



**Community Cafe**  
127 N. Centre Street  
[Cumberlandcommunitycafe.org](http://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