



**Bruce Outreach Center
Pantry**

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

Cumberland Community Church

240-522-4038
1st Wednesdays 11AM - 12PM
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 & 3rd Sundays at
12PM; Tuesdays at
10:30AM

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 & 3rd full week Tues. 10AM - 1PM
Friday 3 - 6PM

George's Creek Food Pantry

301-338-1535
Bethel Holiness Church,
Lonaconing
1st & 3rd Tuesday each month
10AM - 12PM
One visit per month

His Table

304-813-0224
Westernport, McCoole, and Keyser
bagged meals, 2 meals per bag
AHEC West partner

Interfaith Community Pantry

301-687-1728
126 Water Street, Frostburg
pantrypartners@gmail.com
Need referral from DSS or
local church expressing need

LaVale Assembly Church

301-759-2863
Monday-Friday 10 - 11AM

**LaVale United Methodist Church
Pantry**

301-722-6800
565 National Highway
Tuesday & Thursday 1 - 2:30PM
Tuesday 5 - 6PM

Salvation Army

301-777-7600
Food Pantry Open Mon., Wed.,
Fri. 2 - 4PM
Walk in

Second Baptist Church Pantry

301-722-5190
Oldtown Road
Tuesday 9AM - 12:30PM
Food Bank

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

301-777-1750
Mon, Wed, Fri - 1 - 3PM

Tri-Towns Food Pantry

301-707-2222
Presbyterian Church, Piedmont, WV
Wednesday, 10:30AM - 12:30PM
Serves Westernport MD

Western Maryland Food Bank

301-722-2797
food & hygiene products

**FOOD
PANTRY**

♥ Neighbors Helping Neighbors

EVERYONE IS WELCOME

Information compiled by the Allegany County
Health Department Nutrition Program

<https://myalleganyhealth.org/nutrition/>



Allegany County
HEALTH DEPARTMENT

"Healthy People, Healthy Communities"

09.08.2026





**MAIN SEASON:
APRIL 30 - OCTOBER**

Thursdays: 9:30AM - 1:00PM
Cumberland at Canal Place Festival Grounds & Shops

Fridays: 9:30AM - 1:00PM
City Place in Frostburg

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

WINTER MARKETS:

**City Place in Frostburg, MD
10:00 AM - 12:00 PM**

Friday, November 7th and 21st
Friday, December 12th and 26th
Saturday, January 10th and 24th
Saturday, February 7th and 21st
March - TBD

All markets accept SNAP and FMNP.

For local farms and markets visit
www.BuyLocalAllegany.org

Allegany County Farmer's Market
www.alleganyfarmersmarkets.com



Community Cafe

127 N. Centre Street,
Cumberland, MD
Sunday, Monday, and Tuesday
from 11AM - 2PM

www.cumberlandcommunitycafe.org



Allegany County
HEALTH DEPARTMENT
"Healthy People, Healthy Communities"

Food Giveaways

(Subject to Change)

Flintstone United Methodist Church

240-522-2460
3rd or 4th Thursday of every month 9AM until gone

Frostburg City Place

4th Thursday of month
11AM - 1PM

Mt. Savage Volunteer Fire Department

4th Tuesday of every month
1 - 3PM

South Penn Elementary School

3rd or 4th Thursday of the month
12 - 3:30PM
Call for updates: 301-777-1755

St John's Lutheran Church

400 Arch Street (parking lot)
3rd Thursday of every month
1 - 3PM
301-724-7250

More Resources

FOOD PROGRAMS:

**Allegany County
Dept. of Social Services**
SNAP/Food Stamps
Supplemental
Program 301-784-7000

America's Hauling for Hope-Allegany County

Home delivery program;
must meet guidelines. Apply
at

www.americashaulingforhope.org/allegany-county

Union Rescue Mission

Food Card Program (must apply)
3 meals a day Mon-Sat,
2 meals on Sunday
Food Boxes also every 2 weeks.
Must present the Food Card.
301-724-1585

WIC Program

Allegany County
Must meet
eligibility
requirements
301-759-5020

COMMUNITY DINNERS:

Christ Lutheran Church
1222 Vocke Road, LaVale
Drive through dinners
3rd Saturday 3 - 5PM
301-729-1010

**Friendship Haven
Community Lunch**

Saturday before 4th Sunday
of the month 11AM - 1PM
301-724-2382

SENIOR CITIZENS CENTERS:

Cumberland
301-777-5970

Frostburg
301-689-5510

Georges Creek
301-463-6215

HRDC Meal Services

Ages 60 +
301-777-5970

Westernport

301-359-9930
Home delivery
Westernport & Rawlings