



## FOOD & NUTRITION RESOURCES

During these unprecedented times, our partner agencies and organizations are here to assist with supplemental food and nutritional programs for individuals and families.

- **Damascus HELP:** 301-253-4100
  - *For residents of Damascus, Clarksburg, North Germantown, and Gaithersburg only.*
- **Gaithersburg HELP:** 301-216-2510; <https://www.gaithersburghelp.org/get-help/food/>
- **MANNA Food Center:** 301-424-1130; <https://www.mannafood.org/covidresponse/>
- **McCarick Family Center:** 301-942-1790
- **Montgomery County Public Schools – MCPS Emergency Meals:**  
<https://www.montgomeryschoolsmd.org/coronavirus/meals/>
- **Montgomery Food Council:** <https://mocofoodcouncil.org/food-access/>
- **Nourish Now:** 301-330-0222; <https://nourishnow.org/>