

Additional Food Resources

Nutrition Assistance Programs

Programs to help you obtain healthy, nutritious foods for yourself and your family.

Did You Know?

You may qualify for other programs available in the state of Maryland!

Call **211** or visit **211md.org** to find out more about what is available in your area.

In addition to food resources, 211 can also help you find assistance with:

- Housing and Shelter
- Substance Use
- Legal Services
- Utility Assistance
- And more!

For a list of other services including food programs, visit www.FindHelp.org

❖ SHARE Food Network

Non-profit organization with multiple locations throughout the Baltimore/DC area. Once a month, families can order, pay for, and pick up groceries from host sites at a 50% discount. No application required!

For a list of host site locations and more information, please visit: <https://www.catholiccharitiesdc.org/share-find-site/>.

❖ Supplemental Nutrition Assistance Program (SNAP)

Helps people buy the food they need for good health. There are numerous ways to file an application:

- (1) Online at <https://mydhrbenefits.dhr.state.md.us/>.
- (2) At your local Department of Social Services.
- (3) Download application and mail in or drop off in person.

For more information and to see if you qualify, please visit: <https://dhs.maryland.gov/supplemental-nutrition-assistance-program/about-the-food-supplement-program/>.

❖ Maryland WIC Program

Provides healthy supplemental foods, formula and breastfeeding support for pregnant women, new mothers, infants, and children under the age of five.

To apply, call 1-800-242-4WIC or your local WIC agency: <https://health.maryland.gov/phpa/wic/Pages/wic-apply.aspx>.

For more information, please call the Nutrition Department at **443-923-2730** or visit KennedyKrieger.org/departments-medical-specialties/nutrition-department

