

Chicken Noodle Casserole

Ingredients

- 1 pouch chicken
- 1 bag egg noodles
- 1 can condensed cream of mushroom soup
- 1 can condensed cream of chicken soup
- ¼ cup water
- salt and pepper, to taste
- 1 cup shredded mozzarella cheese, plus extra for topping

Cooking Equipment Needed:

- Large pot
- Colander
- Large mixing bowl
- 9x13 inch baking dish

Potential Allergens: wheat, dairy

Directions:

1. Cook egg noodles in a large pot according to package instructions and drain.
2. In a large mixing bowl, combine cooked noodles and all other ingredients.
3. Gently stir to combine everything.
4. Preheat the oven to 350 degrees.
5. Pour mixture into a 9x13" baking dish. Spread evenly.
6. Top with shredded cheese.
7. Bake for 25-30 minutes until cheese is melted and golden brown.
8. Serve green beans as a side dish to complete the meal.
9. Serve peaches for dessert.



Meal Kit Contents

- 1 bag egg noodles
- 1 pouch chicken
- 1 can green beans
- 1 can peaches
- 4 shakes
- 1 snack

Nutritious Additions

Try mixing in onions, peppers, zucchini, squash, broccoli, spinach, mushrooms, cauliflower, peas, and/or shredded carrots for more flavor and nutrition!

Did you know?

Have you ever heard, "eat the rainbow?"

There are countless benefits of eating a rainbow of fruits and vegetables. Plants contain *phytonutrients*, compound that give foods their taste, color, and health benefits. These phytonutrients can improve vision, reduce inflammation, boost our immune systems, and much more. We get the most benefit from our food when we eat a wide variety of colors!

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



Using Canned & Frozen Fruits and Vegetables

Selecting, Preparing, and Cooking Tips

Canned or frozen fruits and vegetables are budget-friendly and last longer than fresh produce. Here are some simple ways to select, prepare, and cook them!

Choosing the Right Option

Vegetables:

1. Check sodium content
 - Look for **“Low sodium”, “Reduced sodium”, “No salt added”**
2. Choose **plain frozen vegetables** and avoid added sauces or seasonings

Fruits:

1. Look for canned juice labeled:
 - **“Packed in its own juices” or “100% juice” or “unsweetened”**
2. Choose frozen fruit with **no added sugar**

Preparation Tips

Drain and rinse canned vegetables and fruits to wash away extra sodium or sugar

- If using the liquid, look for **low-sodium or no-salt-added cans**.

Thawing? It depends!

- Thaw **tightly packed vegetables** like spinach, kale, corn on the cob)
- No need to thaw **loosely packed vegetables** like beans and corns

Cooking Tips

Blanching Canned Vegetables

- Boil for two minutes, then transfer to an ice bath to remove metallic taste.
- Be sure to **not overcook it**, too much time in boiling water can make vegetables mushy.

Roasting for More Flavor

- Rinse and drain well before roasting
- Roast at 425°F, flip often to reduce moisture and add a golden color
- Canned vegetables good for roasting: **carrots, chickpeas, corn, potatoes**

Blending for Smoothies and Dips

- Smoothie: use frozen vegetables with **neutral or naturally sweet flavors** like spinach, kale, cucumber, carrots, beets, cauliflower
- Dip: blend (or mash) canned beans with small amount of olive oil, tahini, lemon juice and garlic powder

Seasoning with flavors

- Lemon juice for brightness
- Add **herbs or spices** like paprika, cumin, cilantro, parsley

Adding to Dishes

Salad: Drain and rinse canned beets, chickpeas, peaches or pears to top a salad



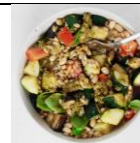
Egg dishes: Mixed canned spinach tomato, mushrooms, and tomatoes into scrambled eggs, omelets, egg bites



Stews and soups: Stir in canned or frozen vegetables



Rice or Grain bowls: Toss in canned beans, corn, peas for extra protein or fiber



Pasta dishes: Add canned tomatoes, mushroom, spinach to pasta sauce to casseroles



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Cooking Without a Full Kitchen

Ways to cook with minimal equipment! (Cont)

You don't need a full kitchen to make tasty, nutritious meals!

Appliance	Best For	Examples
Microwave 	Steaming Reheating Boiling	Fruits and Vegetables - Fresh or frozen vegetables: Steam in a microwave-safe bowl with a little water. - Fruit crisp: Mix chopped fruit with cinnamon, oats, maple syrup, and cornstarch. Microwave in 30-second increments until soft.
		Meat and Beans - Poached Eggs: Crack an egg into a microwave-safe bowl filled with water, poke the yolk, cover, and microwave for 60-90 seconds. - Baked beans: microwave canned beans with a drizzle of oil
		Grains and Starchy vegetables - Rice, couscous, or bulgur wheat: Cook in a deep, microwave-safe bowl with water and a vented cover - Corn on the cob: Wrap in a damp paper towel and microwave - Sweet potato: poke holes in the skin and microwave until tender
		Dairy Cheese: add cheese to melt in vegetables

Cooking Tips:

- Choose microwave-safe glass or ceramic dishes. Make sure container is BPA-free if using plastic.
- Cover food with a vented lid or damp paper towels to trap steam.
- Stir or rotate food halfway through cooking to heat food evenly.

Toaster Oven 	Roasting Baking Crisping	Fruits and Vegetables - Roast vegetables like carrots, zucchini, cauliflower, bell pepper, tomatoes - Kale and Brussels sprouts: bake into crispy chips - Stuffed mushrooms or peppers: fill with ground meat and bake
		Meat and Beans - Crispy Chickpeas: Roast at 375°F with oil and seasoning - Fish fillet, chicken breast, or pork chops: choose smaller cuts of meat to bake
		Grains and Starchy vegetables - Bread: toast for sandwiches or grilled cheese - Muffins or scones: bake or reheat - Bake potatoes wrapped in aluminum foil paper
		Dairy - Cheese dip: melt shredded hard cheese and mix with yogurt and seasoning - Melt cheese to tortillas or bread to make grilled cheese or quesadillas

Cooking Tips:

- Line with parchment paper or aluminum foil. This will prevent sticking and make cleanup easy.
- Don't overcrowd toaster oven. It will block airflow and increase fire risk.
- Use broiling mode to crisp or quickly roast your food.

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Cooking Without a Full Kitchen

Ways to cook with minimal equipment! (Cont)

Crockpot (Slow Cooker) 	Hands-off Low effort Slow cooking	Fruits and Vegetables - Vegetables such as potatoes, carrots, peas, corn, asparagus, butternut squash, celery, Brussels sprouts: cook on high for 2 hours or low for 4 hours - Vegetable stock from scraps: collect scraps and simmer with carrot celery, and leeks on high for 5–6 hours or low for 7–8 hours. - Jam: cook frozen or chopped fruit with maple syrup until thickened
		Meat and Beans - Meat: Season with salt and pepper, add salsa or chili sauce and cook on low for 8 hours - Dried beans or lentil: slow cook for soups, curries, or chili
		Grains and Starchy vegetables - Brown rice, quinoa, barley, grits: simmer in water or broth to make it a soup - Oatmeal: prepare overnight for a ready to eat breakfast
		Dairy Adding cheese, yogurt, milk into slow cooker when cooking

Cooking Tips:

- Put root vegetables at the bottom. They take longer to cook.
- Use tougher cuts of meat because slow cooker can make them tender.
- Add less liquid when cooking. Slow cookers traps moisture better than stovetop cooking.
- Stir in dairy at the end of cooking to prevent curdling

Electric Griddle 	Stir-frying Searing Pan-frying	Fruits and Vegetables - Vegetables: stir fry with small amount of oil - Banana or pineapple: caramelize for a naturally sweet topping - Peaches or nectarines: grill for a warm flavorful snack
		Meat and Beans - Eggs: scrambled or make omelets - Tofu or tempeh: grill for a plant-based protein option - Fish and steak: grill or sear meat protein to desired doneness
		Grains and Starchy vegetables - Whole wheat tortilla, pancake, or flatbread: make from scratch on the griddle - Left over rice: stir-fry to reheat rice
		Dairy Cheese: can be melted on top of foods

Cooking Tips:

- Make a one-pan meal by utilizing the surface and cook multiple items at once
- Set the right temperature: 250°F-300°F to warm food and cook eggs; 325°F-375°F to cook pancakes, grilled cheese, and stir fries; 375°F-425°F to sear meats
- Spray small amounts of oil to prevent food from sticking

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Additional Food Resources

Nutrition Assistance Programs

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

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/program/share-food-network/>

Supplemental Nutrition Assistance Program (SNAP)

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

- Online at <https://mydhrbenefits.dhr.state.md.us/>.
- At your local Department of Social Services.
- 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-assistanceprogram/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>.

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

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FIND FREE FOOD



MARYLAND
FOOD BANK

mdfoodbank.org | 410.737.8282

Free Summer Lunches Baltimore City and County



Summer Meals Are Here

As families "Color Our World" this summer, we also want children to eat colorful and nutritious meals! We are partnering with Baltimore County Public School and USDA Summer Food Service to provide free lunches at 16 of our branches through Friday, August 15. To celebrate, we're hosting a [Summer Meals Celebration](#) on Tuesday, July 1, at our Cockeysville Branch. Families can enjoy face painting, music, crafts and more.

12 p.m.-

- Arbutus
- Lansdowne
- North Point
- Owings Mills
- Pikesville
- Randallstown
- Reisterstown
- Rosedale
- Sollers Point

12:30 p.m.-

- Catonsville
- Cockeysville
- Essex
- Loch Raven
- Parkville-Carney
- Perry Hall
- Woodlawn

*Meals will not be served on Friday, July 4.

Summer Meals TO-GO

Visit one of our pick up locations below to receive a box containing 5 breakfasts and lunches for your children. Available June 24 through August 14th.

EVERYONE IS WELCOME! The only eligibility requirement is that the child is between the ages of 2 and 18.

Registration is required - [REGISTER HERE](#)

- Complete the form **ONCE** to register your children for the entire summer! You'll receive a confirmation email that you'll use when you pick up your meals each week.
- Just a reminder - only **one registration per adult** may be used at meal pickup. Be sure to include all children you are picking up for when you register. This helps us serve everyone efficiently; thank you for your cooperation!

After registering, just visit one of the 3 sites listed below to pick up meals.

Meals available June 24 - August 14.

Tuesdays

8:00 - 8:30am

Hereford High

17301 York Rd
Parkton, MD 21120

Tuesdays

12:00 - 12:30pm

Carroll Manor Elementary

4434 Carroll Manor Rd
Baldwin, MD 21013

Thursdays

12:00 - 12:30pm

Kingsville Elementary

7300 Sunshine Ave
Kingsville, MD 21087

Visit USDA's website to learn more about [Rural Non-Congregate Summer Meal Service](#) | [Food and Nutrition Service \(usda.gov\)](#)

https://www.bcps.org/foodandnutrition/child_nutrition_programs/sfsp



Find a Maryland summer meals site today.

Kids still need nutritious food, even when school is out. Find in person or to-go meal sites statewide serving free nutritious meals to youth 18 and under. It's never been easier to locate a summer meals site near you!

Find summer meals sites using our interactive map.

Look for sites listed with To-Go in the name to find summer meals you can take with you, otherwise meals must be consumed where they are served. To search for a location based on specific area, please enter your address or zip code in the search box and select your preferred mile-radius. Summer meal site information is updated nightly.

Select mile radius:

 5 Miles

Submit

Clear

Note: Registration is required to receive meals at Sun Meals To-Go sites.

https://mars.msde.maryland.gov/mars_sitesearch/

SUMMER FOOD SERVICE PROGRAM

Just as learning does not end when school lets out, neither does a child's need for good nutrition. The Summer Food Service Program (SFSP) provides free, nutritious breakfasts and lunches to help children in low-income areas get the nutrition they need to learn, play, and grow throughout the summer months while they are out of school.

As an extension of the National School Lunch Program, which is designed to guarantee eligible children free and nutritious breakfasts and lunches during the school year, the SFSP was created to guarantee these same children at least one nutritionally sound meal a day during their summer vacations. The SFSP is funded by the U.S. Department of Agriculture (USDA) through the Maryland State Department of Education (MSDE) and is administered locally by the Baltimore City Department of Housing and Community Development.

The 2025 program dates are Monday through Friday, June 17 - August 22. These dates are subject to change, reflecting adjustments to the Baltimore City Schools calendar adjustment.

FIND A SITE NEAR YOU

To locate a meals site, parents can call 410-396-0773, or [visit this site to enter your zipcode](#) and find a site.

Nutrition on a Budget

Ways to save money and eat healthy!

Breads and Grains

- **Choose whole grains.** Great options that don't cost as much include rice, oatmeal, shredded wheat, and bread!
- **Buy rice and oatmeal in bulk.** Instant varieties are more expensive.
- **Buy whole grain bread on sale.** Store the extra in the freezer.

Fruits and Vegetables

- **Buy fresh vegetables and fruits that are in season.** They are cheaper and taste better.
- **Cut your fruits and vegetables at home.** Pre-cut produce can cost more than whole fruits and vegetables.
- **Stock up on long lasting vegetables** and store them in a cool, dry place. This includes potatoes, carrots, sweet potatoes, cabbage.
- **Canned and frozen produce lasts longer and is just as nutritious as fresh.** Choose canned vegetables with no added salt and fruit that is canned in 100% fruit juice.

Meat and Beans

- **Add beans, lentils, and eggs to your meal plan instead of meat.** Lots of protein for less money.
- **Dry beans cost less than canned.** Soak them overnight to use the next day.
- **Purchase whole or cut up bone in chicken.** Buy family-size packs on sale and freeze.
- **Canned tuna is an inexpensive protein choice.** Choose light tuna over white (albacore) tuna for less mercury.

Dairy

- **Shred your own cheese at home.** Blocks of cheese are less expensive than shredded cheese.
- **Buy yogurt in larger size containers.** They cost less per serving than smaller sizes.
- **Choose ultra-pasteurized milk.** It has a longer expiration date and won't spoil as fast.
- **Consider dry milk powder.** Mix it with water and use it as a low-cost substitute in recipes.



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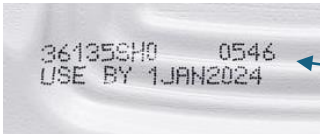
Reducing Food Waste Through Better Understanding of Food Product Dating

Dates indicate best quality, not food safety!

There is no uniform or universal food dating system in the United States.



Federal regulations require baby formula to have a “use by” date. This date ensures the nutrients and quality are maintained.



Except for baby formula, product dating is not required by federal law and does not indicate product safety.

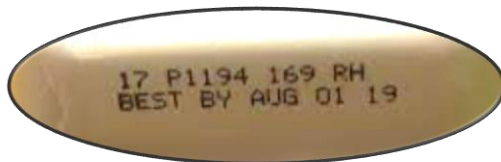
“Best By” dates explain when a product will be of best flavor or quality

“Sell by” dates tell the store how long to display the product for sale

“Use by” dates indicate the last date the product will be at peak quality

“Freeze By” dates indicates when a product should be frozen to maintain peak quality

- It is not a purchase or safety date



These various product dates indicate the optimum period for food quality, sale, usage, and freezing depending on the food, its characteristics, the packaging, preservatives, and length of storage time.

The USDA estimates 30% of the food supply is lost or wasted at the retail or consumer levels. Misunderstandings about dates on food is one source of food waste as consumers may be discarding wholesome foods.

Regardless of date, pay attention to signs of spoilage.

A food product can be safe until spoilage is apparent. Pay attention to odor, flavor, and texture that can indicate presence of spoilage or bacteria



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Local Food Banks

Nutrition Assistance

There are food pantries across the state of Maryland that can help you obtain food for yourself and your family.

To find ones near you, please see the list below or visit:

<https://mdfoodbank.org/find-food/> or www.FindHelp.org

Location Name	Address/Phone	Hours
Angels Helping Angels	1401 N Milton Ave Baltimore, MD 21213 (443) 756-8162 http://ahamd.org	<u>Pantry:</u> Wednesdays By appointment only. <u>Kitchen:</u> 1 st and 3 rd Saturdays 11-1pm, no appointment needed.
Amazing Grace Lutheran Church	2424 McElderry St Baltimore MD, 21205 (410) 949-0786	<u>Vegetable boxes:</u> Thursdays and Fridays 9:30am <u>Pantry items:</u> Fridays 10:30 am
New Life Food Pantry/ New Life Evangelical Baptist Church	2401 E North Ave Baltimore, MD 21213 (301) 661-2125 www.newlifepantry.org	Monday – Friday 9am to 4pm
Macedonia Project	5401 Frankford Ave Baltimore, MD 21206 (410) 488-5653	Tuesday and Thursday 11 am-1pm Clients should bring ID
The Door Food Pantry	219 N Chester Street Baltimore, MD 21231 (410) 675-3288 http://thEDOORinc.org	Tuesdays and Thursdays 1pm-2pm (Sept-June), 10am-11am (July, August)
Transforming Life Church	4801 Sipple Ave Baltimore, MD 21206 (757) 642-5442	4 th Thursday of the month 9:30 am



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Local Food Banks

Nutrition Assistance

St. Patrick's Cathedral	1728 Bank Street Baltimore, MD 21231 (443) 425-5919	Tuesdays and Fridays 11am-1pm Serve residents of zip codes 21224 and 21231 (cannot be receiving SNAP benefits)
St Vincent de Paul – St. Anthony of Padua	4414 Frankford Ave Baltimore, MD 21206 (410) 488-0400	Tuesdays and Thursdays 12:30-1:30 pm
CAN Pantry	7900 Baltimore St Baltimore, MD 21224 (410) 285-4674	Monday – Friday 9-11:30am and 1-3:30pm
St. Vincent de Paul/Beans & Bread	402 S Bond Street Baltimore, MD 21231 (410) 732-1892	<u>Breakfast:</u> Monday – Friday 8:30am-9:30am <u>Lunch:</u> Monday – Saturday and last Sunday of each month 11:30am – 1:30pm
Second Shiloh Meal Kitchen & Emergency Food Pantry	1355 Homestead St Baltimore, MD 21218 (410) 889-2637	Pantry services only. Tuesday, Wednesday, and Thursday 12-2pm Picture ID, proof of address needed.
Donald Bentley Food Pantry	2405 Loch Raven Road Baltimore, MD 21218 (443) 842-4037	Saturday 9am-12pm Serve residents of zip codes 21218 and 21210
St. Vincent Emergency	120 N Front Street Baltimore, MD 21202 (410) 962-5078 http://stvchurch.org/	Monday 12:30-2pm. Must live in Baltimore City. Bring ID and proof of address.
Salvation Army	814 Light Street Baltimore, MD 21230 (410) 783-2920	Call for information



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Local Food Banks

Nutrition Assistance

DSS Franciscan Center	101 W 23rd Street Baltimore, MD 21218 (410) 467-5340	
St. Matthias Church. Loaves and Fishes	6400 Belair Road Baltimore, MD 21206 (443) 742-4727	Saturday 11am-2pm
Church of the Guardian Angel	2629 Huntingdon Ave Baltimore, MD 21211 (410) 652-4502	Wednesdays 9-10am Serve residents of zip code 21211
Macedonia Baptist Church	718 W Layfayette Ave Baltimore, MD 21217 (410) 669-1749	2 nd Wednesday of each month 10am-12pm
St James Episcopal Church Food Pantry	1020 W Lafayette Ave Baltimore, MD 21217 (410) 523-4588	2 nd and 4 th Saturday of each month 10am-12pm
Essex UMC Food Pantry	524 Maryland Ave Essex, MD 21221 (410) 686-2867	Tuesday and Thursdays 10:30am-12pm Need photo ID and a referral from 211MD or another community organization
Friendship Outreach Center Inc	7200 Harford Road Baltimore, MD 21234 (410) 444-1595	Tuesdays and Wednesdays 10am-1pm Thursdays 10:30am-12:30pm Recommend calling first. Must show ID.
GEDCO CARES	5502 York Road Baltimore, MD 21212 (410) 532-2273 http://gedco.org	Mondays and Thursdays 9:00am – 11:00am Saturdays 10:00am – noon Serve residents of zip codes: 21210, 21212, 21218, north of 33rd St, and 21239



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Meal Kit Evaluation Survey

Please scan the QR code* to complete an anonymous questionnaire about the meal kit that you received.

***How to scan a QR Code**

Open the camera on your phone or tablet. Point your device at the QR code so that the QR code appears on your screen. Your device will recognize the QR code and show you a notification at the top of your screen. Click the notification and you will access the survey.



Neighbor Bill of Rights

At the Maryland Food Bank (MFB), we believe that no one in our state should be hungry, and that access to good, nutritious food is a basic human right. We work with more than 1,150 partners located in communities across Maryland to provide you with access to free services – whether it's healthy food, help in applying for federal benefits, or access to other local social service solutions.

What to expect when visiting an MFB partner or distribution event:

- A representative of the organization will ask you to fill out a basic form to declare that you need help with food;
- Be sure to ask when and how often you may visit or use services as each agency has different hours and visitation requirements;
- Consider bringing a food cart or several reusable bags. Assistance with carrying bags may be limited;
- Many of our partners provide additional support services such as help paying for bills, job training, health services, and help with transportation. You may be required to provide additional information to the agency to see if you qualify to receive help.
- We do ask that you respect the posted rules and regulations at the food assistance site you are visiting and treat their employees and/or volunteers with kindness and respect.
-

Your Right to Receive Food - When visiting an MFB partner or distribution event, you are entitled to these rights:

- You may ask questions until you understand;
- You will receive food and/or meals at no cost;
- You will not be required to make a donation, volunteer, participate in any religious activities, or pay dues as a condition of receiving food;
- You will not be refused service or discriminated against based on programs you participate in, benefits you receive, race, color, citizenship status, religion, national origin, ancestry, age, marital status, disability, gender, sexual orientation including gender identity or expression, political affiliation, Limited English Proficiency (LEP), or unfavorable discharge from the military or status as a protected veteran;
- You will be treated with courtesy, respect, and dignity at all times;
- You may request a reasonable accommodation for a disability or language barrier;
- You may refuse any food items that do not meet your dietary or religious standards;
- You will receive food that meets the local, state, and federal standards for food safety;
- You will never be required to show proof of citizenship, a social security card, or a birth certificate to receive Maryland Food Bank food benefits;
- You may be required to show some of the following documents as part of the application process for certain programs: proof of income, proof of address, a form of identification.

If you feel your rights have been violated, please contact us at 410-737-8282.

You will NOT be retaliated against for making a complaint.

