

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



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



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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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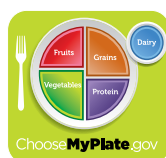
DSS Franciscan Center	101 W 23rd Street Baltimore, MD 21218 (410) 467-5340	
St. Matthias Church. Loaves and Fishes	6400 Belair Road Baltimore, MD 21206 (443) 742-4727	Saturday 11am-2pm
Church of the Guardian Angel	2629 Huntingdon Ave Baltimore, MD 21211 (410) 652-4502	Wednesdays 9-10am Serve residents 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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**10
tips**
Nutrition
Education Series



**MyPlate
MyWins**

Based on the
**Dietary
Guidelines
for Americans**

Eating better on a budget

Get the most for your budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

1 Plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or soups, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.



2 Get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

3 Compare and contrast

Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is the best buy.

4 Buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are large containers of low-fat yogurt and large bags of frozen vegetables. Before you shop, remember to check if you have enough freezer space.



5 Buy in season

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

6 Convenience costs... go back to the basics

Convenience foods like frozen dinners, pre-cut fruits and vegetables, and take-out meals can often cost more than if you were to make them at home. Take the time to prepare your own—and save!

7 Easy on your wallet

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy cabbage, sweet potatoes, or low-sodium canned tomatoes. As for fruits, apples and bananas are good choices.



8 Cook once...eat all week!

Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

9 Get creative with leftovers

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry, over a garden salad, or in chili. Remember, throwing away food is throwing away your money!

10 Eating out

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Ask for water instead of ordering other beverages, which add to the bill.



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MARYLAND
FOOD BANK

mdfoodbank.org | 410.737.8282