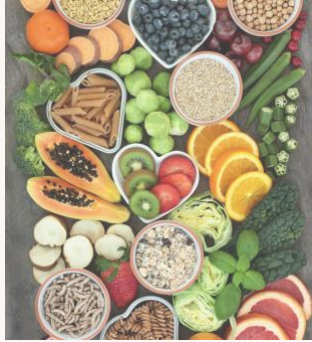


# CHARLES COUNTY RESOURCES

## FOOD



**Charles County Food Pantries**-*Contact Information:*  
[southernmarylandfoodbank.com/pantry-resources](http://southernmarylandfoodbank.com/pantry-resources)

**Women, Infants & Children (WIC)**-provides healthy supplemental foods and nutrition counseling for pregnant women, new mothers, infants and children under five.

*Contact Information:* 301-609-6857

**Maryland SNAP**-helps low-income households buy the food they need for good health. To apply, contact Charles County Department of Social Services.

*Contact Information:* 301-392-6400.

**Meals on Wheels**-Meals delivered to the home may be available for eligible seniors and their spouses who are homebound due to illness or disability.

*Contact Information:* 301-934-0138

### **Charles County Farmers Markets**

- ♦ List of Farmers Markets

<https://www.explorecharlescounty.com/eat-drink/agritourism/farmer-s-markets>.

- ♦ Farmers markets that double your benefit dollars (SNAP/EBT and Farmers' Market Nutrition Program – WIC and Senior checks).

<https://www.marylandmarketmoney.org/mmmlocations>

**Charles County Food Connection**-Lists where food is available in the county. Assists persons in finding food resources that are closest to their zip code.

*Contact Information:*  
<https://charlescountyfoodconnection.org/>

**Steam Onward**-Obtain free seeds, gardening support and technical assistance.

*Contact Information:* [steamonward.org](http://steamonward.org), 240-515-8558

**Lifestyles of Maryland**-Food pantry is open for persons to receive items twice per month; Mondays-Friday, 9:30 am-5 pm

*Contact Information:* 301-609-9900