

*Soup Kitchen & Foodbank - 100 South
Market Street - 301-600-1506 (Other
programs to help you, too)*

Free nightly meal 5:30-6:30pm Foodbank
provides a 3-to-5-day supply of food and
is open 5 days a week

*Pay What You Can
(or \$0) Meal
629 North Market Street
301.663.0373
Third Sunday of each
month 6-8pm*

Frederick Food and Help

*Frederick Rescue Mission - 419 West
South Street - 301-695-6633 (Will
help you with other services, too)*

Free breakfast daily 6-7am
Free lunch Mon-Sat at 12-1pm
Free lunch Sundays at 1pm

Religious Coalition for
Emergency Human Needs
27 Derange Street
301-631-2670
Emergency shelter, food banks,
healthcare, and more