

No-cost, Low-cost Food and More

Contributors: Leslie Cummings, Isabella Wilkinson, Angeline Butler

Help-by-Phone – (301-699-9009) Clients calling Help-by-Phone are directed to one of seven emergency food pantries located throughout Prince George’s County, the location of which is jointly determined by the client and the Help-by-Phone volunteer. Residency in Prince George’s County is the only requirement, so take proof of residency with you. Help-by-Phone’s hours of operation are:

Monday –Thursday: 9:00 am – 5:00 pm
Friday : 9:00 am – noon.

TLC – This Eleanor Roosevelt High School (ERHS) student group is sponsored by the MCF Community Church (MCFcc.org). The free food and clothing give-away occurs every other Saturday; see www.TLCerhs.org for the next give-away date and other information.

Event hours: 10:00 – 10:30 every other Saturday, but get there early, the give-away goes quickly.

Location: ERHS parking lot, enter from Hanover Parkway and go Right to the back of the temporary classrooms; there, further signs will direct you into the building. The event proceeds as follows: on entering, you will be asked to sign in; at this time you can also fill out a form with your contact information so that you can be notified of the next distribution date. When the event starts, the names are called out in order and the person is given, currently, 6 tickets. Depending on the category, you can pick from 2 to 10 items per ticket from produce, meat, dairy, canned goods, bread and gently used clothing in all sizes; signs on the front of the display tables tell you how many items per ticket. The food items are typically past the sell-by date but not past the expiration date. Bring your own sacks if possible, but if you aren’t able, some plastic sacks are available.

City-sponsored free produce, *generally* the first Thursday of each month when at the elementary school and the last Thursday of the month when at Green Ridge House, 2:30-3:30 pm; bring your own bags and carts; visit www.greenbeltmd.gov to check the date and location where the next give-away will occur. *Usually* the schedule is as follows:

- October-May at the Springhill Lake Elementary School, 6060 Springhill Lake Drive
- June-September at Green Ridge House, 22 Ridge Road
- Upcoming dates for 2018:
 - May 3 – Springhill Lake Elementary School
 - June 28 – Green Ridge House
 - July 26 – “
 - August 23 – “
 - September 27 – “

Senior Nutrition Food and Friendship program, provides lunch for seniors Monday – Friday at the Greenbelt Community Center, starting at noon. Meals must be reserved by 11:00 am two days prior so that enough food may be ordered; call 301-397-2208, ext. 4215 to make a reservation. A small donation is requested but not required. Each week the Greenbelt News Review prints the menus for the following week.

Meals On Wheels of the College Park Area, Inc., 9601 Rhode Island Avenue, College Park, 20740, 301-474-1002, www.mowcp.yolasite.com . Meals on Wheels of College Park (MOWCP) prepares and delivers meals in northern Prince George's County, including Greenbelt, for those unable to prepare their own meals. The meals can be adjusted for diabetes and food allergies. For \$5 per day, MOW provides a hot lunch, dinner and a breakfast meal for the next morning. Meal delivery can be scheduled either for 3 days per week (MWF) or for 5 days per week (MTWTF). To sign up, go to the website (see above) and contact the intake coordinator. The center where the meals are prepared is open Monday – Friday from 9:00 am to 1:00 pm. Volunteers are always needed to package and deliver the meals. A pet food program is also provided.