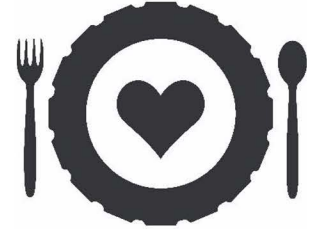


Food Resources in Takoma Park

Meals On Wheels (MOW) of Takoma Park/Silver Spring

MOW delivers deliciously prepared meals (one hot and one cold each weekday) to homebound neighbors who cannot get out to get groceries or prepare their own meals easily. The clientele includes individuals with disabilities; people who are ill, recovering, or in medical treatment; and seniors. Meals on Wheels serves regardless of age and on a sliding scale to all income levels.

For MOW food help, call **(301) 434-1922** or visit www.mowtakoma.org to learn more and send a request for delivery.



Small Things Matter

Small Things Matter (STM) serves Takoma Park residents in need of food support. Residents must provide a government-issued ID or recent utility bill as proof of residency in Takoma Park. Those who qualify will be invited to pick up food at community distributions two times per month and at Teen Pantry distributions. Small Things Matter delivers produce to Hampshire Tower, Essex House, Maple View, Park Ritchie, Colonnade on the Creek, Edinburgh House, Park View, and Cambridge/Winslow. They also share food with the four community food pantries in the TP/SS neighborhood.

For STM food help, contact Roxanne Yamashita at **(202) 669-8550** or rayamashita@yahoo.com.



CHEER

CHEER provides access to health and wellness resources for Takoma Park and Long Branch residents, including assistance with enrollment in SNAP and health insurance programs for eligible individuals. CHEER also offers Diabetes Prevention, Fitness, and Nutrition classes. For individuals with Type 2 diabetes and low access to food, they have a special program to get access to healthy food and personal support for the management of diabetes.

For CHEER help, contact info@communitycheer.org, call **(301) 589-3633**, or visit their website at <https://www.communitycheer.org/health>.



FRESHFARM

FRESHFARM provides high-quality local produce through a Pop-Up Food Hub (PUFH) at local farmers' markets to deliver healthy, affordable produce to individuals and community organizations, including early care centers, health clinics, senior centers, and school programs. Through the PUFH, FRESHFARM also provides the Market Share Program, a CSA-style produce bag subscription that provides consistent weekly access to fresh produce throughout the season. Market Share shoppers pick up a 10-12 item mixed bag of produce from convenient pick-up sites, subsidized at 75-90% so that shoppers using SNAP, WIC, and SMFNP only spend \$8 a week to feed a family of four (retail value is \$40).

For FRESHFARM help, contact hello@freshfarm.org, call **(202) 391-7353**, or visit their website at <https://www.freshfarm.org/>.

