



Food and Community Resources Throughout Carroll County

Department of
Citizen Services
10 Distillery Drive
Westminster, Md 21157

Carroll County Public Schools

- Free & Reduced Meals (FaRM)
 - ❖ FaRM is **not** affected by the Federal shutdown
 - ❖ Available at all Carroll County Public Schools. A government sponsored program that provides free or low-cost meals to children in school, based on federal income eligibility guidelines. **Applications are being accepted. Contact students' school for information**

Resources for Women, Infants and Children

- Women, Infant, and Children Program (WIC)
 - ❖ **WIC not affected by the Federal shutdown**
 - ❖ A government sponsored program providing nutritious food to pregnant and postpartum women, their infants and children up to age five. To apply, **call 410-876-4898** or visit in person at Carroll County Health Department, 290 Center St, Westminster, MD 21157

Supplemental Food Resources

- Westminster Rescue Mission
 - ❖ [Free Food Resource Guide](#)
- [The Shepard's Staff](#)
 - ❖ Provides emergency food relief, coats and personal care essentials
 - ❖ Hours of operation: Mon, Tues, Fri 10am-2pm & Thurs 1pm-5pm. Call 410-857-5944 to schedule an appointment

- 211 Maryland
 - ❖ Community Resource Database — Free searchable database of food pantries, produce boxes, soup kitchens and more. Refer to the [211 Maryland](#) website for more information.
- Maryland Food Bank
 - ❖ Provides online tool to "Find Food" based on your location.
 - ❖ <https://mdfoodbank.org/>

Unable to Travel?

Consider the following options:

- Carroll Transit System (CTS)
 - ❖ CTS provides door-to-door transportation within the county to Carroll County residents CTS also offers TrailBlazer, a fixed route service with 6 routes. Everyone can ride for any reason including grocery shopping. Click [here](#) for detailed information on routes/costs/scheduling a ride.
- Caring Carroll
 - ❖ Caring Carroll is a volunteer organization assisting with the non-medical needs of older, isolated adults, 60+ years of age in Carroll County, Md. Caring Carroll provides transportation to their clientele. Contact [Caring Carroll](#) by phone at **(410) 775-5596** before 2:00 pm, to inquire about pricing and eligibility for services.

Community Action Agency

- Human Services Programs of Carroll County (HSP) 410-857-2999
 - ❖ Call HSP or click [here](#) to inquire about:
 - ❖ Home energy program
 - ❖ Housing services
 - ❖ Employment program
 - ❖ Shelter Services
- Carroll County Senior and Community Centers Congregate Meal Programs
 - ❖ Lunch is served at 5 senior centers daily (click [here](#) for locations, menus, reservation guidelines, age requirements and times)
- Home Delivered Meal Program
 - ❖ The Division of Aging & Disabilities Home Delivered Meal Program is for people 60 years and older and their spouses of any age, who cannot shop for food or prepare meals because of illness and/or chronic physical disabilities. Click [here](#) for details

Carroll County Division of Aging and Disabilities (DOAD)

125 Stoner Ave. Westminster, Md

- Veteran Services
 - ❖ Click on the following links to inquire about specific services for Veterans
 - [Carroll County Veterans Services Programs](#)
 - [Carroll County Veterans Shuttle Transportation Program](#)
 - [Carroll County Veterans Independence Project \(CCVIP\)](#)

Resources for Older Adults

- [MAP](#) (Maryland Access Point),
 - ❖ Referrals and information provided through [MAP](#) (Maryland Access Point), information and assistance program.
 - ❖ Additional programs and resources are listed in the annual [Resource Guide](#)
- Emergency Meal Kits
 - ❖ Shelf stable emergency meal kits for adults aged 60 and older are available at the Division of Aging & Disabilities. Contact the Division to coordinate pick up: 410-386-3800/Maryland Relay Service 711/800-735-2258 125 Stoner Ave, Westminster, MD 21157

How Can You Help?

Review the list of local pantries or soup kitchens in the Carroll County [Free Food Resource Guide](#) and contact the food site directly to see how you can make the greatest impact.