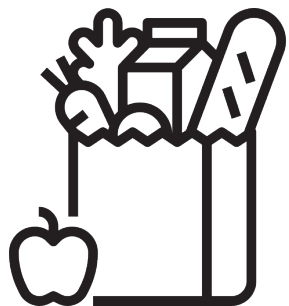


# FOOD ACCESS GUIDE FOR OLDER ADULTS DURING COVID-19



## Who can I talk to about where to get food?

If you need someone to talk to and help answer questions, call the Maryland Access Point, at 410-396-CARE (2273). You will receive special support services for those over 60.

## What food resources are available in the community?

<https://health.baltimorecity.gov/novel-coronavirus-covid-19/food-distribution-sites>

## How can I get delivered meals?

Call Maryland Access Point (410)396-CARE (2273) to connect with Meal on Wheel

## What grocery stores will deliver to my home?

- GIANT - PeaPod, 1-800-573-2763
- Shoppers - [www.shoppersfood.com/online-ordering/one-hour-delivery.html](http://www.shoppersfood.com/online-ordering/one-hour-delivery.html)
- Safeway - [www.safeway.com](http://www.safeway.com)
- Eddie's Roland Park 410-889-1558 (does not accept EBT)
- ShopRite - [shop.shoprite.com](http://shop.shoprite.com)
- Aldi, PriceRite, Giant, Safeway, Shoppers, Harris Teeter, BJ's, ShopRite, and CVS all offer deliver through the InstaCart App

## Does my housing site offer meals for older adults?

Older adults who participate in Eating Together in Baltimore can reserve a meal through their Eating Together Site.

Eating Together sites include:

- Abundant Life Towers I
- Moravia Park Drive Apartments
- Basilica Place
- Our Lady of Fatima Senior Housing II
- Belvedere Green
- Park View at Coldspring
- Bolton North
- Penn North Plaza
- Christ Church Harbor
- Waters Tower Senior Apartments
- DePaul House
- Weinberg Place
- Overall Gardens
- Westminster House
- Highlandtown Plaza Cooperative
- Apostolic Towers
- Kirkwood House
- Bernard Mason Senior Housing
- Lakewood Apartments
- Epiphany House (GEDCO)
- Manhattan Park Apartments
- Hanover Square
- Manor South (Weinberg)
- N.M. Carroll Manor
- Marlborough Apartments
- Renaissance Gardens
- Memorial Apartments
- Stadium Place

## Where can I buy groceries at stores with less crowds?

- GIANT - 6:00am to 7:00am every day
- Dollar General - first hour of each day
- Target - one hour before opening on Wednesday morning
- Whole Foods - one hour before opening
- Safeway - 6:00am to 9:00am on Tuesdays and Thursdays
- Harris Teeter - 6:00am to 7:00am Monday and Thursday
- Save-A-Lot - Check your local store for participating times
- Aldi - One hour before opening Tuesdays and Thursdays

**In these uncertain times, everyone needs somebody to LEAN on.**

Link to ways to get food and necessities

Explore available services

Ask for help when you need it

Nobody has to do it alone. We're all in this together.

 **BALTIMORE  
CITY HEALTH  
DEPARTMENT**



Bernard C. "Jack" Young  
Mayor