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?

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
• Safeway – www.safeway.com
• Eddie’s Roland Park 410-889-1558 (does not accept EBT)
• ShopRite – shop.shoprite.com
• Aldi, PriceRite, Giant, Safeway, Shoppers, Harris Teeter, BJs, 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
• Everall 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
• Haris 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