

# My Groceries To Go!

Nutritional Facts and Food for Older Marylanders



## Get Food and Facts

My Groceries to Go! offers monthly pantry essentials to help you maximize your food and nutrition. Monthly boxes are distributed in select communities

## Register Today

If you are 60 years of age or older and reside in one of the selected communities you are encouraged to inquire. Income eligibility guidelines apply.

## How Does it Work?

- 1. Delivered** - Foods are delivered to a local agency and then to a convenient location for pick up by you or your proxy.
- 2. Pick-Up** - Participants will receive information on when, where, and how they can pick up their food box. Boxes are estimated at 25-40 pounds so access to a cart or a helping hand is strongly recommended.
- 3. Enjoy!** - the foods provided to create your own nutritious meal. Tips and recipes are also provided.

**Don't Love Your Box?** - you may cancel your registration at anytime.

## Call us Today!

Allegany County - Human Resources Development Commission: **301-777-5970**  
Baltimore - Meals on Wheels of Central Maryland: **410-558-0830**  
Garrett County - Garrett County Community Action Committee, Inc.: **301-334-9431**  
Kent, Caroline & Talbot Counties - The Salvation Army: **410-228-2442**  
Montgomery & Prince George's County - Capital Area Food Bank: **202-644-9800**  
Maryland Department of Aging: **410-767-1100**

“ My Groceries to Go! offers a regular monthly supply of food and **useful** information about **nutrition** and **wellness** to help seniors **live well and age well** in their communities ”

Rona E. Kramer  
Secretary, Maryland Department of Aging

### What's in the Box?

- Meat, Fish and Poultry (canned)
- Cheese
- Pasta and Rice
- Fruits and Vegetables (canned)
- Bottled Juice
- Peanut Butter
- Cereal
- Beans
- Milk
- Recipes
- Nutrition Tips



## Applying in three steps:

**1) Call your local agency to learn more**

**2) Attend a certification event with the following information on hand**

- proof of identity
- proof of residency

**3) Pick up your box using the information provided by the local agency**

**4) Enjoy!**

### USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.