

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 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 City - Maryland Food Bank: **410-737-8282**
Montgomery 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?

- Tuna and Chicken (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 proof of income (income guidelines apply)

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

4) Enjoy!

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(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.

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