

## FOOD DELIVERY AND MEAL OPTIONS

Meal planning, preparation and grocery shopping are challenging during normal times. Social distancing makes these routine activities even more challenging. To help, we have compiled a list of resources from meal and grocery delivery to free meal services.

- This comprehensive list developed by Montgomery County provides information on food assistance resources, and opportunities for individuals and organizations to support community needs during the COVID-19 pandemic. Check it out [here!](#)
- This list shows which grocery stores in DC, MD and VA have changed hours due to COVID-19. Also listed are stores with special hours of operations for seniors or other vulnerable populations. Check it out [here!](#)
- This comprehensive list shows where children (under the age of 18) can receive free meals during the COVID-19 outbreak in DC, MD, and VA. Check it out [here!](#)
- Occasionally cooking a meal just isn't going to happen. Check out this list of Best DC Area Restaurants for Takeout and Delivery may be the answer. Check it out [here!](#)