



# LifeStyles, Inc.

## WARM MEALS SERVING HOMELESS AND FAMILIES AT RISK IN CHARLES COUNTY

Organization	ADDRESS	PHONE NUMBER	HOURS AND DAYS OF OPERATION
<b>MONDAYS</b>			
St. James Episcopal Church	7 Potomac Avenue Indian Head, MD 20640	301-743-2366	<ul style="list-style-type: none"> <li>▪ Dinner once every other month on the 4<sup>th</sup> Mondays (March/May/July/Sept/Nov) from 5:00pm – 6:30pm</li> <li>▪ No Fee</li> </ul>
Our Place	Good Shepherd UMC 305 Smallwood Drive Waldorf, MD 20602	301-843-6797	<ul style="list-style-type: none"> <li>▪ Dinner served from 5:00-6:15pm</li> <li>▪ A Bag of Food is given</li> <li>▪ No Fee</li> </ul>
<b>TUESDAYS</b>			
First Baptist Church of St. Charles	126 Stoddert Avenue Waldorf, MD 20602	301-638-0589	<ul style="list-style-type: none"> <li>▪ Dinner served at 5:30pm</li> <li>▪ No Fee</li> </ul>
<b>WEDNESDAYS</b>			
Shabach Ministries	11798 Park Waldorf Lane Waldorf, MD 20601	301-638-7727	<ul style="list-style-type: none"> <li>▪ Lunch served 11:30am – 2pm</li> </ul>
Trinity Baptist Church	2671 Mattawoman-Beantown Rd. Waldorf, MD 20601	301-645-7889	<ul style="list-style-type: none"> <li>▪ Dinner served from 6 – 6:45 pm</li> <li>▪ No Fee</li> </ul>
The Arnold House @ Metropolitan UMC	3385 Metropolitan Church Rd. Indian Head, MD 20640	301 375-9088	<ul style="list-style-type: none"> <li>▪ Dinner served from 5-7pm</li> <li>▪ Bags of food are also distributed</li> <li>▪ No Fee</li> </ul>
First Baptist Church of St. Charles	126 Stoddert Avenue Waldorf, MD 20602	301-638-0589	<ul style="list-style-type: none"> <li>▪ Dinner served at 5:30pm</li> <li>▪ No Fee</li> </ul>
<b>THURSDAYS</b>			
Our Place	Good Shepherd UMC 305 Smallwood Drive Waldorf, MD 20602	301-843-6797	<ul style="list-style-type: none"> <li>▪ Dinner served from 5:00-6:30pm</li> <li>▪ A Bag of Food is given</li> <li>▪ No Fee</li> </ul>
<b>FRIDAYS – SUNDAYS: VACANT</b>			

### OTHER SERVICES:

LifeStyles (101 Catalpa Dr., Ste. 103, LaPlata, MD 20646; 1-866-293-0623)

- Provides bag lunches daily – Monday-Friday 9:30-5:00pm
- No fee

Anathoth House (Tracy Alston):

- Delivers meals on Wednesday
- Call to verify time and location of distribution: 301-751-4870
- No Fee

*LifeStyles of Maryland Foundation, Inc.*  
 101 Catalpa Drive, Suite 103; P.O. Box 1794  
 La Plata, Maryland 20646  
 301-609-9900 (Office) 301-609-9800(Fax)  
 866-293-0623 Toll Free  
 REVISED 1.17.17

# *LifeStyles, Inc.*

## WEEKEND FOOD BACKPACKS IN CHARLES COUNTY

Organization	ADDRESS	PHONE NUMBER	NOTES
The Arnold House	No address provided	202.494.7556	<ul style="list-style-type: none"> <li>▪ Back Packs are dropped off at the following schools: <b>Barnhart ES, Higdon ES, Smallwood MS, Indian Head ES, and Benjamin Stoddert MS</b></li> <li>▪ Arnold House works with the Pupil Personnel Workers at each school</li> </ul>
La Plata United Methodist (for Matula ES only)	3 Port Tobacco Road La Plata, MD 20646	301.934.2288	<ul style="list-style-type: none"> <li>▪ "Fish Packs" are given out on Fridays</li> <li>▪ 5 families were adopted</li> <li>▪ Families have to sign up with <b>Matula ES</b> front office first</li> <li>▪ Donations &amp; Sponsorships welcomed</li> </ul>
Mt. Hope Baptist Church	9275 Ironside Road Nanjemoy, MD 20662	301.246.4383	<ul style="list-style-type: none"> <li>▪ Back Packs are given out on Fridays at Mt. Hope Elementary School</li> <li>▪ Nanjemoy residents only</li> <li>▪ Signup at the school office</li> <li>▪ Donations should be brought to Mt. Hope Baptist Church</li> </ul>
Southern Maryland Food Bank (SMFB)	22 Irongate Drive Waldorf, MD 20602	301.274.0695	<ul style="list-style-type: none"> <li>▪ The Snack Sak Program is not open to the public</li> <li>▪ SMFB only help sponsored students</li> <li>▪ They do not select the schools the school board does based on need</li> </ul>

**Please note:** These lists are being provided for information purposes only. The details were provided by the organizations listed. It is not exhaustive and does not guarantee that organizations have services immediately available. *LifeStyles* is also not responsible for the distribution of any items that are provided to children and/or their families.