



RESOURCES FOR BALTIMORE CITY RESIDENTS

Compiled by So What Else, Inc., Baltimore

sowhatelse.org ☎ [301-887-3808](tel:301-887-3808)

FaceBook & Instagram: [@sowhatelsehelps](https://www.facebook.com/sowhatelsehelps)



Start with these Organizations

Baltimore Community Action Partnership

Help with everything from BGE & water assistance to finding jobs and food.

<https://www.bmorechildren.com/cap>

Maryland Access Point (MAP) (410) 489-3694

FREE help applying for disability (both SSDI & TDAP). Home delivery of food boxes and more. You do not have to pay for a lawyer to get disability. Talk to MAP first! This search tool can find you home delivered food in your area. <https://search.marylandaccesspoint.211md.org>

Lawyer in the Library/Maryland Legal Aid (888) 465-2468 Talk to a lawyer for free in an Enoch Pratt Library. Call for more information or sign up online. Help available over the phone, as well.

<https://www.prattlibrary.org/services/social-impact-programs/lawyer-in-the-library>

CharmCare (443) 478-3015

Food, clothing, and many other resources <https://www.charmcare.org/>

Fabric Health

Help applying for SNAP and Medicare. **Fill out [this form](#) if your SNAP was cut or denied**, if you want to apply for SNAP, or you need a Medicare plan. <https://www.fabricfam.com/partner-so-what-else>

211 Maryland Call 211 or (866) 411-6803

Housing, food, healthcare, legal help & more. **Website may be faster** <https://search.211md.org/>

988 Helpline Dial 988 toll free

Counselors to talk to 24/7 about anything tough in your life. Can provide addiction solutions. FREE.

Trained to prevent suicide, but you do not have to be suicidal to call. <https://988helpline.org/>

Maryland Benefits (800) 332-6347 If you want to apply for benefits without having to wait for a person to help you, go here: <https://benefits.maryland.gov/home/#/>

*So What Else can email or text you the most recent version of this guide with [live links to click on](#).
Text 410-429-0657 or email baltimore@sowhatelse.org to get your copy.
Please give us feedback (good or bad) on the organizations in this guide.*



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FOOD & NUTRITION ASSISTANCE

So What Else, Inc. **301-887-3808** or baltimore@sowhatelse.com (English/Espanol)

[Food Distributions Map](#) and food distribution schedule at www.sowhatelse.org. Weekly schedule is posted on website and on Instagram and Facebook (@sowhatelsehelps). Home delivery available for the disabled (call/text/email for application). Free thrift store at 424 S. Pulaski St, 21223. There is no central food pantry to go to (yet).

Home delivered Meals: Search with [MAP](#)'s tool. <https://search.marylandaccesspoint.211md.org>

Bmore Community Fridge Network

Free food in fridges across the city. Map of locations: <https://linktr.ee/bmorecommunityfridgenetwork>

15-Pound Produce Boxes Go to one of the sites listed in this document to produce weekly:

<https://htv-prod-media.s3.amazonaws.com/files/2025-produce-box-site-visit-report-69a9fa93b9663.pdf>

Maryland Food Bank <https://mdfoodbank.org/find-food/>

Search for food pantries & giveaways by ZIP code

Emergency Food Boxes **(410) 396-2273** Up to one box per household per week. 15-pounds of non-perishables. No requirements other than must be Baltimore City resident. Must call each time.

Bmore Fresh **(410) 644-0732** or <https://bmorefresh.baltimorecity.gov>

\$30 of FREE food delivered if you have SNAP. Call to sign up.

The Food Project **(443) 860-6997** or <https://uempowerofmd.org/>

Home delivery boxes for seniors and the disabled and food giveaways for anyone. Fill out this form to be connected to many different services: <https://thefoodproject.jotform.com/240078168586163>

Fabric Health **(443) 478-3015** or <https://www.fabricfam.com/partner-so-what-else>

Call them if your SNAP was cut or denied, if you want to apply for SNAP, or you need a Medicare plan.

Food4MD: **(412) 419-9374** <https://food4md.org/contact-us/> Fill out this form to apply for great tasting meals delivered to you if you qualify.

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UTILITIES & TRANSPORTATION ASSISTANCE

Water Bill Help – Water4All [\(410\) 396-5555](tel:410-396-5555) or <https://publicworks.baltimorecity.gov/water4all>
Help paying your water bill.

BGE / Energy Assistance [1-800-332-6347](tel:1-800-332-6347)
Office of Home Energy Programs <https://dhs.maryland.gov/office-of-home-energy-programs/>
Help paying your BGE bill.

Community Solar [\(410\) 368-0191](tel:410-368-0191) or hello@neighborhoodsun.solar
Save 10 to 20% on electricity (Not a scam) <https://mdcommunitysolar.org/>

Public Transportation Help if Disabled
MTA Accessibility [\(866\) 743-3682](tel:866-743-3682) Mobility Link [\(410\) 764-8181](tel:410-764-8181)



Help for Immigrants

Baltimore New American Access Coalition (BNAAC) [\(410\) 396-8056](tel:410-396-8056) or mima@baltimorecity.gov
Website: <https://www.baltimorecity.gov/mima/baltimore-new-american-access-coalition>
Information in [Espanol](#). Fill out this [form](#) to get help.

Asylee Women Enterprises [\(443\) 850-0627](tel:443-850-0627) or <https://www.asyleewomen.org/> AWE supports asylum seekers, foreign-born trafficking survivors, and other forced migrants as they navigate the immigration legal process, heal from past trauma, and rebuild their lives in Maryland.

Maryland Legal Aid [\(888\) 465-2468](tel:888-465-2468) or <https://www.mdlab.org/contact-us/>
Provides free civil legal services to low-income, financially eligible immigrants across Maryland. Assist with housing, employment, public benefits, and consumer issues. Specialized immigration legal services, including visa petitions, asylum, and deportation defense, are available through organizations like Catholic Charities, [MILAP](#), [Ayuda](#), and [Luminus](#).

Salaam Center for Refugees [\(443\) 787-8070](tel:443-787-8070) or <https://www.thesalaamcenter.com/>
Serves refugees, providing a full range of essential services from language support and housing to food and job placement. Most clients are from the Middle East and North Africa.

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