

FOR OLDER ADULTS IN NEED AS A RESULT OF THE COVID-19 PANDEMIC  
(lack of transportation, mobility issues, illness, have a disability or quarantined)

# Grab&Go

A Meal Distribution Service for Older Adults

The standard **American-style Meal Pack** includes seven different individual entrées, plus seven cartons of milk, a variety of fruit cups, apple sauce and bread products.

The **Korean Meal Pack** includes five individual entrées, plus five cartons of milk, soup, rice, fresh fruit and kimchi.

## PICK-UP LOCATION

### Ellicott City 50+ Center

9401 Frederick Road, Ellicott City, MD 21042

Every Thursday • 11:00 a.m. to 12:30 p.m.

REGISTER TODAY  
**LIMITED  
AVAILABILITY!**

## PRE-REGISTRATION IS REQUIRED

To register, contact Maryland Access Point of Howard County  
410-313-1234 (voice/relay) • [map@howardcountymd.gov](mailto:map@howardcountymd.gov)

Order must be received by 12:00 noon on Friday to receive a meal kit for the following week. Eligible individuals must be 60 years and older; spouses of any age are welcome to participate.

Program funding made possible through the Senior Nutrition Program of the Older Americans Act of 1965.

## SUGGESTED DONATION

**American-Style Meal Pack: \$47.32 PER SEVEN-PACK MEAL KIT** (or \$6.76/meal)

**Korean Meal Pack: \$35 PER FIVE-PACK MEAL KIT** (or \$7.00/meal)

Donations ensure the continued viability of the program; a donation envelope is provided with each kit.

## PRESENTED IN PARTNERSHIP WITH —



Department of Community Resources and Services

[www.howardcountymd.gov/aging](http://www.howardcountymd.gov/aging)

[Facebook.com/HoCoCommunity](https://www.facebook.com/HoCoCommunity)



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