

Freshmen: *Bettering Our Communities*

5 hours total

Due by: May 23, 2025

Requirement: Students must work with a non-profit organization (not individuals) that provides a service to improve the community and/or individuals in need. Service CANNOT be a fundraiser for you or your organization. Acceptable options include churches, youth athletic clubs, elementary schools, food warehouses, meal kitchens, etc .

The list below includes plenty of acceptable places, but it is NOT comprehensive. There may be other organizations that fit the freshmen criteria that are not on the list. **The items highlighted below are **highly recommended****

- Any soup kitchen, food pantry, or homeless shelter

P. G. County, MD

- [Christmas in April](#)
- [SHARE Food Warehouse, Landover, MD](#)
- Winterhaven or Warm Nights programs (generally through local churches)
- [Meals on Wheels](#), MD
- [St. Maria's Meals](#) (either once a month with DeMatha or on your own)
- [Laurel Advocacy and Referral Services \(LARS\)](#)
- [Bowie Interfaith Food Pantry](#), Bowie, MD
- [United Communities Against Poverty](#), Capitol Heights, MD
- [Community Ministry of P.G. County](#)
- [Elizabeth House/FISH](#), Laurel, MD
- Food Pantry at St. Peter's, Waldorf (contact Tom at tombrett@comcast.net)
- [Washington Ice Dogs](#) (special needs hockey): email Melissa Schaab at washingtonicedogs@gmail.com
- Here are some nursing homes that DeMatha students work at often:
 - Malta House, Hyattsville: Call 301- 699-8600 and ask for Anne
 - [Sacred Heart Home](#), Hyattsville
- [Oxen Hill Food Pantry](#), Temple Hills, MD
- [Ft. Washington Food Pantry](#), Ft. Washington
- Greenbelt Care tutoring program, Greenbelt (contact Judy Hering jhering@greenbeltmd.gov)

Montgomery County, MD

- [Manna Food Center](#), Montgomery County

- [Silver Spring Cares](#), Silver Spring
- [Interfaith Works](#), Montgomery County (food or clothing-based programs)
- [A Wider Circle](#), Silver Spring
- [Habitat Re-Store](#), Silver Spring or Rockville, MD
- [Shepherd's Table, Silver Spring](#)
- [Bethesda House](#)
- [Bethesda Cares, Inc](#)
- [St. Camillus Food Pantry](#), Silver Spring (email stcamillusfoodpantry@gmail.com)
- [Gaithersburg Help Food Pantry](#), Gaithersburg

Calvert County, MD

- [Project Echo Thrift Store](#), Prince Frederick
- [Chesapeake Cares Food Pantry](#), Huntingtown
- [End Hunger Calvert County](#), Huntingtown
- [Calvert County Children's Aid Society](#)

Charles County, MD

- St. Peter's Catholic Church Food Pantry, Waldorf (contact Robert at robertmoore5427@comcast.net) for info
- [Our Place Soup Kitchen](#), Waldorf
- [Children's Aid Society](#), Waldorf

St. Mary's County, MD

- [St. Mary's Caring Soup Kitchen](#), Lexington Park

Anne Arundel County, MD

- [Lighthouse Shelter](#), Annapolis (food or clothing programs ONLY. Parent required if under 18)
- [Happy Helpers for the Homeless](#), Glen Burnie
- [SCAN \(South County Assistance Network\)](#): Lothian, MD
- [Arundel House of Hope](#), Glen Burnie
- [Giving Back-Linda's Legacy](#) (mostly during Christmas), Annapolis/Severna Park
- [SPAN \(Serving People Across Neighborhoods\)](#): Severna Park
- [Crofton Christian Caring Council](#), Crofton
- [Anne Arundel Food Bank](#), Crownsville
- [Hope for All](#), Glen Burnie
- [Orphan Grain Train](#), Millersville
- [Love Wins Food Pantry](#), Severn

D.C.

- [Fr. Mckenna Center](#)
- [Downtime Day Services](#) (drop-in center for the homeless)
- Armed Forces Retirement Home

- [Mary House After-School program](#), NE (contact Sharon at 202-635-9025)
- [Our Daily Bread Soup Kitchen](#), Capitol Hill
- [Capital Area Food Bank](#)
- [So Others Might Eat/SOME](#) (either food or clothing-based programs)
- [Iona Senior Services, DC](#) (Saturday food delivery program ONLY)
- [Bread for the City, D.C.](#)
- [D.C. Central Kitchen](#)
- [Martha's Table](#) (either food or clothing-based programs)
- [Food and Friends, D.C.](#)
- [Mary House, D.C.](#)
- [Christ House, D.C.](#)
- [Sacred Heart Dinner Program, D.C.](#) (contact shdinnerprogram@gmail.com to volunteer)
- [Thrive DC](#) (only open Mon-Fri)
- [N Street Village](#) (under 18 requires adult supervision)
- [Seabury Resources for Aging](#), various DC locations
- [Little Sisters of the Poor](#), D.C.

Howard/Frederick:

- [Frederick Rescue Mission](#), Frederick

Baltimore area

- [The Franciscan Center, Baltimore](#)
- [Catholic Charities of Baltimore](#)
- [Our Daily Bread Soup Kitchen, Baltimore](#)
- [Our Lady of Perpetual Help SALT ministry](#), Ellicott City (parent required to accompany those under 18)
- [Manna House](#), Baltimore
- [A Moveable Feast, Baltimore](#)