

Montgomery County, NC *Facts* at a glance



- Montgomery County has a population of 25,033.
- There are 4,027 individuals living at or below the poverty level. This represents 16.1% of the population.
- There are 638 individuals 65 years and older living at or below the poverty level. This represents 11.6% of the older adult population.
- There are 1,151 children living at or below the poverty level. This represents 21.8% of the child population.

Montgomery County Distribution

In 2024-2025, the Food Bank distributed over 88 million pounds of food and household items throughout our 24 county service region.

In the past year, the Food Bank distributed over 1.4 million pounds to agencies in Montgomery County.

Montgomery County Partners

The Food Bank supports 27 programs in Montgomery County including Mt. Gilead Food Pantry, Montgomery County Council on Aging, and Communities in Schools Backpack Program.

Child Hunger Programs

The Food Bank partners with Communities in Schools of Montgomery County to provide backpacks throughout Montgomery County.

Senior Hunger Programs

The Second Helping Program provides monthly boxes of food to homebound seniors in Montgomery County. These boxes are provided by the Food Bank and delivered by the Mount Gilead Food Pantry.