

# Hunger is here.

People who struggle with hunger live in every single neighborhood in our region. We use a regional focus to provide food to children, seniors, and families. With staff dedicated to each region in which we operate, we are well positioned to understand the unique needs of our partners in these areas, and those of the people they serve.



# Join the movement.

### Give

Monetary gifts to the CAFB can come in the form of cash gifts, stock or mutual fund transfers, IRA charitable distributions and planned gifts. Visit [capitalareafoodbank.org/donate](http://capitalareafoodbank.org/donate) or [plan.capitalareafoodbank.org](http://plan.capitalareafoodbank.org).

### Volunteer

The CAFB relies on more than 25,000 volunteers to sort food, stock shelves and share their talents and expertise to ensure that food reaches the community. Volunteers save the food bank over \$2 million each year in staff costs. Visit [capitalareafoodbank.org/volunteer](http://capitalareafoodbank.org/volunteer).

### Learn

Come for a tour or join us for Face Hunger™ a hands-on hunger simulation and discussion activity perfect for businesses, student organizations, schools and other groups looking to learn about hunger and its many causes. Visit [capitalareafoodbank.org/tour](http://capitalareafoodbank.org/tour) or [capitalareafoodbank.org/FaceHunger](http://capitalareafoodbank.org/FaceHunger).

### Host a food drive

Each year, more than one million pounds of food come from food drives hosted across the Washington metro region. Food donations are accepted at both our DC and Northern Virginia locations, on Monday through Friday from 8:30 AM - 4:30 PM.

### Share

Help us spread the word about ending hunger in our community. Join us on our social media networks:

- @foodbankmetrodc @cafb\_es
- /CapitalAreaFoodBank /CapitalAreaFoodBankEnEspanol
- capitalareafoodbank

For every \$1 donated, 2.5 meals are provided.



**Capital Area Food Bank**  
Serving the Washington metro area from:  
4900 Puerto Rico Avenue, NE  
Washington, DC 20017  
202.644.9800

6833 Hill Park Drive  
Lorton, VA 22079  
571.482.4770

United Way #8052 CFC #30794



# is taking hunger off the map.



Together we can solve hunger™

## Together we can solve hunger™



### Feeding the community since 1980

The Capital Area Food Bank is the region's largest hunger relief organization and the hub for food sourcing, food distribution, and nutrition education across the Washington metro area. Founded on January 15, Dr. Martin Luther King, Jr.'s birthday, the CAFB takes a comprehensive approach to addressing hunger by providing access to good, healthy food. We also provide nutrition education resources, including classes, recipe cards, and produce guides.

Through our food distribution centers in Northeast DC and Lorton, Virginia, we serve neighbors across the Washington metro area including:

- The District of Columbia
- Montgomery and Prince George's counties in Maryland
- Fairfax, Prince William, and Arlington counties, and the City of Alexandria in Virginia

We distribute 45 million pounds of food - about 36 million meals - to 540,000 individuals. We work to support the wellness of those we serve by supplying nutritious foods: one third of what we distribute is fresh fruits and vegetables, and we've added more foods to our inventory that are high in fiber and low in salt and sugar. This is more important than ever before, as a recent study revealed that 48 percent of the households we reach have a family member with diet-related disease.

**What's the difference between a food bank, food pantry and soup kitchen? A food bank solicits, collects, sorts, stores and distributes large quantities of food to nonprofit programs. A food pantry provides food directly to those in need. A soup kitchen prepares hot, nutritious meals for people at risk of hunger.**



## Capital Area Food Bank at work!

The Capital Area Food Bank provides meals to 12 percent of the Washington metro area population - that's 540,000 of our region's mothers, fathers, sons, daughters, sisters, brothers, and grandparents. We work with our network of 444 food assistance partners to provide food and nutrition education to our neighbors in need.

### HOW WE WORK



## How we do it

### DIRECT FOOD DISTRIBUTION PROGRAMS

#### FOR KIDS

**Weekend Bags**  
We provide weekly, kid-friendly bags of groceries for children to ensure they have enough to eat when not at school.

**Mobile Feeding Program**  
In partnership with Shoppers, we provide healthy lunches during the summer to children in hard-to-reach neighborhoods via a customized bus.

**Kids Summer Feeding Programs**  
We provide healthy meals and snacks in the summer at sites that include faith-based organizations, camps, and recreation centers.

**Kids After School Feeding Programs**  
We provide free, healthy meals and snacks to students attending after school enrichment programs.

#### FOR SENIORS

**Senior Brown Bags**  
We provide income-qualified seniors with a bag of groceries each month, along with recipes and nutrition education materials.

**Grocery Plus**  
We provide eligible DC seniors with a bag of healthy groceries each month. In summer, seniors also receive produce vouchers redeemable at participating farmer's markets.

*"Solving hunger underpins health, education and employment - the building blocks of a strong society."*

Nancy Reinos, Capital Area Food Bank  
President and CEO

#### FOR FAMILIES

**Family Markets**  
We provide families with fresh fruits, vegetables and non-perishable, healthy groceries each month in their children's schools. Food is offered market-style, and parents can choose the items they want, along with recipes to put ingredients to use.

**Joyful Food Markets**  
This monthly, pop-up grocery market takes place at schools in DC's Wards 7 & 8. A collaboration with Martha's Table, each market provides families with healthy, non-perishable groceries and fresh produce for each enrolled child. We also offer cooking demonstrations and recipe tastings for parents and children.

#### FOR EVERYONE

**Mobile Markets**  
We provide fresh, vegetables, bread and more at no cost to any resident living in a high-need neighborhood, by delivering to safe, public places for pick-up.

**Community Marketplaces**  
At this monthly farmer's market-inspired event, we offer fresh, seasonal produce at no cost, cooking demonstrations, and on-site resources for health, housing, and other services.

**Nutrition Education**  
Our nutrition education courses teach CAFB food assistance partners and the neighbors they serve about healthy food selection, budgeting, cooking, and food growing.

**Food Near You**  
The CAFB offers two ways for those in need of services to find the provider closest to them:  
1.) Call the Hunger Helpline for personalized recommendations on community food resources over the phone: 202-644-8907 (Monday-Friday 9 AM - 5 PM)  
2.) Enter a zip code at [capitalareafoodbank.org/get-help](http://capitalareafoodbank.org/get-help) for services such as housing, job training, and employment.