



**Hunger is here.**

**Hunger hurts.**

**The Capital Area Food Bank is  
taking hunger off the map.**

**Join the movement.**

Together we can solve hunger™



### 1) HUNGER IS HERE.

- 700,000 people throughout the Washington metro area don't have enough to eat.
- People who struggle with hunger live in every single neighborhood in our region.]
- Hunger affects people of every race, religion, and age group.
- Hunger is on the rise in the MD and VA suburbs.
- Hunger is on the rise among seniors as the Baby Boomers age.

### 2) HUNGER HURTS.

- Hunger robs our children of a chance to learn.
- Hunger weakens immune systems and undermines health.
- Without education and health, good jobs are hard to get and hold.

### 3) THE CAPITAL AREA FOOD BANK IS TAKING HUNGER OFF THE MAP.

- 540,000 people - 12% of the region's population - receive food from the Capital Area Food Bank.
- 469 CAFB partners receive food and nutrition education for the hundreds of thousands they serve.
- Nearly 9,000 seniors receive groceries monthly.
- More than 3,000 children eat warm evening meals after school.
- Over 7,000 families choose vegetables and groceries in school - based markets.
- 18 million pounds of produce reached children, seniors, and families.

### 4) JOIN THE MOVEMENT.

- **SHARE:** You can spread the word about hunger needs in the community every time you tweet, post, or share.
- **LEARN:** Come for a tour or an interactive workshop to learn more about hunger and the food bank's work.
- **VOLUNTEER:** 3 people can sort 1,500 pounds of food in a morning.
- **GIVE:** For the cost of a coffee you can provide breakfast to 10 children.