



Capital Area Food Bank Fact Sheet

What is the Capital Area Food Bank?

The Capital Area Food Bank is the hub for food sourcing, food distribution and nutrition education in the Washington metro area, serving those struggling with hunger. In Washington, DC and its six surrounding counties, there are nearly 700,000¹ individuals at risk of hunger. This year, the CAFB distributed 42 million pounds of food – equivalent to 35 million meals – to 540,300² people through direct service and a network of more than 500 partner agencies. The food bank is serving 11 percent more people over 2010.




The CAFB service area includes: *Washington DC; Montgomery County, MD; Prince George's County, MD; Fairfax County, VA; Prince William County, VA; Arlington County, VA; and The City of Alexandria, VA.*

Hunger in America

- 49 million individuals in the United States are food insecure.³ Nearly 16 million of them are children.
- Based on annual income, 72 percent of all Feeding America client households live at or below 100 percent of the federal poverty line.
- Food insecure seniors are at increased risk for chronic health conditions, even when controlling for other factors such as income⁴:
 - 60 percent more likely to experience depression
 - 53 percent more likely to report a heart attack
 - 52 percent more likely to develop asthma
 - 40 percent more likely to report an experience of congestive heart failure
- In 2013, 4.8 million Americans over the age of 60 were food insecure. This constitutes 8 percent of all seniors.⁵
- In 2013, 10 percent of seniors - 4.2 million older adults age 65 and older - lived below the poverty line.⁶

What does it mean to live in poverty?

Poverty rates are determined by the federal government and are provided here as supplemental information to the food insecurity rates. Poverty rates are determined by the number of members in a household and their annual income. The CAFB uses 185% of the federal poverty level because the federal standard does not include cost-of-living factors such as rent, gas prices, and other incidentals that are higher in the Washington metro area than other parts of the United States. Persons at 185% (and even higher, depending upon circumstance) of the federal poverty level represent the working poor.

Household #	100%	150%	185%
	\$11,670	\$17,505	\$21,589.50
	\$19,790	\$29,685	\$36,611.50
	\$23,850	\$35,775	\$44,122.50

The District of Columbia

- D.C. has the sixth highest child food insecurity rate of any other state in the nation, with 27.9 percent of children under the age of 18 (30,600 out of 109,452 children) living in food insecure households.⁷
- In D.C., 14.5 percent of residents (91,540 out of 632,323 individuals) are food insecure.
- In 2014, the CAFB distributed 11,327,528 pounds of food in the District of Columbia through 327 Food Assistance Partners and direct service programs, including:
 - 133 Food Assistance Partners
 - 24 Mobile Markets - 12,974 individuals served each month
 - 20 Weekend Bag Sites – 722 children fed each weekend
 - 1 Community Marketplace - 150 individuals served each month
 - 30 Senior Brown Bag Sites - 1,661 seniors served each month
 - 36 Kids Afterschool Feeding Programs - 1,335 children fed daily
 - 20 Kids Summer Feeding Programs - 775 children fed daily
 - 8 Family Markets - 735 families served each month
 - 55 Grocery Plus Sites (Formerly CSFP) - 5,996 seniors served each month

Maryland

- In Maryland, 13.1 percent of residents (773,200 out of 5,884,563 individuals) are food insecure.
- 19.3 percent of children in Maryland (259,330 out of 1,343,679 children) under the age of 18 are food insecure.

- In the Capital Area Food Bank's geographic service areas - Montgomery and Prince George's Counties:

Montgomery County

- 8.3 percent of residents (81,130 out of 977,470 individuals) are food insecure
- 16.3 percent of children (38,050 out of 233,435.58 children) under the age of 18 are food insecure
- In 2014, the CAFB distributed 2,456,131 pounds of food in Montgomery County through 60 Food Assistance Partners

Prince George's County

- 15.2 percent of residents (131,590 out of 865,724 individuals) are food insecure
- 13.2 percent of children (27,210 out of 206,136 children) under the age of 18 are food insecure
- In 2014, the CAFB distributed 8,647,139 pounds of food in Prince George's County through 233 Food Assistance Partners

- The CAFB has 293 food assistance partners and direct service programs in Montgomery and Prince George's Counties in Maryland, including:

- 153 Food Assistance Partners
- 43 Mobile Market Sites – An average of 24,089 individuals served monthly
- 23 Senior Brown Bag Sites – 1,504 seniors served monthly
- 20 Weekend Bag Sites – 970 children fed each weekend
- 23 Kid's Afterschool Feeding Programs – 804 children fed monthly
- 23 Kid's Summer Feeding Programs – 631 children fed daily
- 7 Family Markets – An average of 559 individuals served monthly
- 1 Community Marketplace

Northern Virginia

- In Northern Virginia, the percentage of people who are food insecure varies in each CAFB geographic service region, ranging from 6.7 percent to 11.9 percent of residents (148,850 out of 1,831,295 individuals) are food insecure.
- Northern Virginia's child food insecurity rate ranges between 12.2 percent and 14.4 percent for the geographic areas served by the food bank. There are more than 55,000 children living in food insecure households.
- The CAFB has 206 food assistance partners and direct service programs in Northern Virginia, including:
 - 129 Food Assistance Partners
 - 20 Mobile Market Sites – 12,070 individuals served monthly
 - 13 Weekend Bag Sites – 542 children fed each weekend
 - 11 Senior Brown Bag Sites – 542 seniors served monthly
 - 29 Kid's Afterschool Feeding Programs – 1,107 children fed daily

- 24 Kid's Summer Feeding Programs – 748 children fed daily
- 3 Family Markets – 260 families served monthly
- 32 Temporary Emergency Food Assistance Program (TEFAP) Sites – 30,000 individuals served monthly
- 1 Community Marketplace – 300 households served monthly

Children and Poverty

Hunger has tremendous short and long-term effects on children. During pregnancy, lack of nutrition can lead to low birth weight sensory problems. Hungry children are more vulnerable to sickness, have a harder time fighting infection, and are more prone to developmental, emotional, and educational problems. Studies have shown cognitive impairment for children malnourished from womb to age 2 as evidenced later by low IQ scores when compared to their more nourished counterparts. Hunger further impacts educational attainment, skill development, and job readiness once the child reaches adulthood.

Together we can solve hunger

- Last year, the CAFB distributed 42 million pounds of food – equivalent to 35 million meals – to 540,300 people through direct service and a network of more than 500 partner agencies.
- Over 108,000 pounds of food is distributed through both CAFB distribution centers daily, resulting in over 600,000 pounds distributed each week.
- 92 cents of every \$1 donated is used for food distribution, transportation and programs.
- The CAFB's nutrition education programs reach about 500 food assistance partners and 600 clients each year.
- Over 21,000 volunteers support the CAFB's efforts each year resulting in a savings of over \$2.6 million in staffing costs. They are truly a crucial segment of the 'community response to hunger' and are all ages, from all walks of life - school groups, faith-based organizations, businesses, retirees, individuals and families.

Definitions

¹ **Definition of Poverty:** *The Capital Area Food Bank serves a region that has a higher cost of living than many other regions in the U.S. Therefore, the food bank defines hunger/poverty based upon 185% of the federal poverty guidelines. This means that a household may earn up to 185% of the U.S. government's standard of poverty and still be considered "in poverty." This measure (and other multiples such as 125%, 150% and even 200% of poverty) is utilized to determine eligibility for many government programs.*

² [Hunger in America 2014: Capital Area Food Bank Local Report](#),

³ **Food Insecurity:** *Limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.*

⁴ **Data comes from Spotlight on Senior Hunger, May 2013:** The [National Foundation to End Senior Hunger report](#) examines the growth of senior hunger in the United States.

⁵ Ziliak, J.P. & Gundersen, C. (2013.) Spotlight on Food Insecurity among Senior Americans: 2011. National Foundation to End Senior Hunger (NFESH).

⁶ DeNavas-Walt & Carmen, B.D.. U.S. Census Bureau. [Income and Poverty in the United States: 2013](#). September 2014.

⁷ Feeding America, [Map the Meal Gap 2012](#)