



A member of FEEDING AMERICA

Sitting down to three meals a day shouldn't be a choice. But over 640,000 residents in the National Capital Region are forced to choose daily.

# SKIP LUNCH FEED A BUNCH

On **Wednesday,**  
**September 14,**  
give a day's  
lunch money to the  
Capital Area Food Bank.

**\$25** provides **75** meals

**\$10** provides **30** meals

**\$5** provides **15** meals

**DONATE:**

TO DONATE ONLINE OR FOR MORE INFORMATION, VISIT:

CapitalAreaFoodBank.org  
TEXT2GIVE : To donate \$10 to the Capital Area Food Bank  
text FEEDCAFB to 85944.

Please note the donation will not go through unless you  
reply "yes" to the \$10 donation.

**DONATIONS ACCEPTED  
NOW THROUGH SEPTEMBER 30**

United Way #8052 CFC #30794

The Capital Area Food Bank, founded in 1980, feeds hope through access to nutritious food; nourishes change through education, skill-building and advocacy; and creates sustainability through community outreach and training. This year, the CAFB is distributing 30 million pounds of food, including 15 million pounds of fresh produce, to more than 700 partner agencies located in the Washington metro area: Prince George's and Montgomery counties in Maryland; Washington, DC.; and Northern Virginia where there is a second CAFB distribution center.

