



## Get to know the Capital Area Food Bank



The Capital Area Food Bank opened its doors on January 15, 1980, on the birthday of Dr. Martin Luther King Jr. The CAFB is the hub for food sourcing, food distribution and nutrition education in the Washington metro area serving those struggling with hunger. Through direct service and a network of 500 nonprofit partners, the CAFB distributes 45 million pounds of food annually, half of which is fresh produce.

A member of Feeding America, the national network of food banks, the Capital Area Food Bank serves Washington, D.C.; Montgomery and Prince George's counties in Maryland; Arlington, Fairfax and Prince Williams counties and the City of Alexandria in Virginia. As an independent 501 (c) (3) organization, the Capital Area Food Bank was profiled in Washingtonian magazine as one of the 20 Best Charities in the region.

### Nutrition and Advocacy Outreach



The mission of the CAFB is not only to distribute food, but also to educate, empower and enlighten the community on issues of hunger and nutrition. The link between good health and nourishing food is clear. The food bank offers a variety of programs to

help families stretch food dollars and understand the value

of healthy food choices. The CAFB also works with local farms and gardens to provide food growing skills and resources to help families extend their food budgets.

The CAFB provides numerous advocacy initiatives, including Supplemental Nutrition Assistance Program outreach, to help residents become knowledgeable about government regulated assistance options.



## Volunteers Make the Difference



Each year the food bank relies on more than 21,000 volunteers to ensure that much needed food reaches the community. The Capital Area Food Bank serves over 478,000 people each year and without the help and dedication of volunteers, the operation

could not survive. Volunteer hours save over \$2.2 million in staffing costs for the food bank. Individuals and local organizations are encouraged to make commitments to serve at the CAFB once a month.

## Serving the Northern Virginia Community



In keeping with its mission, the CAFB opened a facility in Lorton, VA in December 1998 to better meet the needs of the surrounding Northern Virginia communities. The NOVA branch serves 230 nonprofit feeding programs and agencies in Arlington, Fairfax,

Prince William counties and The City of Alexandria. The NOVA Branch, in partnership with the Virginia Department of Agriculture, also provides food for more than 3,000 families on a quarterly basis, through the Emergency Food Assistance Program.

## How the CAFB Acquires Food



More than 400 manufacturers, retailers, distributors, grocers, growers, processors, Feeding America™ and food drives all provide critical food resources to the Capital Area Food Bank. Giant Food, Safeway, Shopper's Food &

Pharmacy and BJ's Wholesale Club are some of the largest local donors, among many others.

## The CAFB is Fiscally Responsible



For every dollar donated to the food bank, 92 cents goes directly toward feeding those who suffer from hunger. CAFB is able to provide three meals for every dollar donated.

## The Differences Among a Food Bank, a Food Pantry and a Soup Kitchen



A food bank solicits, collects, sorts, stores and distributes large quantities of food to nonprofit food programs. A food pantry provides food directly to those in need. A soup kitchen prepares hot, nutritious meals for those at risk of hunger.



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