



The Capital Area Food Bank in Montgomery County, MD

Updated February, 2015

What is the Capital Area Food Bank?

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 Greater Washington. In Washington, D.C. and its six surrounding counties, there are nearly 700,000 individuals at risk of hunger; about 150,000 are children.

In FY 2014, the CAFB distributed 42 million pounds of food — more than 35 million meals — to 540,300 individuals through direct service and a network of more than 500 partner agencies. The CAFB service area includes: *Washington D.C.; Montgomery County, MD; Prince George's County, MD; Fairfax County, VA; Prince William County, VA; Arlington County, VA; and The City of Alexandria, VA.*



Why we do the work: Hunger in Montgomery County, MD

- In Montgomery County, 8.1 percent of residents (77,970 out of 959,738 individuals) struggle to get the food they need.
- 15.3 percent of children in Montgomery County (35,390 out of 231,068 children) under the age of 18 lack adequate access to sufficient, healthy food.
- Many food insecure residents of the MD area have to make difficult choices between buying food and other necessities:
 - 67 percent of individuals served by the CAFB report having to choose between food and transportation
 - 61 percent reported having to choose between food and housing.

Together we can solve hunger™

How we do the work

In FY 2014, the CAFB distributed 1.7 million pounds of food in Montgomery County through Partner Agencies and Direct Food Distributions.

Our **Partner Agencies** work on the ground to offer food from CAFB to neighbors in need; these partners include churches, food pantries, soup kitchens, emergency shelters, senior programs, daycare centers and more.



42 Partner Agencies in Montgomery County, including:

- Manna Food Center
- Mid-county United Ministries (MUM)
- Silver Spring United Methodist Church

These **Direct Food Distribution** programs complement the offerings of our partner agencies:



10 Mobile Market Sites

Serve 6867 individuals each month



3 Kids Afterschool Feeding Programs

Serve 94 children daily



9 Senior Brown Bag Sites

Serve 495 seniors each month



2 Kids Summer Feeding Programs



3 Weekend Bag Sites

Serve 45 children each weekend



5 Family Markets

Serve 750 families each month

Our **Nutrition Education** courses accompany food distributed in the community.



Nutrition education

40 Montgomery County residents trained by CAFB this year in cooking, nutrition and food budgeting

Spotlight on Family Markets in Montgomery County, MD

The goal of the Family Market program is to help alleviate child hunger in the Capital Area Food Bank service area by providing food to children and their families at school. The CAFB provides families with fresh fruits, vegetables, and non-perishable healthy groceries each month in their children's school. Food is offered market-style, and parents can choose the items they want, along with recipes to put ingredients to use. The CAFB works with schools where students and families are in the greatest need, with 50% or more of the students qualifying for free or reduced lunch or breakfast.