



WHAT WE DO

Food distribution is central to the Capital Area Food Bank's mission, but addressing hunger and its root causes is an equally important part of our services. Through numerous nutrition education initiatives aimed at youth and adults; farm and gardening projects; advocacy; and developmental tools for partner agencies, the food bank works at the grassroots level to promote sustainability.

FOOD FOR THOUGHT

Our partner agencies are reporting seeing increases from 30 to 100 percent in the demand for food assistance.

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Plowshares

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Fall 2009

Distributing Food, Nourishing Our Community

CAFB Works to Get Fresh, Nutritious Foods Into Community Programs Provide Access and Nutrition

Today when children participating in the Kids Cafe program at the Atlantic Gardens Community Center sit down to their daily afternoon snack, the yogurt parfaits with fresh strawberries and granola are a noticeable change from the selections normally offered. And miles away agencies shopping at the Capital Area Food Bank's Northeast warehouse are learning budget-friendly, creative ways to prepare nutritious meals using food bank ingredients.

In an effort to ensure that more high quality, fresh nutritious food is served to those in need, the CAFB has implemented several new initiatives that promote sustainability. Over the years, the food bank has increased its capacity to address the root causes and effects of hunger through direct service programs that facilitate access to healthy food and educate about the interconnectedness of food, health and the environment.

"Access to healthy food options is an absolute barrier to eating well in low-income communities," says Jodi Balis, director of Nutrition Education at the food bank. "Such communities are at a higher risk for obesity, heart disease, diabetes and other illnesses."

Nutrition education programs such as the interactive *Cooking for Health at the CAFB* highlight ingredients offered at the food bank and teach both agencies and clients how to use ingredients

in different ways and subsequently help them adopt a healthier lifestyle.

"By getting nutritious food into the community and educating clients with limited choices and resources, we are empowering them so they will become a resource unto themselves," Balis continues.



Jodi Balis, director of Nutrition Education, offers agencies creative meal ideas.

The Harvest for Health Department is also working to improve the quality of food options to those students receiving free or subsidized meals in the District through the *DC Farm to School Network*.

"Most children in the District consume a majority of their calories at school and 76 percent participate in the free or reduced meal program. We have a huge opportunity to influence what children are eating, as well as how

Continued on page 3

President's Message



Dear Friends,

In the past year, our nation faced tremendous challenges as people suffered job losses, decreasing home values, foreclosures and increased food and utility costs. President Obama has said, "Only a handful of times in our history has a generation been confronted with challenges so vast... What is required is the same perseverance and idealism that those first patriots displayed. What is required is a new declaration of independence, not just in our nation, but in our own lives – from ideology and small thinking, prejudice and bigotry – an appeal not to our easy instincts but to our better angels."

So with renewed dedication and resolve bolstered by the creative energy of new possibilities, we aim to create a stronger and healthier capital area and America. We move forward together as a community working for the greater good and to create a more just world. President Obama calls for a new declaration of independence. We recognize the freedom that independence brings, but we also realize that we are all interdependent – one with one another in a multitude of ways. It is how we all, rich and poor alike, survive and thrive together in this community and in this great country.

These are difficult times. We are seeing thousands more of our neighbors struggling to merely survive. Our agencies tell us they are seeing unprecedented numbers coming through their doors.

But I see that we as a community are rising to the call – to our better angels.

You have entrusted us with your most generous support and have championed the cause of hunger. Because of you we have been able to mobilize in a variety of ways to increase our services to help meet the pressing need. Last fiscal year, we were able to rent additional warehouse space and subsequently able to distribute 23 million pounds of food –up 3 million pounds from the prior year.

Our Advocacy Department is working to increase the participation rate of seniors, individuals and families in the Food Stamp Program. Along with increased food stamp participation, we have expanded our nutrition outreach efforts with the implementation of several programs that educate agencies and clients on how to shop smart shop and how to eat healthy with limited resources. Additionally, our Harvest for Health Department is working on getting locally grown produce into school cafeterias and onto the plates of students here in the District. Providing access to and educating clients about healthier food options has a profound impact on those communities ravaged with high blood pressure, heart disease, diabetes and other illnesses.

This is a time of unprecedented turmoil in peoples' lives. So with our feet on the ground and our sleeves rolled up, we must take time to see and understand what it feels like to not eat, to not be able to feed your child, to have to choose between getting your glaucoma medicine or eating - these are images that call us to serve and compel us to action.

So it is with a grateful heart that I say thank you to the individuals, foundations, Government, the Food Industry, all of you who have opened your hearts and pocketbooks and responded to the silent cries heard here in our community. Thank you from the bottom of my heart for your trust and your generosity because you have enabled us to increase our service at a time of monumental need.

Lynn Brantley
President & CEO

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they see and relate to food,” explains Andrea Northup, coordinator for the DC Farm to School Network.

In partnership with the CAFB, the *DC Farm to School Network* aims to connect farmers with schools to get fresh, local produce into school cafeterias and connect children with the food-growing process. Washington, D.C. has the highest child obesity and child poverty rates in the nation. The adverse effects of hunger and poor nutrition can compromise a child’s physical, social and cognitive development; and elevate their risk for diet-related disease.

Increasing access to locally grown and minimally-processed foods in DC Public Schools increases the likelihood of improved health and well-being of all school children in our nation’s capital.

“When kids are invested in where food comes from and see how it grows, they are more likely to be

receptive to eating fresh fruit and vegetables,” says Northup.

With the help of Northup, the Food for Kids Department also implemented *Kids Cook!* – a four-week curriculum that uses simple, hands-on recipes to expose kids to wholesome snacks and teach Kids Cafe site coordinators creative and nutritious ways to use food bank ingredients when preparing snacks for youth.

The success of the food bank’s efforts to increase access to nutritious food and empower those in need can be measured in the Atlantic Gardens Community Center, where youth in the Kids Cafe program buzz excitedly about in anticipation of the daily cooking lesson – mashed bean dips with tortilla chips – and rush to take the recipe home to share with their family. And it can be measured in the foyer of the food bank, where agencies leave with new recipes to share with clients.



Youth at the Atlantic Gardens Community Center give their stamp of approval to the yogurt parfaits.

The programs offered by the Capital Area Food Bank help people connect the dots between nutrition and food. Whether it is a test kitchen at the food bank, the *DC Farm to School Network* or *Kids Cook!* at a Kids Cafe site – the food bank helps children, families and individuals access quality foods and develop skills to adopt a healthier lifestyle.

YRCI Employees Dress Down for Food Bank

What started off as a casual suggestion that employees wear jeans on Friday in exchange for a small contribution to charity ended as a successful fundraising program benefiting the Capital Area Food Bank.

At first the idea was opposed because many did not want to see the office lose its professional image; however, no one could object once they saw the projected amount YRCI could potentially raise for the food bank.

For the past three years, YRCI and long-time food bank friend, supporter and board member John Jaeger have offered employees the opportunity –through the *Jeans for Beans* program – to wear jeans on Fridays for a \$5 fee that goes directly to the food bank. Initially employees could only participate in *Jeans for Beans* on Fridays, but in the last year YRCI extended the program to include additional workdays.



CAFB board member and long-time supporter, John Jaeger.

Jeans for Beans has even garnered support from Providence Elementary School. Students create signs that YRCI displays on Fridays, which explain the program to clients and visitors. Over 80 percent of YRCI employees participate in the program and to date the program has collected over \$9,000 for the food bank.

YRCI also hosts the Score Birdies to End Hunger Charity Golf Tournament for the CAFB, and is an avid supporter of the food bank’s numerous programs and initiatives.

PLOWSHARES

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A Member of Feeding America -
The Nation’s Food Bank Network

EVENT HIGHLIGHTS & SPECIAL THANKS

Bank of America's Charitable Foundation donated \$100,000 to the CAFB – as part of a \$1 million grant to Feeding America – to help with the rising demands for emergency food. Nine **Bank of America** volunteers also gave over a half a day of their time sorting and packing food in the CAFB's Northeast Washington warehouse. Bank of America's volunteerism and financial support help us make a difference in the lives of our neighbors.

Grocery chain **Giant Food** recently donated the \$100,000 lottery bonus is received from selling a winning Powerball ticket to the food bank. The donated funds will go toward construction of the food bank's new warehouse, which will double the amount of food distributed throughout the city.

In the nation's largest one-day effort to **Stamp Out Hunger**, over 67,000 pounds of food was collected locally and donated to the CAFB as part of the **Letter Carriers' National Food Drive**. Despite the difficult economic times, local residents came together in the struggle against hunger.

Rent-A-Center presented the food bank with a \$10,000 donation to help with the numerous programs and feeding initiatives. Many thanks, Rent-A-Center.

DLA Piper hosted its annual **Summer Hunger Awareness Food and Fund Drive** and raised \$42,519 and collected 5,517 pounds of food to benefit the Capital Area Food Bank, as well as other food banks and hunger relief organizations. **DLA Piper** has been involved in hunger-related issues for more than 20 years and has been an ardent supporter of the food bank.

WUSA 9 hosted the Hero Central Food Drive benefiting the CAFB and helped collect over 430 pounds of food for those in need.

CORRECTION

In the last issue of Plowshares, it was incorrectly reported that NBC 4 sponsored the food bank's 3rd Annual Bringing in the Birds with Bucks. **ABC 7** was the actual sponsor of the campaign. A special thanks to **ABC 7** for their support.

FIRST LADY CELEBRATES FIRST 100 DAYS VOLUNTEERING AT CAPITAL AREA FOOD BANK

First Lady Michelle Obama stopped by the Capital Area Food Bank in April to help pack bags for the food bank's Weekend Bag Program, a service that provides 1000 children weekly with bags of food when they do not have access to school meals. Dr. Jill Biden, along with approximately 150 congressional spouses and children, joined Michelle Obama in filling 2,000 bags of food for hungry children in our nation's capital – each bag containing enough food for five meals.

"Food is one of life's most basic needs yet children are going to school everyday nutritionally unprepared to learn. Our Weekend Bag program ensures that a child gets something to eat over the weekend," says Lynn Brantley, president and CEO of the Capital Area Food Bank. "We applaud First Lady Obama and Dr. Biden for their commitment to ending hunger and for volunteering their time."



First Lady Michelle Obama gets a little assistance while packing bags at the food bank's Northeast warehouse.

Approximately 200,000 children are at risk of hunger in the metro region – that is one in five children. To help address the increased demands for food and ensure that children do not go hungry, the CAFB offers numerous programs, such as Kids Cafe – an after school meal program that provides healthy snacks to children who may not have dinner available at home.

ABE POLLIN PLEDGES ONE MILLION MEALS TO RESIDENTS IN NEED

The Capital Area Food Bank will be able to provide one million more meals thanks to Abe's Table and Wizards Care, a community service program of the Washington Wizards. As part of Wizards Care, a check was presented to the food bank to kick off the Abe's Table program; and will subsequently culminate in the donation of one million meals to help the CAFB and its 700 partner agencies nourish hungry residents in the National Capital Region.

"We are determined to combat the issue of hunger in our community" said Wizards Chairman Abe Pollin. "This is just the beginning of what we can accomplish by working together and I hope that our efforts inspire others to join in and become part of the solution to this problem."

A press conference was held this past June at the Capital Area Food Bank to announce the partnership. Wizards Head



Coach Flip Saunders and Wizards Broadcaster, Dave Johnson, were also on-hand for the check presentation.

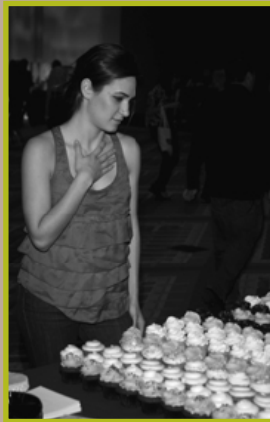
Coach, Flip Saunders and Wizards Broadcaster, Dave Johnson also participated in the announcement.

Through fundraising and awareness campaigns, Wizards Care and the CAFB have partnered in an effort to address the issue of hunger in the Washington metro region.

Blue Jeans Ball - April 5, 2009



(Above) Barry Scher, Public Affairs Consultant for Giant Food and CAFB Vice Chair, received the 2009 Apple of Our Eye Lifetime Achievement Award. *From left to right:* Olga Scher; Greg TenEyck, CAFB Chairman of the board; Barry Scher; and Lynn Brantley, CAFB president and CEO. **(Above Right)** A guest ponders the cupcake selection.



Denim inspiration took over the Walter E. Washington Convention Center for the Sixth Annual Blue Jeans Ball. More than 500 guests dined on palate-tempting cuisine prepared by the capital region's top chefs; relaxed in their favorite pair of denim jeans; and enjoyed the offerings from the live and silent auctions.



(Above) Even the youngest attendees got caught up in the excitement of the live auction. **(Above Right)** Chefs present their best dishes. **(Below)** Live Auctioneer B.J. Jennings; the POSH Band provided the sounds for the evening; chefs put the finishing touches on their cuisine; samples of delicious fare.



(Top) Guests mingle and enjoy the fare from over 30 restaurants that donated their finest dishes; guests peruse silent auction items which included autographed shoes by Beyonce.



TIL NO ONE IS HUNGRY:

CAPITAL CAMPAIGN UPDATE

The Life You Save...

Lynn,

I wanted you to know that I "put my money where my mouth is" and wrote the food bank a check equal to my 2009 stimulus payment.

I hope many other food bank supporters did the same! My best in these difficult times.

-Susan

When was the last time you spent money on a gourmet cup of coffee? While we spend money on luxuries, one in two children in our nation's capital is at risk of hunger; and the region also has the highest child poverty rate in the nation.

The stimulus package is aimed at increasing our economic growth, but by donating just 5 percent of it can help nourish families, children and seniors in need. To learn how you can help, please contact Christel Hair at hairc@capitalarea-foodbank.org.

Even in Down Economy, Corporations Support Capital Campaign

When the economy began to falter, the food bank braced for a tremendous slow down in corporate donations to the 'Til No One is Hungry capital campaign – our effort to raise \$36 million for a new food distribution facility. Although we knew that the need for a larger food bank was greater than ever before, it seemed inevitable that the number of companies willing or able to contribute major gifts towards a multi-million dollar campaign during these difficult times would dwindle.

Much to our surprise, however, corporate support continues to grow! Each month brings new gifts from some of our long-time supporters, as well as from new friends.

Within the past six months:

Giant Food donated the \$100,000 bonus they received for selling a winning lottery ticket at its store in Southeast DC, which brings Giant's total giving to the campaign to \$429,500.

Harris Teeter pledged a first-time gift of \$300,000 to fund the Agency Training Kitchen

Pepco pledged an additional \$30,000 to the campaign, bringing total support



Giant Food presents \$100,000 lottery bonus to the Capital Area Food Bank.

to \$90,000

YRCI pledged an additional \$100,000 to the campaign, bringing total campaign gifts to \$110,000

That's over a half million dollars in new gifts and pledges from our corporate supporters! The business community has been exceptionally generous to the capital campaign, and we cannot thank them enough for their support, especially at a time when everyone is feeling pressure to tighten budgets and cut back. We are deeply grateful for their tremendous commitment to the food bank and for championing our efforts to serve more of the women, men, children and seniors who are at risk of or are suffering from hunger in our communities.

- Hilary Salmon, Government Relationships Manager

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Our thanks to these donors who have pledged the following level of support for the next five years

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and all of our donors.
Every one of you
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Veggies are Cool

Eating, Gardening and Cooking in Southeast

The children move slowly, rubbing the leaves of and smelling the fragrant mints, lemon verbena and pineapple sage. The delight on their faces is evident as they exclaim, "This smells like a Christmas candy cane!" and "This smells like lemonade!" These inquisitive children are participants in the food bank's From the Ground Up in the Community program – a garden project located at the Children of Mine Center in Anacostia.

The Garden Club is designed to increase the consumption of fresh, seasonal produce through a hands-on urban gardening experience. The garden is not only used as a growing medium, but also as an outdoor culinary classroom to expose youth to fresh ingredients, interesting produce varieties and easy recipes. The Garden Club teaches basic food preparation and cooking skills in addition to the fundamentals of growing.

The club meets three days a week during the summer and is structured on tastings, gardening and cooking classes. Mondays are Taster's Club, where the Vegetable of the Week is introduced through a variety of recipes that the youth sample. Colored placards labeled "Great" (green), "Ok" (yellow) and "No, Thank You" (red) are used to politely indicate food preferences. On garden days, basic gardening skills and self-expression are fostered through the caring of plants and the creation of a garden related craft. For cooking classes the youth work in teams to prepare several dishes featuring the Vegetable of the Week. For example, during Carrot Week, the children sampled carrot-ginger-apple juice, Moroccan carrot salad and carrot-corn salsa. They painted ceramic tiles for the backsplash of a sink in the garden used for vegetable and hand washing. At the cooking class, the youth prepared pita bread stuffed with grated carrots, with peanut sauce and spicy cilantro chutney.

The Garden Club also provides children with the opportunity to participate in unique social activities such as tea parties. During Herb Week, the youth hosted a tea party complete with fancy hats, ties, lace tablecloths and cloth napkins with Mozart playing softly in the background. Several boys gathered fresh mint from the garden and prepared mint-ginger tea for the group. Using ingredients from the garden, students separated into groups and prepared fresh mint-ginger tea; sliced strawberries with lemon curd; and a salad with Asian pears, pecans and basil-oregano dressing.

The children have become ambassadors to the garden they helped create; and proudly show visitors the bush beans and bell pepper plants sown by each child, as well as their hand painted sink tiles. The children love Garden Club and line up for it in anticipation. Their confidence, reading abilities, math and culinary skills have increased in the club's first session; and they are anxiously anticipating the second session. Who knew vegetables could be so exciting?

- JuJu Harris, Garden Intern,
Harvest for Health Department



The Garden's club outdoor garden serves as a culinary classroom for youth.



A Garden Club student picks the first carrot harvest.

Responding to Increasing Need, Legislators Garner Additional Support for Food Bank's Expansion

With more area residents at risk of hunger than ever before, legislators have responded by garnering additional support for the food bank's expansion. The CAFB is honored that amid many competing budget needs, those who represent our communities have continued to make alleviating hunger among our neighbors a priority.

Federal Support

Thanks to the sponsorship of long-time supporters Congresswoman Eleanor Holmes Norton (D-DC), Congressman Steny Hoyer (D-MD), and Congressman Jim Moran (D-VA), the food bank received almost \$200,000 in federal funds for the 'Til No One Is Hungry capital campaign this past spring. Total federal support of this project now totals over \$3M.

State Support

In April, the Maryland General Assembly pledged an additional \$300,000 to the campaign, bringing the state's total support to \$1.7M. Leading the effort were CAFB champions Delegate Melony Griffith (D-Dist. 25) and Senator Ulysses Currie (D-Dist. 25).

The generosity shown by the Federal government and the

state of Maryland will ultimately enable hundreds of thousands of area residents to access more of the food they need to nourish themselves and their families. We thank all those who have worked so hard to help the food bank grow to better serve the needs of the community.

-Jessica Griffin, Corporate Relationships Manager

Joining Delegate Griffith in support of the appropriation was:

Del. Saqib Ali (D-Dist.39), Del. Charles Barkley (D-Dist.39), Del. Kumar P. Barve (D-Dist.17), Del. Joanne C. Benson (D-Dist. 24), Del. Aisha N. Braveboy (D-Dist. 25), Del. William A. Bronrott (D-Dist.16), Del. Dereck E. Davis (D-Dist. 25), Del. Kathleen M. Dumais (D-Dist.15), Del. Brian J. Feldman (D-Dist.15), Del. William C. Frick (D-Dist.16), Del. Barbara A. Frush (D-Dist.21), Del. Tawanna P. Gaines (D-Dist.22), Del. James W. Gilchrist (D-Dist.17), Del. Ana Sol Gutierrez (D-Dist.18), Del. Anne Healey (D-Dist.22), Del. Henry B. Heller (D-Dist.19), Del. Sheila E. Hixson (D-Dist.20), Del. Marvin E. Holmes, Jr. (D-Dist.23B), Del. Carolyn J.B. Howard (D-Dist.24), Del. James W. Hubbard (D-Dist.23A), Del. Tom Hucker (D-Dist.20), Del. Anne R. Kaiser (D-Dist.14), Del. Benjamin F. Kramer (D-Dist.19), Del. Susan C. Lee (D-Dist.16), Del. Gerron S. Levi (D-Dist.23A), Del. Roger Manno (D-Dist.19), Del. Heather R. Mizeur (D-Dist.20), Del. Karen S. Montgomery (D-Dist.14), Del. Doyle L. Niemann (D-Dist.47), Del. Joseline Pena-Melnyk (D-Dist. 21), Del. James E. Proctor, Jr. (D-Dist.27A), Del. Kirill Reznik (D-Dist.39), Del. Craig L. Rice (D-Dist.15), Del. Justin D. Ross (D-Dist.22), Del. Herman L. Taylor, Jr. (D-Dist.14), Del. Veronica L. Turner (D-Dist.26), Del. Kriselda Valderrama (D-Dist.26), Del. Jeffrey D. Waldstreicher (D-Dist.18), and Del. Jay Walker (D-Dist.26).

Increased Need for Kids Cafe Programs



The Capital Area Food Bank's Kids Cafe Program provides supplemental food during after-school hours for children at risk of hunger in the Washington metro region; and currently serves an average of 1,600 children and teens through our partnership with 50 after-school sites.

In the past two months, there has been a steep increase in the number of calls requesting food from the Kids Cafe program. Seventeen interested sites have called the food bank requesting information; and nine sites representing approximately 200 children have returned preliminary applications – which places them on a growing wait list for free food provided by the program.

The Kids Cafe staff is currently exploring creative ways to meet increased demand. Such plans include distributing to snack-only sites every other week so Kids Cafe drivers can make more deliveries; encouraging interested sites to pick up food directly from the food bank; increasing the number of Weekend Bag sites – which provide food to children over the weekend – and requires less staff time to implement; and reviewing menu planning to maximize CAFB resources.

In the meantime, there are plenty of ways the community can help! We appreciate contributions of money and food to the Kids Cafe program. We welcome individuals to volunteer time, energy and ideas. And we encourage donations to the CAFB's capital campaign, www.growthe-

foodbank.org, which is critical to the transition into our new warehouse and will double the number of Kids Cafe sites in our community.

One in two children is at risk of hunger in the District of Columbia, which also has the highest childhood obesity rate in the nation. **Every single child that suffers from hunger is one too many.** For more information on how you can help, please contact Kendra Rowe, director of Food for Kids, at foodforkids@capitalareafoodbank.org or 202-526-5344.

- Patricia Massey, DC Kids Cafe Coordinator



Participants in the Kids Cafe program.

What the Kids at Pleasant Homes Community Center Love About Kids Cafe

My name is Jaelyn Sharps and I attend Pleasant Homes Community Center. I would like to thank you for all the food that you have donated to our community center. If it wasn't for you, our center would not have all the food for our after school program and



summer program. One of my favorite snacks is the chicken nuggets and the spaghetti with the cheesy bread. I also want to thank you for introducing me to organic orange juice and fruit bars. Thank you Kids Cafe. Thank you a lot!

My name is Angel Hardy. I would like to thank you for providing my community center with food because if you didn't provide us with the food, I would be hungry during summer camp and I would be hungry when I come to the school program after school hours. I also thank you for introducing me to organic foods, such as organic juice and fruit bars! Thank you!



Observations and Impressions of a First Timer

A Capital Area Food Bank truck took 150 boxes of food to the Ambassador Baptist Church in Anacostia on a Thursday morning in late March. I went with the Food Bank's five-person crew handling the food distribution and we arrived by 9:45 AM. Food bank staffer Ken Milam and two crew members worked distribution; the other three of us worked the registration and qualification desk. Training was on-the-job and I got a lot of help from Amanda Melara, another food bank staffer.

There was a block-long line of clients waiting for us when we arrived. The mood was friendly even though the skies were overcast and threatening rain. Many of the clients and the staff knew each other. There was quite a rush in the first hour. Clients who had attended last month's distribution were on a list and only had to show their identification. Two registration forms had to be completed and signed for anyone who missed last month. During the second hour, there was more time to absorb what was happening around me. This is when I first became aware of the presence of a representative of the DC government who was answering questions and distributing food stamp and other assistance applications.

It was my impression that the number of "first timers" or clients who missed last month was equal to or possibly even greater than the number of returning clients. Many of the new clients participate in a Saturday program at Ambassador Baptist Church, but were not previous attendees of this Thursday distribution. After the initial rush, we began giving two boxes to some larger

households. The timing of the decision to do this was particularly lucky for a young woman representing a household of 13! The clients were young and old, men and women. Most came from the immediate area, but a few had come from other parts of DC. Amanda was able to help the only Spanish speaking client that I encountered.

We ran out of food boxes right about noon, but we didn't have to turn anyone away. On the way back to the food bank, I can safely say that the crew was ready for some lunch ourselves. All in all, it was a very satisfying day and I plan to do it again next month.

- Kenneth Nesper, Jr., CAFB Volunteer-



The line at Ambassador's food distribution center.

Upcoming CAFB Events

The Zenith Community Arts
Foundation Presents

The Food Glorious Food 2010 Calendar & Launch Celebration

December 3, 2009
6:00 PM – 10:00 PM

Hosted by Woolly Mammoth
Theatre Company

641 D Street, NW
Washington, DC 20004

Visit zenithcommunityarts.org
or call 202.783.8005

Join Fox 5, Giant, CBS Radio, The Washington Post and YRCI and Stuff A Truck

December 11, 2009

Donate non-perishable
items and help our
neighbors in need.

Visit
CapitalAreaFoodBank.org
for more information

The CAFB Turns 30!

Mark your
calendars and
help us celebrate
30 years of
nourishing the
Washington metro
region.

January 15,
2010

Don't Miss Out!



March 28, 2010

On this night,
wearing denim can
make thousands
more comfortable

Visit
CapitalAreaFoodBank.org
for more information

EVENT SNAPSHOTS

United We Serve Project at Fort McNair



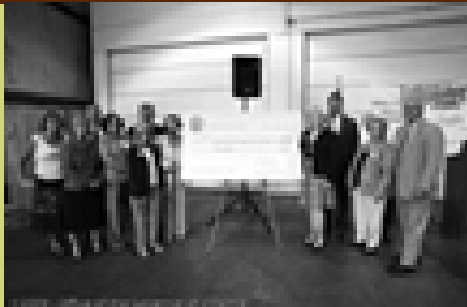
CAFB President and CEO Lynn Brantley joined President Barack Obama, Michelle Obama, Feeding America President and CEO Vicki Escarra and hundreds of Congressional family members at Fort McNair to pack 15,000 backpacks for the children of servicemen and women. The event was part of the "United We Serve," President Obama's call to Americans to engage in community service projects.

Feds Feed Families Food Drive



Federal employees were challenged with collecting one million pounds of food this summer for families in need as part of the Feds Feed Families Food Drive led by the Office of Personnel Management and the Chief Human Capital Officers Council. From left: Director John Berry, OPM; Lynn Brantley, president and CEO, Capital Area Food Bank; Congressman Frank Wolf (VA); and Don Wallace, Board Chair, Food For Others at the food drive launch in Virginia.

Virginia Federation of Food Banks



Governor Timothy Kaine presented \$1 million to the VA Federation of Food Banks – of which \$144,000 went to the CAFB. The donated funds will go toward the food bank's 200 feeding programs in Northern Virginia.

Food Bank Donations



Sauder Eggs and ISE America delivered 540,000 eggs to the Capital Area Food Bank as part of the United Egg Producers partnership with Feeding America.

Food Bank Visits



Washington Nationals Catcher Wil Nieves packed bags at the food bank in advance of the National Park's promotion "Thanksgiving in June" Food Drive benefiting the CAFB.

Score Birdies



A golfer prepares to swing at YRCI's Second Annual Score Birdies to End Hunger Charity Golf Tournament. The event raised over \$30,000 this year to help sustain our neighbors in need.

Stay updated on CAFB special events by visiting our website at CapitalAreaFoodBank.org

5 Ways to Reduce Hunger

1. **Donate funds or host a fundraiser**
2. **Host a food drive**
3. **Volunteer at our warehouse**
4. **Advocate on behalf of the hungry**
5. **Start a cause on an online social network**

Distributing Food, Nourishing Our Community



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Are we addressing your mail correctly? If not, please contact us at 202.526.5344, ext. 247. If you would prefer the e-newsletter, please contact 202.526.5344 ext. 230. Please pass duplicate newsletters on to friends!

For every dollar donated to CAFB, 92 cents goes directly toward food distribution and programs.