# CAPITAL AREA FOOD BANK

## in Maryland

## Hunger is here.

In MD, 206,670 residents* struggle to get the food they need. That's 11% of the population in Prince Geroge's and Montgomery County.

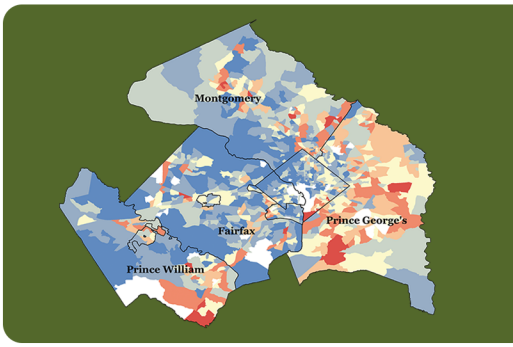
## Hunger hurts.

- 48 percent of households served by the food bank have a family member with high blood pressure, and 22 percent of households served by the food bank have a family member with diabetes (Feeding America, 2014).
- Compared to food secure seniors, food insecure seniors are 53 percent more likely to report a heart attack, 52 percent more likely to develop asthma, and 40 percent more likely to report an experience of congestive heart failure (Feeding America and the National Foundation to End Senior Hunger, 2013).
- Food insecure children are more likely to experience stomachaches, headaches, colds, ear infections, and fatigue. They are sick more often, recover more slowly, and are more likely to be hospitalized (Feeding America, 2014).
- 70 percent of households served by the food bank reported "purchasing inexpensive, unhealthy" food as the common coping strategy to hunger (Feeding America, 2014).

*Based on food insecurity

# The Capital Area Food Bank is taking hunger off the map.

The Capital Area Food Bank is the largest organization in the Washington metro area working to solve hunger and its companion problems, chronic undernutrition, diabetes, and obesity. By partnering with 444 community organizations in DC, MD, and VA, as well as delivering food directly into hard to reach areas of the community, the food bank is helping 540,000 people each year get access to good, healthy food. That's 12% of our region's mothers, fathers, sons, daughters, sisters, brothers, and grandparents.




## HOW WE WORK

14.9 million pounds of fruits, vegetables, and groceries were distributed in MD through **Food Assistance Partners** and **Direct Distribution Programs** in fiscal year 2015.

### FOOD ASSISTANCE PARTNERS

Faith based organizations, food pantries, soup kitchens, emergency shelters, senior programs, and daycare centers work on the ground to get food from the CAFB to neighbors in need.

**191 Food Assistance Partners in MD**
including Manna Food Center, Educare, Shabach Resource and Empowerment Center

### DIRECT FOOD DISTRIBUTION PROGRAMS

#### FOR KIDS

**19 Weekend Bag Sites**
We provide weekly, kid-friendly bags of groceries for children to ensure they have enough to eat when not at school.

**33 Kids Summer Feeding Programs**
We provide healthy meals and snacks in the summer at sites that include faith-based organizations, camps, and recreation centers.

**23 Kids After School Feeding Programs**
We provide free, healthy meals and snacks to students attending after school enrichment programs.

#### FOR SENIORS

**33 Senior Brown Bag Sites**
We provide income-qualified seniors with a bag of groceries each month, along with recipes and nutrition education materials.

#### FOR FAMILIES

**13 Family Market Sites**
We provide families with fresh fruits, vegetables and non-perishable, healthy groceries each month in their children's schools. Food is offered market-style, and parents can choose the items they want, along with recipes to put ingredients to use.

#### FOR EVERYONE

**40 Mobile Market Sites**
We provide fruits, vegetables, bread and more at no cost to any resident living in a high-need neighborhood, by delivering to safe, public places for pick-up.

**1 Community Marketplace**
At this monthly farmer's market- inspired event, we offer fresh, seasonal produce at no cost; cooking demonstrations; and on-site resources for health, housing, and other services.

**Nutrition Education**
Our nutrition education courses teach CAFB food assistance partners and the neighbors they serve about healthy food selection, budgeting, cooking, and food growing.

**Food Near You**
The CAFB offers two ways for those in need of services to find the provider closest to them:
1.) Call the Hunger Lifeline for personalized recommendations on community food resources over the phone: **202-644-9807 (Monday-Friday 9 AM – 5 PM).**
2.) Enter a zip code at **capitalareafoodbank.org/get-help** for services such as housing, job training, and employment.

*All data as of June 30, 2015