



# CAPITAL AREA FOOD BANK in Maryland



## HUNGER IS HERE.

In Maryland's Montgomery and Prince George's Counties, 186,160 residents struggle to get the food they need. Of those, 30% are children.

## 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).

## 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 over 450 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 almost half a million residents each year** get access to good, healthy food.



## HOW WE WORK.

**13 million meals distributed in MD through Food Assistance Partners and Direct Distribution Programs in fiscal year 2018.\***

### FOOD ASSISTANCE PARTNERS



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Our 207 Food Assistance Partners work on the ground to offer food from the CAFB to neighbors in need; these partners include faith-based organizations, food pantries, soup kitchens, emergency shelters, senior programs, and daycare centers.

#### FOR KIDS



##### WEEKEND BAGS

We provide weekly, kid-friendly bags of groceries for children to ensure they have enough to eat when not at school. In FY18, we distributed 92,000 meals to children at 10 sites.



##### MOBILE FOOD PROGRAM

In partnership with Shoppers, we provide healthy lunches during the summer to children in hard to reach neighborhoods via a customized bus..



##### KIDS SUMMER MEALS PROGRAM

We provide healthy meals and snacks in the summer at sites that include faith-based organizations, camps, and recreation centers. In FY18, we distributed 52,000 meals to children at 59 sites.



##### KIDS AFTER SCHOOL MEALS PROGRAM

We provide free, healthy meals and snacks to students attending after school enrichment programs. In FY18, we distributed 140,000 meals to children at 59 sites.

#### FOR SENIORS



##### SENIOR BROWN BAG

We provide income-qualified seniors with a bag of groceries each month, along with recipes and nutrition education materials. We distributed 324,000 meals in FY18, serving 2,200 seniors a month at 50 sites.

#### FOR FAMILIES



##### FAMILY MARKETS

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. We distributed 764,000 meals in FY18, serving 1,700 households a month at 19 sites.

#### FOR EVERYONE



##### MOBILE MARKETS

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. In FY18, we distributed 2.5 million meals at 42 sites.



##### COMMUNITY MARKETPLACES

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. We distributed 95,000 meals in FY18, serving 250 households a month at our marketplace.