



# CAPITAL AREA FOOD BANK

## in the Washington Metropolitan Region



## HUNGER IS HERE.

In the Capital Area region, 540,000 residents struggle to get the food they need. Of those, 33% 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.

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

### FOOD ASSISTANCE PARTNERS



#### FOOD ASSISTANCE PARTNERS

Our 478 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 225,000 meals to children at 19 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 27,000 meals to children at 136 sites.



#### KIDS AFTER SCHOOL MEALS PROGRAM

We provide free, healthy meals and snacks to students attending after school enrichment programs. In FY18, we distributed 316,000 meals to children at 136 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 683,000 meals in FY18, serving 4,500 seniors a month at 90 sites.



#### GROCERY PLUS

We provide eligible DC seniors with a bag of healthy groceries each month. In the summer, seniors also receive produce vouchers redeemable at participating farmer's markets. We distributed 1.5 million meals in FY18, serving 5,000 seniors per month at 76 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 1.4 million meals in FY18, serving 3,600 households a month at 44 sites.



#### JOYFUL FOOD MARKET

This monthly, pop-up grocery market takes place at schools in DC's Wards 7 & 8. Each market provides families with healthy, non-perishable groceries and fresh produce. We distributed 650,000 meals in FY18, serving 5,000 children a month at 47 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 4.4 million meals at 83 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 300,000 meals in FY18, serving 750 households a month at three sites.