



# MEETING THE MOMENT

Annual Impact  
Report 2021



## OUR MISSION

The mission of the Capital Area Food Bank is to help our neighbors thrive by creating more equitable access to food and opportunity through community partnerships.







## Letter from the CEO

Dear friends:

As we exited 2020 last year, a great many of us breathed a deep sigh of relief, imagining that the worst of the pandemic would soon be behind us. And as we entered spring and summer, that indeed seemed to be the case.

As we now know all too well, it was not. With the emergence of new variants, new rounds of illness, new closures, and continued economic hardship, the roller coaster ride we've collectively been enduring has lasted longer than any of us could have imagined. We continued to see elevated numbers of people come through our partners' doors. Our food distribution continued at more than double pre-pandemic levels. And our food purchasing remained at unprecedented highs. This occurred against a backdrop of supply chain bottlenecks and other economic forces that touched every aspect of our operations.

COVID-19 also altered the landscape of hunger across our region, affecting new groups and geographies. A survey of 2,000 clients, which formed the foundation of our second annual Hunger Report, revealed that respondents who were newly experiencing food insecurity were significantly more likely to be Hispanic, to have more children in the household, and to live in Maryland and northern Virginia.

In short, the challenges and rapid changes that defined the first year of the pandemic did not stop in the second.

But in the midst of all this, we saw—once again—that with our neighbors by our side we can remain nimble and ready for whatever comes our way.

With our community's support, we were able to keep up with the immediate demand for food by ordering truckloads of items months ahead of time, ensuring that even with a slow supply chain, food arrived at a steady pace for those in need. We also distributed food in new ways; expanded our storage capacity; equipped our partner network with resources to serve far more people; and responded to the needs of our evolving client base by expanding our menu of culturally relevant food items.

At the same time, that community support also enabled the expansion and continuation of work that is longer term but no less pressing. As we have seen the inequities in our region grow even more pronounced over the past two years, the need for bold action has never been clearer. It is thus with a sense of urgency that we moved forward with multiple new pilot programs and partnerships aimed at addressing some of hunger's root causes by pairing food with health care, workforce development, and education. This work, coupled with sustained advocacy efforts and other innovative initiatives designed to create greater access to food and opportunity for more people, are more needed now than ever before.

If the last two years have taught us anything, it's that very little is certain. But we do know some things for sure. We know that our commitment to the community remains unwavering. And we know without a doubt that thanks to your generosity, we will continue to adapt, pivot, and meet the moment—whatever it may bring.

With gratitude,

**Radha Muthiah**, President & CEO

# Ongoing Impacts of the Pandemic



## CONTINUED NEED

**30–400%**

**more people** still coming through our partners' doors compared to pre-pandemic levels.



## SHIFTING DEMOGRAPHICS

**Newly food insecure individuals** in our service area\* are:

- More likely to be Latino
- More likely to have children in the home
- Overrepresented in Montgomery County, MD and Fairfax, VA



## RISING COSTS

**700%**

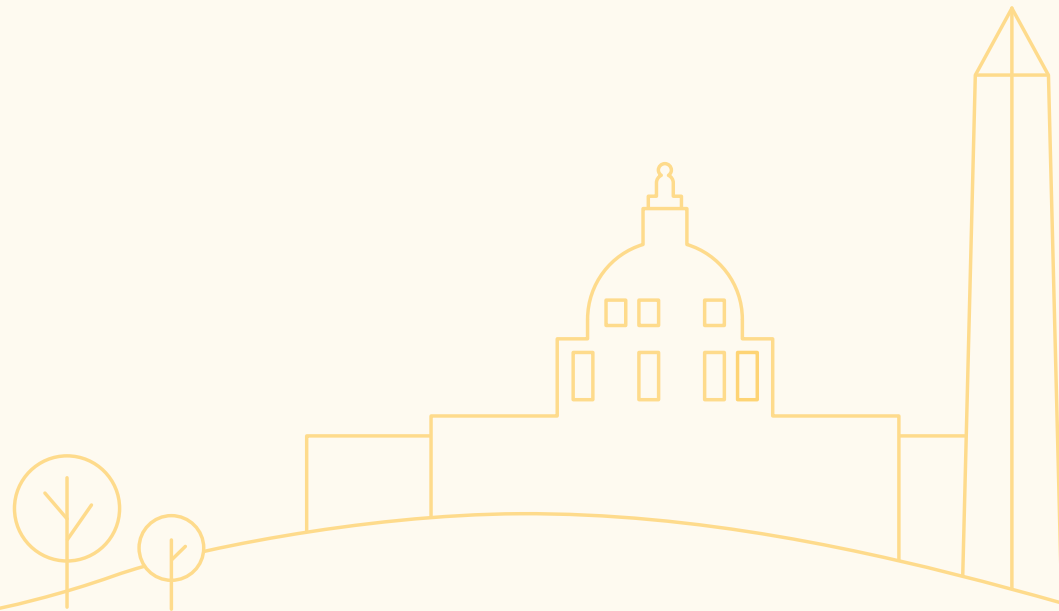
**increase** in budget for purchased food compared to pre-pandemic due to decrease in donated food and rising food costs.

**10–30%**

**increase** in cost of many food items, including frozen meat, canned tuna, and canned fruits and vegetables.

**30–50%**

**increase** in transportation costs.



\*Source: Based on answers of nearly 2,000 respondents to Capital Area Food Bank Client Survey. More available in CAFB Hunger Report 2021.





MEETING THE MOMENT

# SUSTAINING OUR RESPONSE

The dramatic economic impacts of the pandemic continued in the second year of COVID-19. Due to multiple variants—and the resulting case surges and business closures they caused across the region—the need for emergency response did not decline. With help from our community, the food bank was able to sustain elevated rates of food distribution by continuing to adapt our delivery models, and by supporting our partners as they stepped up to assist more people than ever before.



## By the Numbers: 2021 Food Distribution



### AMOUNT

**64.6 M**

**nutritious meals** distributed in 2021—over 215% more than the same period before the pandemic.



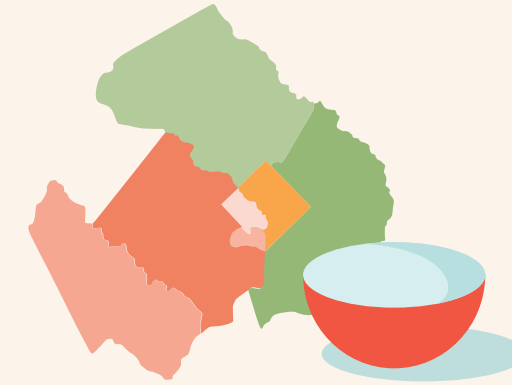
### TYPE

**47%**

**of food distributed** was fruits and vegetables

**11%**

**of food distributed** was protein (meat, poultry, fish, and plant-based sources)



### LOCATION

**FOOD DISTRIBUTED ACROSS OUR REGION:**

**14.6 M**

**meals** in the District of Columbia

**27.4 M**

**meals** in Maryland

**22.6 M**

**meals** in the Northern Virginia



## Food For All: Delivering Food and Hope

CAFB partner Food For All operates as a grocery delivery service, providing food it receives from the food bank to those who lack the mobility to go to the grocery store or to local organizations for food assistance. Their clients primarily include seniors, single mothers with young children, and those with disabilities.

Shortly after the pandemic began, Food For All was faced with overwhelming demand for grocery delivery—both among seniors suddenly vulnerable and fearful of leaving their homes and among those newly facing food insecurity—people who had been just scraping by and were suddenly plunged into financial trouble by the faltering economy. In just a matter of months, they went from serving 140 people per week to serving over 3,400 people per week.

“Food is so fundamental and when you don’t have it, it leads to so much distress,” said Food For All’s Executive Director Peter Sage, noting that he’s never heard such desperation in calls for food delivery and never seen such relief when the food arrives.

Early on, Peter admits that logistics were difficult, and demand was overwhelming. But he trusted Food For All’s systems in place as well as the support from the food bank to keep up with rising demand across the region. “Our systems were efficient and our operations were strong; therefore, we had the capacity to explode when the time came.”

Food For All was able to quickly take on extra distribution responsibilities to serve the clients of 16 other food bank partners that had to close temporarily due to COVID-19.



# 3,400

people were served by Food For All per week—an increase from 140 people being served previously in just a matter of months.





**900+**

Latino families served by Food For All—a community they did not serve prior to the pandemic.

In turn, they found the food bank to be an important partner as they faced unprecedented need. “The food bank was incredibly responsive to the pandemic, and well, really saved the day,” said Peter. Without this support, he says, “who knows what would have happened?”

While Food For All is grateful to be able to provide aid to so many new clients, Peter notes that they have faced challenges as the demographics of their clients expand. The organization now serves over 900 Latino families—a community they did not serve prior to the pandemic. As a result, they’re focused on working with the food bank to provide culturally appropriate

food, like corn flour, to their new clients in addition to making sure they continue to supply enough food overall.

Peter speaks of the gratitude he feels when he sees instant relief on people’s faces and the joyful tears when people can feed their families. That’s when he knows they’re making a difference.

“You never give up,” he says as he reflects on these extraordinary times. “And you never say something you’re doing is too small or insignificant. Because when your time comes, you can respond and step up.”

“Food is so fundamental and when you don’t have it, it leads to so much distress... The food bank was incredibly responsive to the pandemic, and well, really saved the day. Without this support, who knows what would have happened... You never give up. And you never say something you’re doing is too small or insignificant. Because when your time comes, you can respond and step up.

FOOD FOR ALL’S EXECUTIVE DIRECTOR, **PETER SAGE**

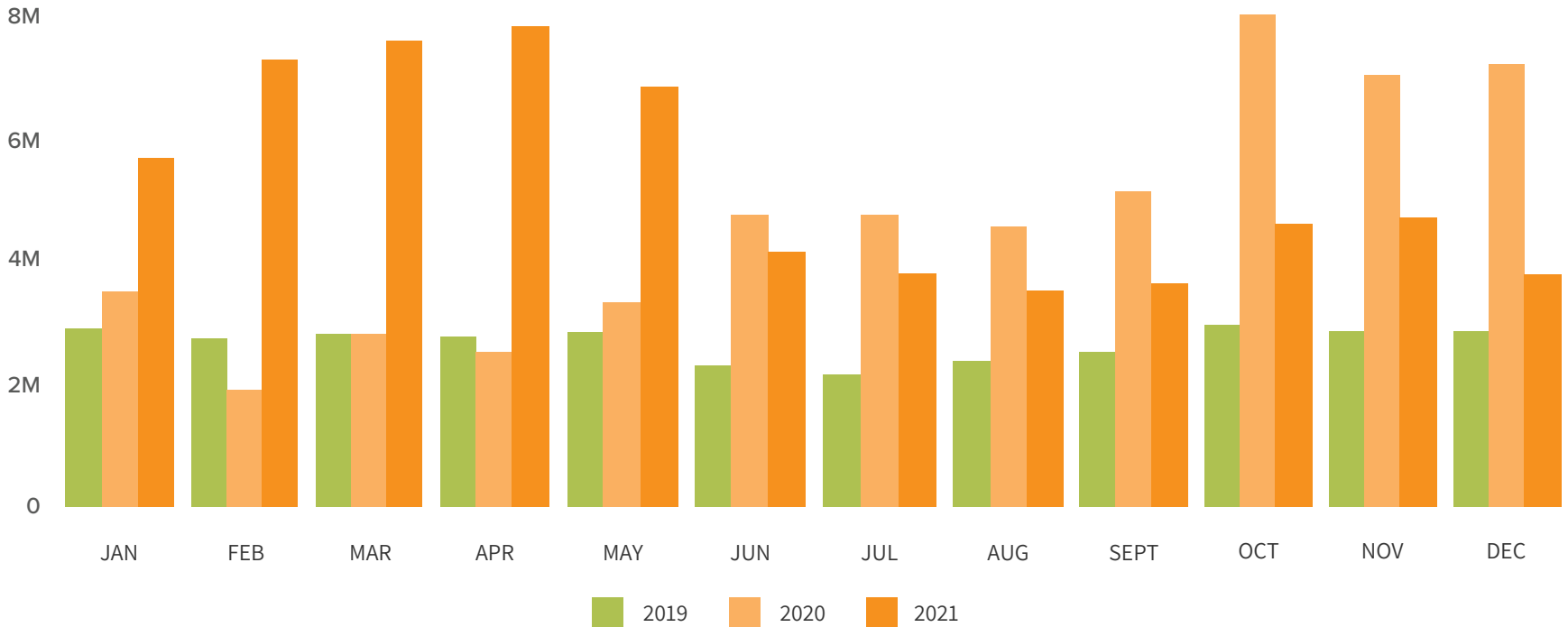


# The Pandemic's Ongoing Impact on Meal Distribution



The COVID-19 pandemic has had a profound impact on the levels of food insecurity in our region. In response to this need, we've been distributing more food than ever. In the coming year, food distribution levels are expected to remain 50% above the pre-pandemic levels of 2019.

MILLIONS OF MEALS DISTRIBUTED BY MONTH



Unemployment and financial hardship remained significantly elevated in our region during 2021. While food distribution began to decline in the second half of the year, it remained well above the pre-pandemic levels of 2019.

Despite financial conditions improving for some, we expect the level of need and the number of meals we provide will remain at elevated levels for months or possibly years to come.





# EMERGENCY FOOD BOXES

## A New Way to Help Our Neighbors

Even before the pandemic, nearly 400,000 people in the greater Washington region didn't always know where their next meal would come from. That number has at times increased by **as much as 50% due to COVID-19's economic impacts.**

In order to safely provide increased amounts of food to our neighbors, we developed new ways of distributing meals. That's where our Emergency Food Boxes came in. Here's a little more about them.



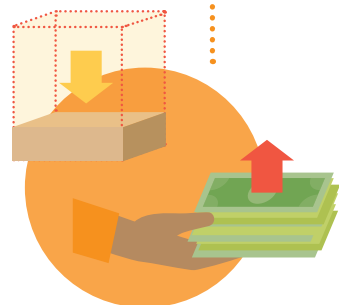
### People served

Each box contains **supplemental nutrition for a family of 4 to last up to 5 days**, providing extra support for households struggling to put food on the table during the pandemic.



### Nutrition

All boxes contain the food for **healthy, nutritionally balanced meals.** Boxes are created using the USDA's nutritional guidelines, and include servings of fruits, vegetables, protein, dairy, and grains.



### Cost

On average, it costs the food bank **\$20 to purchase the food for one food box.** Because our retail donations have declined significantly due to the pandemic, we're buying nearly seven times more food than we were prior to COVID-19.



### Distribution

Boxes are provided to our nonprofit partners, where **families in need can then pick them up in safe, contactless distributions.**



## Diverse Foods for a Diverse Community

Our region's rich diversity is reflected in the people that we serve. As part of a commitment to putting the needs of our clients at the center of our work, the food bank has been expanding the foods we source to include an array of items that are familiar to people from a wide swath of countries and cultures.

These range from plantains, masa flour, and other staples frequently used by our Hispanic clients; to rice noodles and coconut milk used by members of

several Asian communities; to foods that Afghan refugees who have recently arrived in our region can use to create dishes from home.

When those we serve receive foods that reflect their culinary traditions, they're more likely to use those items. They're also more likely to seek the support they need from our network in the future, freeing up their families' finances to cover other essential costs of living.



“ We see people from so many different parts of the world at our distributions. Asia, Africa, Latin America, you name it. The diversity of backgrounds has really increased, and we try to offer something for everyone so that all our visitors have something they can use and prepare.

CAFB FOOD DISTRIBUTION PARTNER, **MONTGOMERY COUNTY, MD**



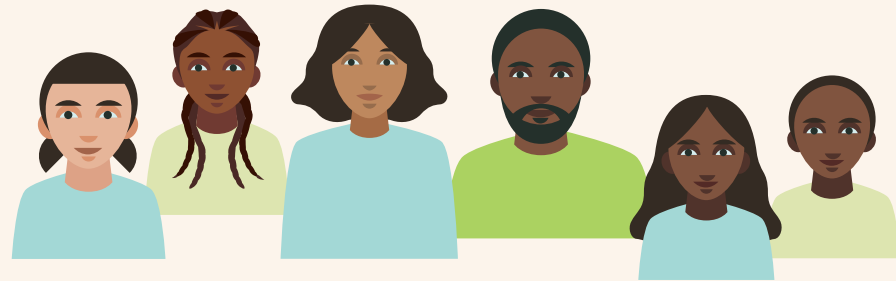
**53**

new items added to our culturally familiar food offerings in 2021, bringing the total to 218.



# Bringing More Meals Directly to Our Neighbors

While most of the food we provide reaches our neighbors through our network of partners, sometimes it's most efficient to distribute food to kids, seniors, and families directly where they live and learn. While many of these programs were significantly impacted in 2020, the food bank was able to work with our distribution partners to reopen or continue operating many of these direct service locations in 2021.



FOR KIDS AND FAMILIES

43

## Family Markets

Hosted in schools throughout the region, Family Markets offer no-cost food for kids and families in a convenient market-like setting.

52

## Joyful Food Markets

Operated in partnership with the organization Martha's Table, this program provides free food for families through school-based markets in DC's wards 7 and 8.

21

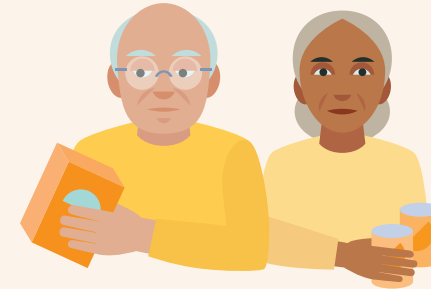
## After School Meal Sites

Through the federal Child and Adult Care Food Program, kids receive hearty snacks or evening meals at a variety of afterschool programs throughout the area.

49

## Summer Meal Locations

The Summer Meals program provides the nutritious meals kids need to continue growing and learning when school meals are unavailable.



FOR SENIORS

67

## Senior Brown Bag sites

The Senior Brown Bag Program provides monthly, senior-specific bags of healthy groceries to people over 55.

100

## Grocery Plus and My Groceries to Go Sites

Though the federal Community Supplemental Food Program, income-eligible seniors over 60 living in DC, as well as Montgomery and Prince George's counties in Maryland, receive nutritious groceries each month. In 2021, this included home delivery for some seniors.



FOR EVERYONE

71

## Mobile Markets

These monthly no-cost pop-up markets bring food directly into neighborhoods where it's needed.

4

## Community Marketplaces

Inspired by farmers markets, Community Marketplaces are located in high food insecurity areas across our region. For no cost, visitors can select fruits, vegetables, and other grocery items.



## Jubilee Housing: Serving Children and Building Community

Jubilee Housing is a community-based organization that strives to create justice by providing deeply affordable housing in thriving and resource-rich communities, and offering on site resources such as after school and summer programs for kids.

The food bank provides food for Jubilee's after school and summer programs, which feeds kids ages 5 to 18. During school year programs, Jubilee provides snacks and dinner, while in the summer, they serve breakfast, lunch, and snacks each day.

Audrey Walker, Jubilee's Director of Youth Services, says that the year-round availability of nutritious meals is important for the children they serve. "The meals are really beneficial for our kids. They don't have to worry when they are going to get their next meal."

Over this past year, the pandemic prompted shifts in some of Jubilee's traditional programming and their methods of food distribution, but they continued to serve meals multiple times per week throughout the pandemic. Jubilee's meal service allowed their organization to remain both a reliable source

of food and center of community as families gathered safely to eat.

"As front-line workers, we were putting ourselves at risk too," says Audrey. "But that paid a lot of dividends, creating more trust and a bond with our community."

She adds, "Every time our kids came to get meals, they seemed happy. They didn't really understand what was going on [in the world] at the moment, but they wanted to come every day."

Audrey notes that following a spike in food insecurity at the start of the pandemic, the families she works with had to navigate new resources for assistance, including public schools, food pantries, and other programs.

Despite the challenges, it's been an opportunity for families to help each other in new ways. "Our community is resilient," Audrey says, noting that she's seen "families and community come together in an effort to support each other more than ever before."



“Every time our kids came to get meals, they seemed happy. They didn't really understand what was going on [in the world] at the moment, but they wanted to come every day.”

**AUDREY WALKER,**  
JUBILEE'S DIRECTOR OF YOUTH SERVICES





MEETING THE MOMENT

# REBUILDING STRONGER

Even in the midst of ongoing emergency response, the need to find long term solutions to hunger and the inequities that drive it has remained clear and equally urgent. Accordingly, in 2021 we accelerated our work geared towards building greater equity in our region. This included developing and launching programming designed to address many of hunger's root causes; expanding food access innovations; amplifying client voices through the Client Leadership Council; and issuing a second Hunger Report to deepen understanding of food insecurity in our region.





## Addressing Hunger's Root Causes with the Launch of Multiple New Food Plus Pilots

We know that food alone won't solve food insecurity. Hunger isn't an isolated issue, and neither are the many other problems fostered by longstanding systemic racial injustices and other inequities in the area. People who need food assistance often require a variety of other additional resources to overcome the obstacles presented by poverty.

For all of these reasons, the food bank developed a program model known as Food Plus. These programs include a variety of pilot projects that "bundle" nutritious food with other critical services such as health care, skill development, education, and more. Food Plus is designed to incentivize the use of available support programs while saving participants time and eliminating

the need for them to choose between services due to transportation, time, or other constraints.

Food Plus is centered around the needs of the people the food banks serves. Based upon input from our clients, CAFB is developing, exploring, and implementing multiple pilot projects to see what service bundles make the largest impact for participants, with an aim of scaling the most effective ones. The global pandemic initially slowed the development and rollout of many of these pilots, but in 2021 we were able to develop and launch a range of new Food Plus programs.



7

Food Plus pilots launched or developed in 2021.



# Food Plus Programming



## FOOD+EDUCATION

**Bundling food and other support services for students to help improve academic outcomes and long term financial stability**

**ON-CAMPUS MEALS AND GROCERY DELIVERY AT NOVA:** Students at six Northern Virginia community colleges receive expanded quality and quantity of food options through on-campus pantries, home-delivered groceries for student parents, and credits for on-campus meals.

**PRESIDENTIAL SCHOLARS PARTNERSHIP:** Participants in the Montgomery College Presidential Scholars Program, which focuses on workforce development, receive at-home grocery deliveries.



## FOOD+HEALTH

**Integrating food into health care to promote disease prevention and management, resulting in healthier outcomes at every stage of life**

**HEALTHY MOM, HEALTHY BABY WITH MARY'S CENTER:** Food insecure, higher-risk women receive bi-weekly deliveries of medically tailored groceries and nutrition-education materials during pregnancy and up to 12 weeks postpartum.

**CHILDREN'S NATIONAL ONSITE FOOD PHARMACY IN DIABETES CLINIC:** Food insecure children diagnosed with pre-diabetes, Type 1 diabetes, or Type 2 diabetes receive groceries at the time of their medical appointments and dietetic visits. A pilot for food delivery directly to children's homes is also in development as part of this partnership.

**FOOD FOR HEALTH WITH POTOMAC HEALTH FOUNDATION:** Over six months, patients with diet-related illnesses receive monthly food boxes with shelf-stable items and fresh produce, along with health education materials.

**STROKE PILOT WITH GEORGE WASHINGTON UNIVERSITY:** Food insecure patients receiving treatment for stroke at George Washington University Hospital have food delivered to their homes for several months post-treatment.



## FOOD+SKILL DEVELOPMENT

**Using food as an enabler for workforce development program attendance and completion by removing the burden of food costs**

**YEAR UP PARTNERSHIP:** Students enrolled in a one-year, intensive training and internship program have access to healthy groceries and snacks via an onsite food pantry.

## A Healthy Start for Moms and Babies

In a Silver Spring apartment, three-month-old Sophia smiles from the comfort of her pink rocker. Her mother, Lisbeth, kisses her dark hair. Lisbeth is a participant in the food bank's Healthy Mom, Healthy Baby (HMHB) program, connecting pregnant women and new moms facing health risks to nutritious food and other vital resources.

Launched in the summer of 2021 in partnership with Mary's Center, a local community-health organization, the program supports 75 Maryland women and their families as part of its pilot run.

Both Lisbeth and her partner work at a local fish-packing warehouse. On her doctor's advice, Lisbeth needed to take time off work to prioritize her health during pregnancy. Her missed wages, however, started to stress the family's finances.

When Lisbeth's OBGYN referred her to HMHB, she seized the opportunity. To Lisbeth and her family, food is the root of everything. The El Salvador native sums it up simply: "Without food, there's nothing."

Lisbeth started receiving fresh produce, protein, and whole grains, along with recipe cards and nutrition-education resources in Spanish. Since her doctor advised her to avoid all strenuous activity during pregnancy, having food delivered right to her doorstep was a huge help.

All HMHB menus include critical nutrients for pregnant mothers, including special menus for those with medical conditions like high blood pressure or gestational diabetes. The program also seeks to honor cultural traditions and regional preferences through the food it supplies.

Through client surveys and a collection of medical data from both moms and babies, HMHB is testing the hypothesis that good food, when paired with healthcare access, can produce better health outcomes for babies and their mothers. Through her love and care—and with a little extra support from the food bank—Lisbeth is giving baby Sophia the strong and healthy start she needs.



**75**

Maryland women and their families were supported in a pilot program with Mary's Center.



## Expanding Food Access Across Our Region: Second Curbside Groceries Truck Launches In Prince George's County

Curbside Groceries is a mobile grocery truck that visits at least three unique locations each week. Its goal is to create equitable access to nutritious food at affordable prices. As “the food store that comes to you,” Curbside serves residents in areas with few retail grocery options and provides a full market basket of items that include high-quality produce, meat, dairy, and fish, as well as shelf stable foods and personal care items.

Curbside Groceries first began its operations in DC's Ward 8 in January of 2020. After more than a year on the road (following some service interruptions due to the pandemic), Curbside was ready to expand into Prince George's County. Prince George's is another area in our region where many residents are without easy access to retail options that supply nutritious and affordable food. Before the truck could get out on the road, the food bank worked with the Prince George's

County Executive and the City Council to pass CB-028-2021, legislation that would allow the mobile grocery truck to operate in the county. After successful passage of the bill, Curbside Groceries in Prince George's County was on its way to launch.

On July 29th, 2021, the food bank marked the initiative's expansion by gathering with several of the partners who have helped to make Curbside Prince George's possible at the truck's first confirmed stop in the county—The Shops at Iverson in Temple Hills.

Access to food is fundamental to equity and opportunity, and creating that access requires innovation. The food bank is grateful to the partners who made the expansion of Curbside Groceries a reality, including Giant Food, UnitedHealthcare, Washingtonian Magazine, County Executive Angela Alsobrooks, and council members Todd Turner and Rodney Streeter.



(From left to right) Ira Kress, President of Giant Food; Dr. George L. Askew, Deputy Chief Administrative Office with Prince George's County; Radha Muthiah, CEO of Capital Area Food Bank; Dr. Arethusa Kirk, National Senior Medical Director for UnitedHealthcare Community & State; Todd M. Turner, Prince George's County Councilmember (District 4)



### 2

Curbside Groceries trucks on the road in 2021, with more planned for the coming year.

# A Closer Look at The Changing Face of Hunger

The food first bank’s first Hunger Report, released in July of 2020, sounded the alarm on a growing hunger crisis in our region as COVID-19 sent shockwaves through our economy and some areas saw food insecurity rates increase by 50% or more. One year later, the food bank issued a second report, Hunger Report 2021, this time diving more deeply into the faces behind those numbers.

Hunger Report 2021 contains important insights—gathered from a survey of nearly 2,000 people served by the food bank—about the impact of the pandemic on people facing food insecurity in greater Washington. It also details dramatic shifts in the face of hunger during the course of the pandemic that could impact our region for years to come.



# 2,000

individuals were surveyed to provide ground-level insights into the impact of the pandemic on our neighbors’ lives.





# HUNGER REPORT 2021

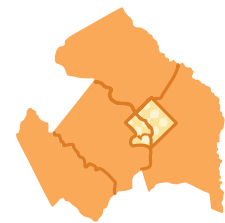
## Key Insights

COVID-19 has taken a dramatic toll on the food security of children and Latino families, among others. Compared with survey respondents who were attending free food distributions before the pandemic, those who began attending them after March of 2020 were significantly different in key ways.

### NEWLY FOOD INSECURE

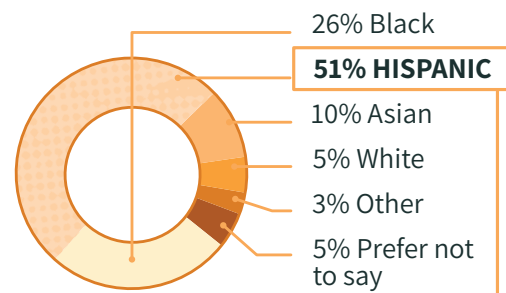
### Started going to free food distributions for the first time after March 2020

#### GEOGRAPHY



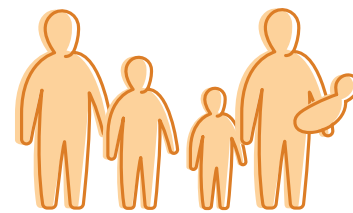
Overrepresented in Maryland and Virginia

#### RACE: More likely to be Hispanic



50%+ of newly food insecure respondents are Hispanic.

#### HOUSEHOLD COMPOSITION: More likely to have children in the household.



**69% HAVE CHILDREN**

Average household size is 4.3.

Newly food insecure are 60% more likely to live in households with children.

#### EMPLOYMENT AND DISABILITY STATUS: More likely to have a job.



**66% WORKING**

9% retired  
4% disabled

Newly food insecure are 69% more likely to be working.

#### LANGUAGE: Less likely to speak English.



**60% DO NOT SPEAK ENGLISH**

as the primary language in their household.

Newly food insecure are over two times less likely to speak English as their primary language at home.

### PRE-PANDEMIC FOOD INSECURE

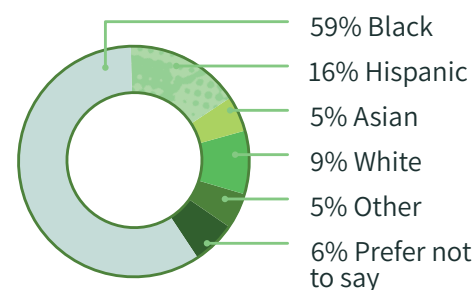
### Attended free food distributions before the pandemic

#### GEOGRAPHY

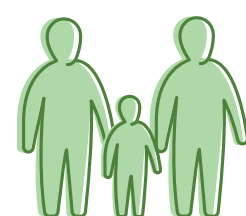


Overrepresented in D.C.

#### RACE



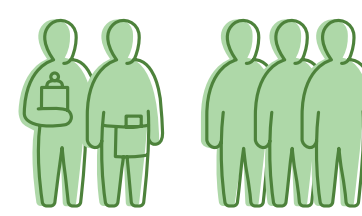
#### HOUSEHOLD COMPOSITION



43% have children.

Average household size is 3.2.

#### EMPLOYMENT AND DISABILITY STATUS



39% working

26% retired

17% disabled

#### LANGUAGE



26% do not speak English as the primary language in their household.

## CLIENT LEADERSHIP COUNCIL

# Empowering Client Voices: First Client Leadership Council Class Graduates

The food bank has long witnessed how decisions and policies that affect our clients often exclude the voices of those most impacted. The Client Leadership Council (CLC) is a model that seeks to upend that reality, providing an opportunity for our clients to use the power of their lived experiences to shape public policy, influence press and media, and inform the direction of the food bank's programs. Through the program, CLC classes of up to 24 people receive advocacy training to effectively serve as agents of change.

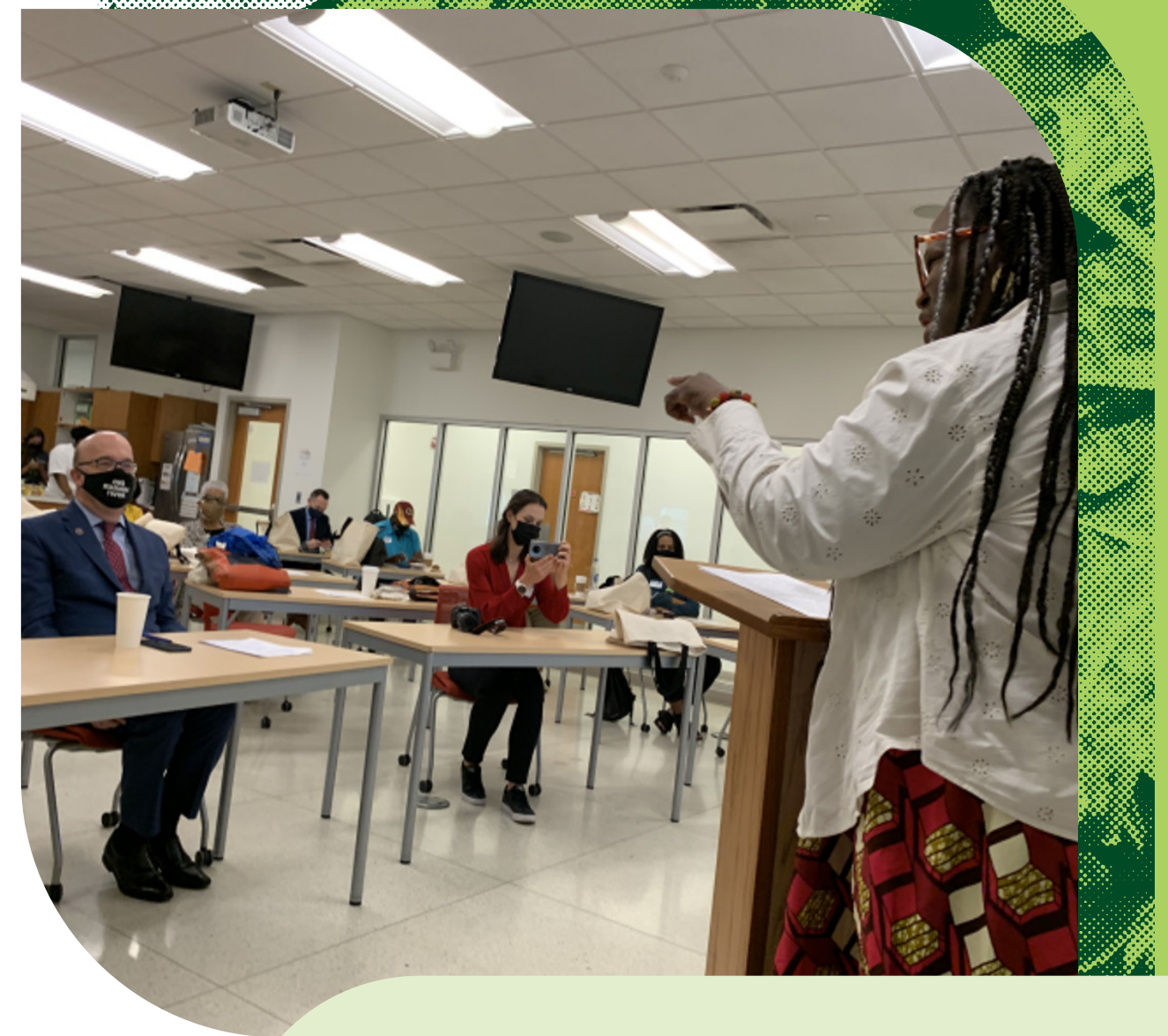
In December of 2021, the first inaugural Client Leadership Council graduated with an impressive roster of accomplishments under their belts, including:

- 15 touch points with elected officials
- 13 local and national news features
- 8 policies influenced or passed

The inaugural Council laid the foundation for a client leadership model that will be replicated annually. Building upon the learnings of the first class, the food bank's second Client Leadership Council cohort launched in October 2021.

“ I fought myself to tell my story. But what the food bank did was help me break that barrier. I came home thinking about it and I said, ‘No, even if it’s one person that [my story] will help, I think I’ve done my best’.

**DZIGBORDI EGBENYA,  
GAITHERSBURG, MD**  
CLIENT LEADERSHIP COUNCIL  
CLASS 1.0 2020-2021



In December of 2021, the first inaugural Client Leadership Council graduated with an impressive roster of accomplishments under their belts.





“

The food insecurity is still here. It's larger than Congress, it's larger than Feeding America, it's larger than all of us. The Client Leadership Council provides a bridge of confidence, understanding, and empowerment that leads us to the right leaders, with a resolute and concrete ask for change.

**KIMBERLY HARRIS**

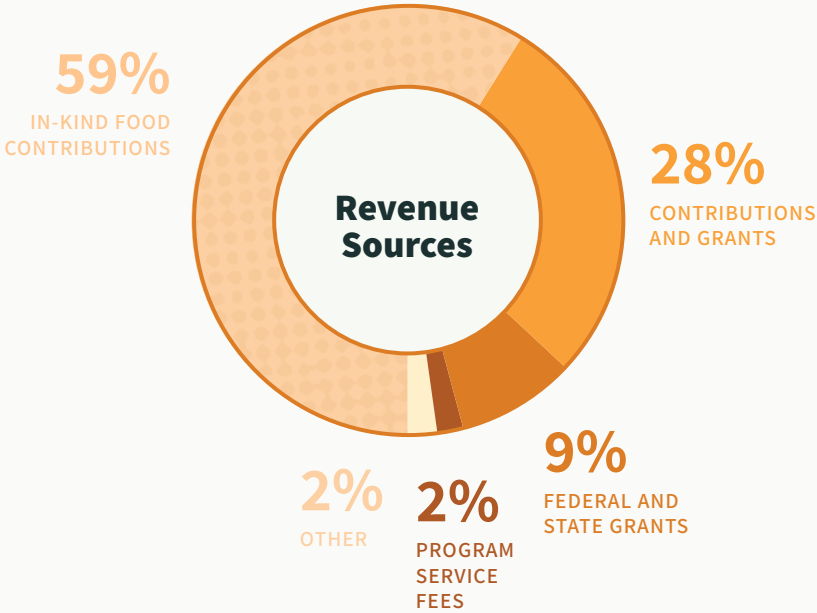
#### CLC MEMBER PROFILE

## Kimberly Harris Ward 5, Washington, DC

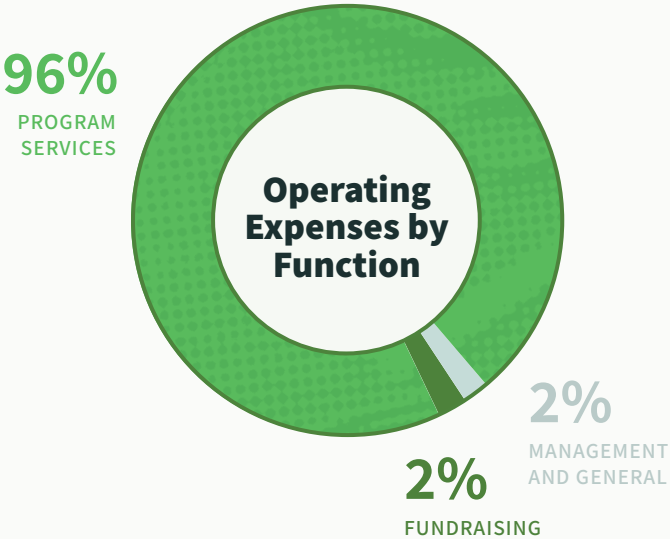
Kimberly Harris is a mother, advocate, long-time DC resident, and a domestic violence survivor. Her experiences with food insecurity began as a child and returned in adulthood when a relationship she was in became violent. With the help of the District Alliance for Safe Housing, resources from the Capital Area Food Bank, and federal social safety net programs like SNAP, Kim has been able to support her family, obtain an MBA, and become CEO and co-founder of the nonprofit Women's HQ. Kim joined the Client Leadership Council to become a more effective advocate, and to share her lived experience to enact change in her community for those who have faced similar struggles.

She got the opportunity to do so when she was asked to speak alongside Congressman Jim McGovern, Senator Cory Booker, and Congresswoman Ayanna Pressley at a press conference to announce legislation to convene a White House Conference to End Hunger. “I just printed the photo of me at that press conference and standing at that podium with the Capitol behind me,” said Kimberly. “Every time I look up, I can't believe that's me.” She shares that she is grateful to the CLC for making her a more innovative, effective, and patient advocate, and knows that she will carry over these lessons to advocate with her own nonprofit.

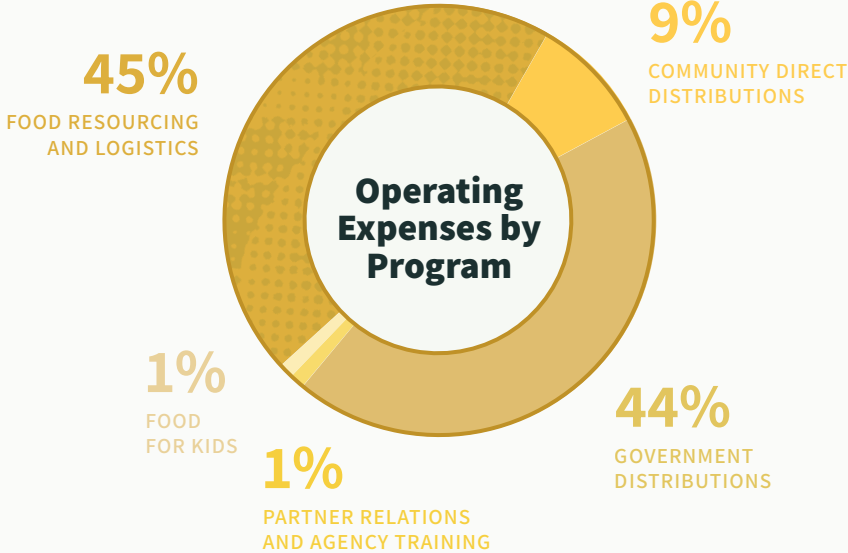
# Financials



In-kind food contributions	\$106,266,433
Contributions and grants	\$50,008,298
Federal and state grants	\$15,643,773
Program service fees	\$4,681,184
Other	\$3,690,781
<b>Total</b>	<b>\$180,290,469</b>



Program services	\$152,372,136
Management and general	\$3,593,004
Fundraising	\$3,690,493
<b>Total</b>	<b>\$159,655,633</b>



Food resourcing and logistics	\$69,417,488
Community direct distributions	\$13,078,913
Government distributions	\$67,119,722
Partner relations and agency training	\$763,925
Food for kids	\$1,912,088
<b>Total</b>	<b>\$152,372,136</b>

Capital Area Food Bank was audited for Fiscal Year 2021 by Marcum LLP. A copy of our most recent audited financial statements is available on our website, or upon request.



## CAFB 2021 Board of Directors

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Community Advocate

### VICE CHAIR (through 11/21)

#### **Denise Dombay**

FINRA

### TREASURER (through 11/21)

### VICE CHAIR (beginning 11/21)

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the River

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The Economist

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Capital Area Food Bank

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(formerly)

#### **Elaine Richard**

Marriott International

#### **Lisa Ross**

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#### **William Tatum**

Community Advocate

### GENERAL COUNSEL

#### **Cathryn Le Regulski**

DLA Piper







# THANK YOU!

Your vital support provides the food our neighbors need today and creates pathways towards brighter futures tomorrow.

## HOW TO HELP

Click the icons below to:



Give funds



Give food



Volunteer

## JOIN US ONLINE

Click the icons to connect online.



[capitalareafoodbank.org](https://capitalareafoodbank.org)

