



ACCELERATING CHANGE

ANNUAL IMPACT REPORT 2022





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:

Getting into the community to talk with our community partners and the people we serve is one of the best and most important parts of my job. And with many COVID restrictions lifted over the course of 2022, I've been able to do this more often.

The stories and emotions that I've heard as I connect with people reflect the turbulent economic trajectory of the year. After another tough pandemic winter, many of our neighbors who

experienced major financial blows in 2020 and 2021 shared that they had begun to feel hopeful as they found employment again or saw their hours at work pick back up.

But that feeling of stability was often short-lived and replaced with worry as rising costs began to undercut their ability to make ends meet.

"I was just starting to feel like I wouldn't need help again because I'm back at work," said one woman I spoke with. "And yet here I am. The paycheck just doesn't stretch as far as it needs to."

“
We enter the year ahead
with our eyes fixed firmly on
the needs of those we serve,
and with gratitude for all who
enable our mission.”

**RADHA MUTHIAH,
PRESIDENT AND CEO**

For every experience like this one, we know there are thousands more people living a similar reality on any given day. The results of our 2022 Hunger Report bear this out, showing that a third of our region—over 1.2 million people—have recently experienced some level of food insecurity. Nearly 80% of those individuals are working. And a

disproportionate number are people of color, highlighting the ongoing and pronounced inequities that exist here.

All of this means that even as the region has re-opened over the last year, and some signs of improvement appear in our economy, the need for the food bank to keep our foot on the gas across all parts of our work has remained. And with the help of our community, we have.

To meet the pressing needs of those experiencing hunger today, we've distributed the food for 53 million nutritious, culturally relevant meals in this last year alone, still more than the 30 million we distributed annually before the pandemic. And we've significantly expanded our programs serving children and seniors, among our most vulnerable neighbors.

We are also moving full steam ahead on pairing food with other critical services that help to address some of hunger's root causes. This year, as part of a broader focus on integrating "food as medicine" approaches in our work, we launched and have seen remarkable growth in a pilot program run in partnership with Children's National Hospital. Through an in-hospital "food pharmacy", this initiative puts nutritious food directly into the hands of families in need when they visit the Children's juvenile diabetes clinic, enabling them to better manage their child's illness.

Additionally, multiple other programs with our partners at local colleges have now ramped up, creating access to nutritious food for students who



are balancing school—and often, raising a family—while contending with hunger. We also gathered many of those higher education partners for a first-ever Regional College Hunger Conference to share ideas and discuss a common vision for ending food insecurity on area campuses and increasing students' economic mobility.

Even with these and other innovations underway, we know that enabling lasting and transformational change will require going beyond food and programming. That's why we're continuing to advocate for policies and practices that will create greater opportunities for those we serve, amplifying our clients' voices and lived experiences as part of that process.

“
I was just starting to feel like I wouldn't need help again because I'm back at work,” said one woman I spoke with.

“And yet here I am. The paycheck just doesn't stretch as far as it needs to.”

CLIENT

This is happening within the public sector as we move our policy agenda forward at the local, state, and federal levels, and as we work with lawmakers and advocates to expand eligibility for government programs; reduce barriers to accessing them; and advance the conversations around health equity created by this past September's White House Conference on Hunger, Nutrition, and Health. We are also proud to be engaging with private sector companies and multi-sector working groups across the region that are focused on building a local economy in which more of our neighbors can succeed and thrive.

The landscape in which we are operating has continued to change dramatically over the last year, and has required us to remain nimble and dynamic to meet the new but no less urgent challenges faced by our clients. Even in tumultuous times, this has been possible thanks to the unwavering support of our remarkable community. Because of your generosity, our work to accelerate change for our neighbors is only



53 million

nutritious, culturally relevant meals were distributed in this last year alone.



gathering greater momentum. We enter the year ahead with our eyes fixed firmly on the needs of those we serve, and with gratitude for all who enable our mission.

With gratitude,

Radha Muthiah | President and CEO

The state of hunger in our region

After multiple years of the pandemic's impacts, rates of food insecurity in the region are still at remarkably high levels. According to the Hunger Report released by the food bank in June, one in three people had

experienced food insecurity in 2021. In every county in our region, at least one in five people faced challenges getting enough to eat, and in some counties as many as half of residents experienced food insecurity.



1.2 million +

people locally were affected by food insecurity in 2021.



1 in 3 people

experienced food insecurity in the prior year.



2X

Households with children were twice as likely to experience food insecurity in 2021, compared to households without children.



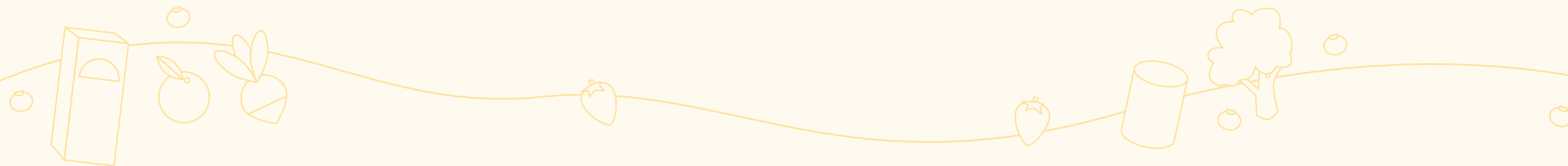
50-55%

Food insecurity was much higher among those who identify as Hispanic (55%) or Black (50%) than among white residents.



77%

were employed, yet still faced challenges getting enough to eat.



The impact of higher costs

Recovering from the financial instability of the past several years was made even more difficult for many due to rising food prices. Record levels of inflation affect low-income families most of all: according to data from the USDA, households with a lower income spend a larger portion of their

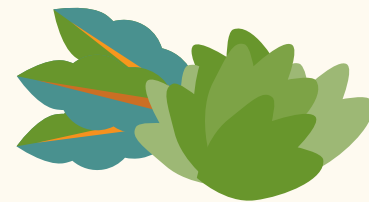
budget on food. The food bank's operations have also been impacted by higher costs, with purchased food, transportation, energy costs for cold storage, and fuel for vehicles all seeing significant increase.

FOOD PRICES ARE 10% HIGHER THAN A YEAR AGO

Here are some examples of price jumps between last year and this year for items purchased by the food bank:



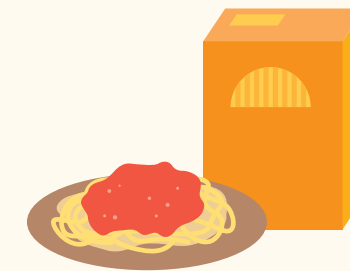
↑ 36%
increase in the cost
of canned mixed
vegetables



↑ 50%
increase in the cost
of kale greens



↑ 45%
increase in the cost of
canned mixed fruit



↑ 53%
increase in the cost
of spaghetti

CLIENT PERSPECTIVE

How inflation is affecting families

For Chelsi Lewis, a single mom of three, it was the spike in milk prices at her local store that made her jaw drop. The \$6 gallon of milk went in her grocery cart, but she may not be able to pick up another at that price until her SNAP benefits reload.

“I still got it, because the children love it,” Chelsi says, but she had to ask her teenagers: “Can we please try to stretch it out?”

The higher prices are a challenge for Chelsi, who has two fast-growing teenagers in her house. She says the uptick in grocery costs has meant seeking out more items that will last through multiple meals. For example, she uses ground beef—a protein staple that rose sharply in price—to make a big batch of chili, which can be stretched across several days.

The rising costs also force tough decisions that she’d rather her children didn’t have to see.

“It kind of makes me feel bad, because I never want them to really see what we are going through,” she says.

“
It kind of makes me feel bad, because I never want them to really see what we are going through.”

CHELSEI LEWIS



12.5%

The average price of a gallon of milk in the U.S. rose 12.5% during 2022, according to federal data.

STAYING NIMBLE

While some of the pandemic's impacts eased over the past year, its economic toll goes on for many of our neighbors, and inflation compounded these challenges. With the help of our partner organizations and the support of our community, the food bank continued to meet the elevated demand for food.

The end of many COVID restrictions allowed the food bank to expand service to some of our region's most vulnerable populations, including seniors and children.



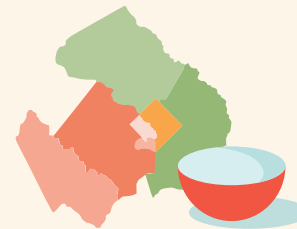
By the numbers: 2022 food distribution



AMOUNT

53 million

meals in 2022: 77% more than the same period before the pandemic.



LOCATION

**MEALS DISTRIBUTED
ACROSS OUR REGION:**

11.9 million

meals in the District of Columbia.

24.1 million

meals in Maryland

16.9 million

meals in the Northern Virginia



TYPE

88%

of food assessed for nutritional value was **classified as contributing to wellness**; these are foods lower in salt and sugar, and higher in fiber.

44%

of food was **fruits and vegetables**.

14%

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

38%

of foods were **culturally relevant items** that (in addition to produce) are familiar to people from many countries and cultures.



FROM LOCAL FARMS TO LOCAL TABLES:

2.1 million

pounds of produce were purchased by CAFB from four local growers this season as part of a commitment to providing nutritious food while supporting regional agriculture! Items included peppers, squash, apples, collard greens, kale, tomatoes, eggplant, corn, cantaloupe, cucumbers, and watermelons.

PARTNER FEATURE

Teaming up with ACTS to provide healthy food options in Northern Virginia

One of CAFB's longtime partners was founded when 13 churches in northern Virginia came together to aid a local family whose home was destroyed by fire. Today, Action in Community Through Service, or ACTS, continues to find ways to be responsive to changing needs in the community.

During 2022, the food bank provided the food for nearly 800,000 meals to ACTS. That food in turn went out to the roughly 600 families who came through the organization's doors each month.

"We have benefited greatly from the relationship with Capital Area Food Bank," Shirley says. "The programs that are offered have really, especially during COVID, ...been helpful."

When the COVID-19 pandemic hit, the food donations that ACTS received from other sources began to shrink, and the food bank was able to increase its support, keeping supplies steady. During 2021, the food bank sent ACTS 50% more food compared to the previous year, with that tally growing again in 2022.

"We're small enough we can be nimble, but we're big enough to serve a large community," says Shirley Couteau, program manager at ACTS.

That nimbleness allows the organization to try out new strategies, such as working with the food bank on ways to offer clients more choices in what they're eating and teaming up on pilot programs focused on addressing overall health through nutrition. Working closely with patients referred from GPW Health Center, ACTS provides fresh produce and healthy shelf-stable items, accompanied by recipe cards from the food bank's nutrition education team.

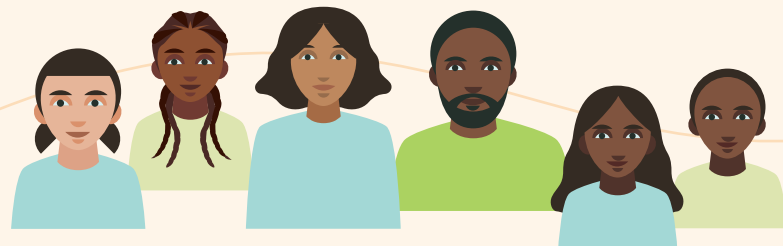
Providing healthy options that also empower clients with choices that meet their specific needs is a priority for ACTS, and the food bank has been excited to share ideas and resources as it continues this longtime partnership.

**380**

network partners operating during 2022.

Bringing meals directly to the community

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.



FOR KIDS AND FAMILIES

61

Family Markets

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

2

Early Childcare Family Markets

Focused on families with children enrolled in Head Start centers, these new sites provide produce that is high in essential nutrients needed for young children.

28

School Pantry sites

Designed to be a consistent and convenient space for families to access food, the new School Pantries are located within the school building and provide a variety of shelf-stable food items for the school community.

58

Joyful Food Markets

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

27

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.

47

Summer Meal locations

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

Bringing meals directly to the community



FOR SENIORS

67

Senior Brown Bag sites

The Senior 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.



FOR EVERYONE

74

Mobile Markets

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

4

Community Marketplaces

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



RETAIL ACCESS

2

Curbside Groceries trucks

Clients in areas with very few grocery stores also are seeking options for purchasing nutritious food. These mobile grocery trucks operating in DC's Ward 8 and Maryland's Prince George's County offer a new kind of neighborhood retail option, where people can buy produce, protein, and other grocery staples at affordable prices.

PROGRAM PROFILE

Filling in the nutrition gap for preschoolers

For years, the food bank has been helping busy parents to access fresh, healthy food when they pick up their children from school. Now they can also do so when picking up their youngest children, as CAFB expands its partnerships with early-childhood learning centers.

At two centers in Prince George's County, parents now can pick up fresh produce provided by the food bank during once-a-month Family Markets.

“

It's all part of setting those healthy boundaries, healthy food practices at a young age. And the Capital Area Food Bank is helping us do that.”

**MIKAELA OBER SCHUSTER,
EASTERSEALS HEAD START**

The monthly markets give families the ability to choose the foods they need and want, from items designed to meet the nutritional needs of young children.

The expansion to early-childhood learning centers is part of the food bank's broader initiative to address gaps in food access among children and young adults, in order to provide continuity of good nutrition from birth to adulthood.

One of these new sites is hosted with the Easterseals Head Start location at Marlboro Pike, a partner that offers high quality, no-cost programming to prepare children for kindergarten and help their families achieve self-sufficiency. The site reaches more than 127 Maryland families each month, in an area where accessing a range of fresh, healthy food can be a challenge.



The broad array of fruits and vegetables is important: the more exposure that children have to different foods, the more likely they are to try and to enjoy a range of healthy options as they grow.

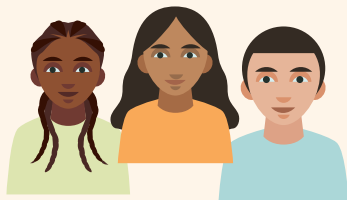
At the Easterseals early-childhood learning center, staffers have seen that play out at lunchtime. Mikaela Ober Schuster, senior director of corporate relations, said that at one recent lunchtime, the young children were excitedly eating spinach salads.

“The holistic approach of having the food at school, having the food at home, having recipes, getting to experience that food ... It's all part of setting those healthy boundaries, healthy food practices at a young age,” Ober Schuster says. “And the Capital Area Food Bank is helping us do that.”

Expanding food access options for children

Food insecurity and inadequate nutrition have negative consequences for people of every age, but the impacts on young people are particularly profound. Persistent food insecurity during childhood can lead to chronic health issues and can negatively impact school performance.

To help prevent these negative outcomes, the food bank is placing an even greater priority on children, expanding programming to boost food access among young people.



110%
Increase in Program Sites
based in schools during 2022.



26
New Locations
Added to the existing Family Market program.

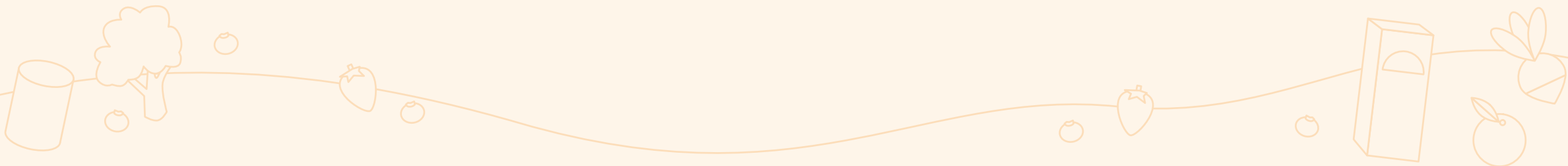


2
New Programs
School Pantries and Early Childcare Family Markets.

THIS EXPANSION WILL CONTINUE IN 2023



17
Additional Locations
Plans are in the works for at least 17 additional locations of these school-based programs during the next year.



PROGRAM PROFILE

Keeping kids fed all summer long

Too many children across the DC region are at risk of hunger, and for some, school may provide the only nutritious meals they receive on a given day. When summer break starts, kids lose that critical lifeline, making it harder for them to continue learning and growing.

To reach children facing hunger during the summer, the food bank supported 47 sites throughout our community where all children received free, nutritious meals throughout the summer.

One of those sites, City Gate, has been teaming up with the Capital Area Food Bank for more than a decade. Loretta Jones, the site coordinator at City Gate (shown at right), says she does see more kids struggling to get enough food during the summer months. Those who come to her meal site in DC's Ward 8 "want to eat right away," she says.

Toward the end of the month, when families may see support from public-assistance programs running out, Loretta also notices more children coming through the door at mealtimes.

"There's no money for things like food," Loretta says. "But they know if they come here ... that I can get me a lunch, I can get me a snack, I can get dinner."

As the school year ended in June, the food bank launched webpages in English and in Spanish—KidsMealsDMV.org and ComidasParaNinos.org—to spread the word about where families could find sites near them serving breakfast, lunch, dinner and snacks for children across the region.



68,000

summer meals and snacks distributed in 2022



The food bank's support helped to keep participation steady among meal sites, amid challenges from the pandemic's obstacles and the shifting federal guidelines for summer meals operations. By the time school resumed in the fall, our meal sites had distributed more than 68,000 meals and snacks!

Loretta, who also is an ordained minister, says she treats each day like she's heading out on a mission trip. Her mission, in partnership with CAFB, is to help ensure the kids in her community have enough food to eat.

"These kids are well-fed thanks to the food bank," Loretta says.

PROGRAM PROFILE

Taking groceries on the road for seniors

DC has the highest rate of food insecurity among seniors in the country, making older adults a priority population for the food bank. As part of a strategy to increase its service to seniors in need, CAFB took its senior programming on the road this year by adding a mobile delivery option.

A new van enabled the Grocery Plus program—which provides a 30- to 40-pound box of healthy groceries each month to income-eligible DC seniors age 60 and over—to have more flexibility in serving seniors who previously had difficulty accessing other distribution sites.

A survey of older residents conducted by the food bank this year showed transportation issues are a key challenge for seniors facing food insecurity. The survey also showed that they are seeking more fresh, healthy foods.

With the new van, the Grocery Plus team can offer longer time frames for picking up boxes at senior housing centers and other locations that limited staffing and storage capabilities. The van's schedule also includes a new delivery location at a veterans housing center.

“It gives us the ability to be nimble,” says Marian Peele, senior director of the food bank’s Commodity Supplemental Food Program, which is known as Grocery Plus in DC and My Groceries to Go! in Maryland.

Since August, the new van has logged 1,000 miles driven and more than 1,200 boxes delivered, reaching more than 250 to 300 seniors each month. Between the van and existing distribution efforts, the food bank is now reaching more than 5,400 seniors through the program—more than it has in several years through Grocery Plus.

The van was among several efforts this year to better meet the needs of local seniors. In response to the survey results showing a desire for

more fresh, healthy foods, CAFB also helped provide more produce to participants by helping several program sites add refrigeration for storing fruits and vegetables.

These changes are appreciated by seniors like Frank Myers, a Washington, DC, resident and longtime participant in the program. “Everybody needs apples, oranges, bananas,” Frank said. “The produce is very helpful.”



5,400 seniors
seniors now served through Grocery Plus

BUILDING MOMENTUM

Beyond food distribution, the past year saw the food bank move full steam ahead on work aimed at creating greater opportunity, advancing equity, and empowering our clients and partners. This included the launch of a “food pharmacy” at Children’s National Hospital, and multiple partnerships with local colleges.

We also issued our third major report about food insecurity across the region; renovated on-site spaces for nutrition education and urban gardening; graduated a second class of community advocates from our Client Leadership Council, and joined the first White House conference on the topic of domestic hunger in over 50 years.



PILOT PROFILE

Food as medicine: bringing nutritious groceries to the exam room

Conversations about nutrition between the dietitians and young patients with diabetes at Children's National Hospital often have led to the same obstacle: the foods that those patients need to stay healthy just aren't accessible options for too many families across the region.

“

We bring the food out, and they tell us, 'I was not expecting that much,'”

**BAILEY GOGGIN,
DIETITIAN**

That conversation is now changing, thanks to the new food pharmacy pilot program created in collaboration between the Capital Area Food Bank and Children's National Hospital.

The food pharmacy program brings groceries from the food bank directly to the hospital's diabetes clinic, where families who screen positive for food insecurity can take a bag of nutritious food tailored for their child's health needs with them as they leave a medical appointment.

That one-stop approach makes it easier for families to access foods essential to a child's overall health. In addition to the groceries, families also receive recipe cards and tips from the clinic's dietitians on how to use those foods.



The food pharmacy at Children's National started with a goal of reaching 120 families per month. By the end of 2022, the food bank nearly doubled that goal.

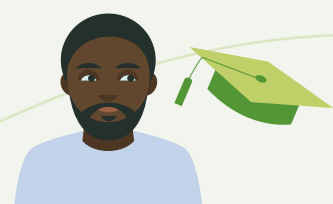
That positive patient response has led four additional departments at Children's National to request their own food pharmacies. CAFB also is working with the hospital on a food pharmacy for its Columbia Heights primary care clinic.

That success is soon to stretch beyond Children's National: the food bank is looking to expand to additional hospitals and clinic locations.

The partnership will also be producing data that's contributing to a body of evidence that supports the case for making such programs focused on the role of food as medicine a reimbursable part of the health care system.

Food Plus Programming

To address the root causes of hunger and inequity in our region, the food bank is piloting innovative approaches for pairing food with other critical services, such as health care, skills development and education.



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

Students at six Northern Virginia Community College campuses receive expanded quality and quantity of food options through on-campus pantries, home-delivered groceries, and credits for on-campus meals.

PRESIDENTIAL SCHOLARS PARTNERSHIP

Participants in the Montgomery College Presidential Scholars

Program, which focuses on workforce development, receive gift cards to use at grocery stores, paired with nutrition education.

FOOD PANTRY AND DELIVERY FOR STUDENTS

An on-campus pantry is available to all students at Prince George's Community College, while students in an academic-coaching program also can access home-delivered groceries.

By expanding beyond our traditional food provider network, we can meet people where they are and provide them with food to help address their most pressing concerns.



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.

Food Plus Programming



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 research study on food delivery directly to patients' homes is being finalized.

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.

PILOT PROFILE

Investing in college students through healthy food options

A college degree can be the ticket to a brighter future. But a growing number of college students are finding it increasingly difficult to access the nutritious foods they need to be successful in pursuing their diploma.

“

We also help them not only with what they need today—we support them in achieving the futures they deserve tomorrow.”

**DR. ANNE M. KRESS,
PRESIDENT OF NORTHERN
VIRGINIA COMMUNITY
COLLEGE**

The food bank is partnering with three community colleges—Northern Virginia Community College, Montgomery College, and Prince George’s Community College—to support students experiencing food insecurity.

Through the pilot programs, students can access healthy food options through on-campus pantries, groceries delivered to students’ home, and through credits for purchasing meals at on-campus dining locations. Some students also receive gift cards to grocery stores, along with support from the food bank’s nutrition education team on food budgeting and meal preparation.

Providing food for vulnerable college students allows them to better focus on their academic performance and well-being. That increases the return on the students’ investment in their education, both for themselves and for our regional economy.

“Students who are struggling with food insecurity face all kinds of obstacles—a lack of time, difficulty navigating available resources, the fear of stigma,” said Dr. Anne M. Kress, president of Northern Virginia Community College. “When we can help them overcome these obstacles through partnerships like the one we have with the food bank, we also help them not only with what they need today—we support them in achieving the futures they deserve tomorrow.”



PROGRAM PROFILE

Building new partnerships across the region to end college hunger

By sharing ideas and collaborating, leaders across the Greater Washington region can better support college students facing food insecurity.

During the first-ever Regional College Hunger Conference, hosted by the Capital Area Food Bank and the Consortium of Universities of the Washington Metropolitan Area, nearly 100 leaders, students, and advocates from 15 institutions came together to discuss a common vision for ensuring that students across the region can find the support they need.

The conference included sessions by leaders from local campuses, as well as perspectives from current students who have experienced food insecurity on what has been most helpful to them as they've sought support.

Key themes from that discussion included the need to: de-stigmatize campus hunger; to engage a full range of campus offices to make support accessible and seamless; to dedicate resources to ensure consistent



support services; and to be responsive to needs and experiences of students on an individual campus.

This fall's Regional College Hunger Conference was the next step in our work with college students. The food bank is looking forward to continuing collaboration with those in the higher-education space, so that no student in our area must choose between putting food on the table and achieving their full potential.

PROGRAM PROFILE

Revamped garden and new training kitchen bring new opportunities for learning

Eating well helps improve lives and build strong, healthy communities. The food bank seeks to enable good nutrition not only by sourcing the foods that our clients need to thrive, but also by providing information about how to prepare and enjoy those foods and, in the case of our Urban Demonstration Garden, how to grow many varieties of fresh produce.

The Capital Area Food Bank's Urban Demonstration Garden underwent a dramatic renovation project this year, allowing the garden team and visitors to use harvested foods just steps away from where they're pulled out of the ground.

The renovation project—which was made possible through generous support from Marriott International and The J. Willard and Alice S. Marriott Foundation—involved building a new outdoor teaching kitchen adjacent to CAFB's existing garden. The new kitchen space includes a sink, a stove top, a grill, refrigerator space, and a pizza oven.

Incorporating cooking demonstrations alongside the garden gives visitors another way to become familiar with the produce they see in the garden. Not only do they learn how certain foods grow, but also how to use those fresh, nutritious foods in their own kitchens.

The revamped educational space already hosted a visit from a middle-school class for a garden-to-table pizza lunch, as well as a launch party in October—the first of many community gatherings to come.



1,200+ pounds

of produce were harvested from CAFB's garden this year, adding more fresh options for distribution across the region!

2022 Hunger Report reveals 1 in 3 faced food insecurity across region

The food bank's Hunger Report 2022 revealed a staggering prevalence of food insecurity in our region: **one in three residents across the Greater Washington region had difficulty accessing enough food to eat at some point in 2021.**

The first-of-its-kind general population survey on food insecurity and inequity, conducted by the Capital Area Food Bank and NORC at the University of Chicago, offered a deeper picture not only on who is experiencing food insecurity, but also how the long-standing inequities across our region were exacerbated by the pandemic's uneven economic effects.

KEY INSIGHTS

The need for greater access to food affects every community across the region, but not all communities or demographic groups are affected equally. People of color and households with kids are disproportionately affected:



2x

Households with children were twice as likely to experience food insecurity, compared to households without children.



50-55%

Food insecurity was much higher among those who identify as Hispanic (55%) or Black (50%) than among white respondents.

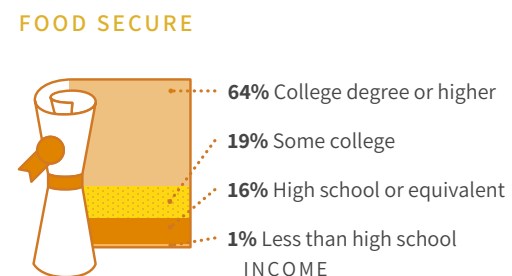
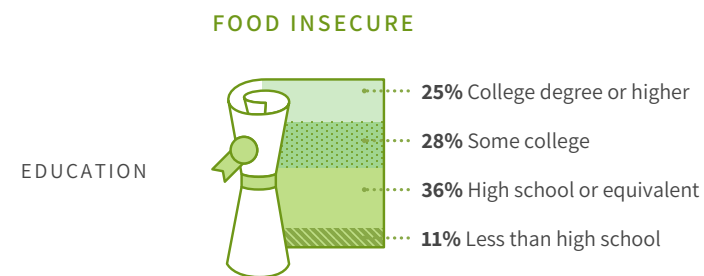
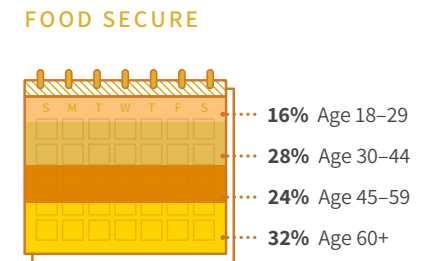
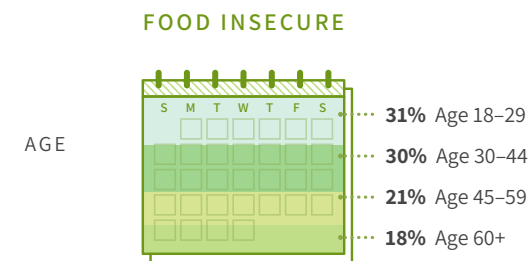
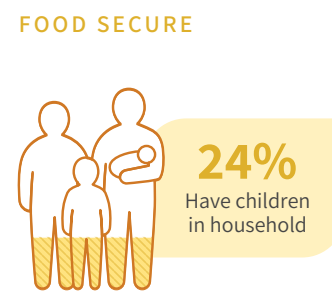
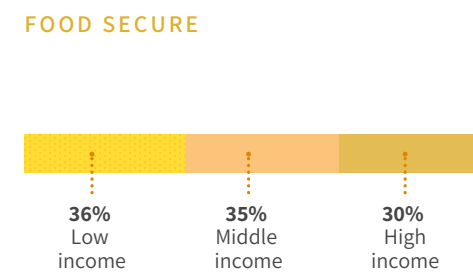
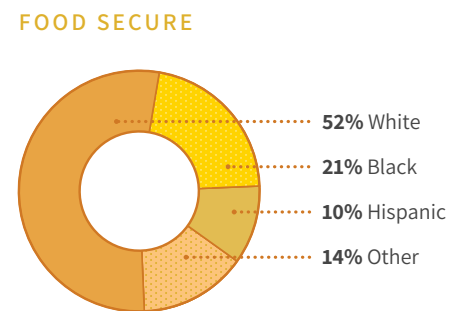


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Nearly two-thirds of households of color with children were affected by food insecurity.



Hunger Report: Food insecure vs. food secure populations



At the table for the White House Hunger Conference

In September, for the first time in over 50 years, the White House convened a national gathering on hunger in the US. The Capital Area Food Bank was proud to be at the table for that important conversation, along with two members of our Client Leadership Council.

The daylong White House Conference on Hunger, Nutrition, and Health sought to coordinate strategies across the public, private, and social sectors for ending hunger and increasing healthy eating.

The themes from the discussions that day affirmed the value and strength of the strategic initiatives that the food bank and others have been pursuing across the greater Washington region for several years, including work focused on creating greater equity, increasing food access and affordability, and improving health outcomes through nutrition support.

The White House conference created the potential to accelerate work in several of the food bank's strategic focus areas, particularly through discussions about food as medicine, the research needed to make those programs a reimbursable part of the health care system, and the expansion of key federal nutrition programs.

While no conference can solve any challenge in a single day, the convening was an opportunity to advance critical efforts on these important issues.



1,500

people attended the White House conference in person and virtually.

A visit from the Second Gentleman

In the weeks leading up to the White House conference gathering, the food bank was honored to host Second Gentleman Doug Emhoff for a visit at our warehouse, where he engaged in conversation about creating equitable food access in this region & beyond—and rolled up his sleeves to pack boxes of food for families in need.



Meet a graduate of the CAFB's second Client Leadership Council class

This summer marked the graduation of CAFB's second class of Client Leadership Council graduates. The 18 members of that advocacy-training program wrapped up the nine-month program ready to use their new skills and personal experiences with food insecurity to influence change across the region.

“

I really enjoyed one-on-one policy sessions, and being able to put things I learned into practice.”

REBECCA WILLIAMS

Among the cohort graduating in July was Rebecca Williams, a Germantown, Md., teenager whose family struggled with food insecurity throughout her childhood. At age 14, she was working to supplement her mother's income—until the pandemic and other challenges put the family in a precarious position.

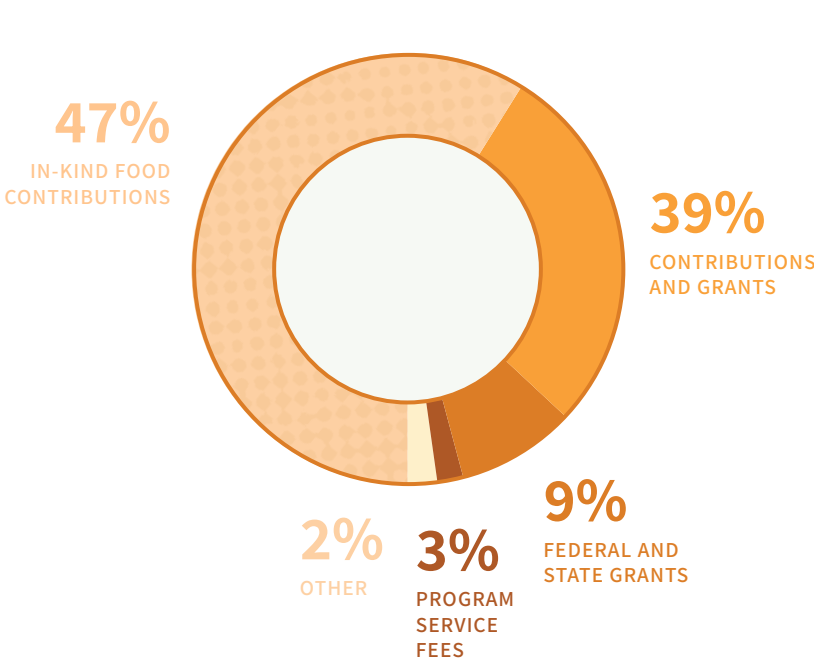
Rebecca learned about the Client Leadership Council through one of the food bank's partner organizations. Through the program, Rebecca says she learned strategies for using her voice to advocate for her peers facing similar struggles.



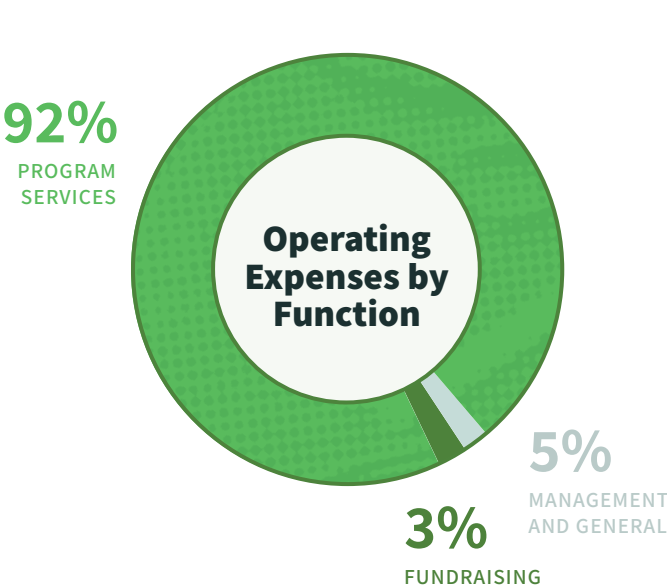
“I really enjoyed one-on-one policy sessions, and being able to put things I learned into practice,” says Rebecca, who shared her experiences with food insecurity during an event sponsored by the U.S. Department of Agriculture.

She intends to use those new skills as a student at Salisbury University, where she is now a student and wants to be involved in efforts to end hunger on college campuses.

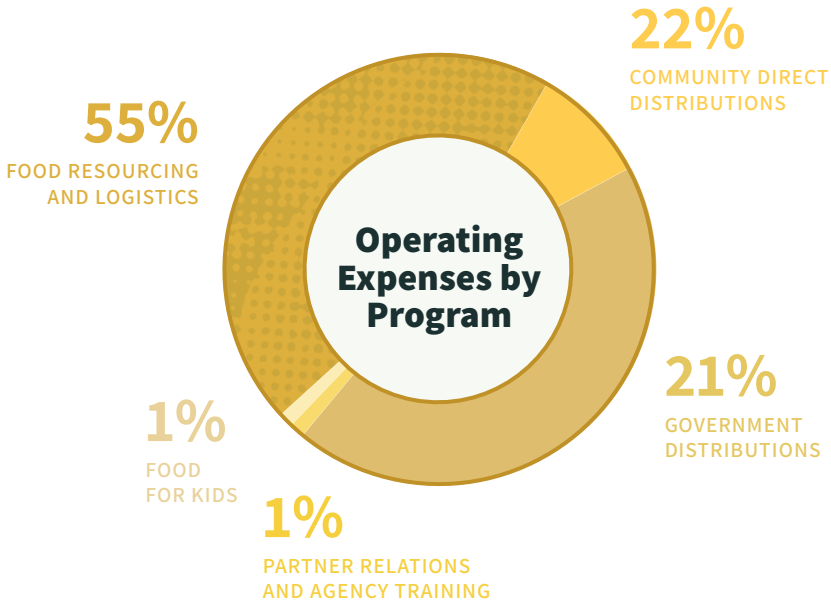
Financials



In-kind food contributions	\$58,155,327
Contributions and grants	\$ 47,495,745
Federal and state grants	\$11,219,675
Program service fees	\$3,638,791
Other	\$ 1,836,888
Total	\$ 122,346,426



Program services	\$105,167,514
Management and general	\$ 5,443,562
Fundraising	\$3,888,652
Total	\$ 114,499,728



Food resourcing and logistics	\$ 57,643,159
Community direct distributions	\$ 22,544,757
Government distributions	\$22,161,904
Partner relations and agency training	\$1,512,597
Food for Kids	\$ 1,305,097
Total	\$ 105,167,514

Capital Area Food Bank was audited for Fiscal Year 2022 by Marcum LLP. A copy of our most recent audited financial statements is available on our website, or upon request.

CAFB 2022

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DIRECTOR (Beginning 11/22)

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 Community Advocate

VICE CHAIR (Through 10/22)
CHAIR (Beginning 11/22)

Rahsaan Bernard
 Building Bridges
 Across the River

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(Beginning 6/22)
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Radha Muthiah (CEO)
 Capital Area Food Bank

Sharon O’Brien
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Thank you!

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

HOW TO HELP

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capitalareafoodbank.org

