



# The Facts About Hunger IN MARYLAND



## Food insecurity in Maryland

Hunger affects individuals the world over, on every continent and in every country. The capital region of the United States is no exception. Over 1.2 million people in our area experienced some level of food insecurity last year, meaning they weren't always sure where their next meal would come from.

**In CAFB's Maryland service region, which includes Montgomery and Prince George's counties, 40% of our neighbors are facing the difficult reality of food insecurity.**

Hunger's impacts are far-reaching. Children have a more difficult time learning. Adults struggle to concentrate. People of every age face higher rates of diet-related disease. Those impacts ultimately affect the health of our communities, and the vibrancy of our workforce and our local economies. In short, when people in our region don't have the food they need, it impacts all of us.

**FOOD INSECURITY IN CAFB'S MARYLAND SERVICE AREA**



**40%**

**of people** in MD service region are experiencing some level of food insecurity\*



## How the Capital Area Food Bank makes a difference for our neighbors

The Capital Area Food Bank's mission is to help our neighbors thrive by creating equitable access to food and opportunity through community partnerships. Since 1980, we've been the backbone of the hunger relief infrastructure in the greater Washington region.

Each year, **we supply the food for nearly 50 million meals** to a network of hundreds of nonprofit organizations across

Maryland, Virginia, and DC. Those meals provide critical and immediate assistance to those in need.

Because we know it will take more than food to solve hunger, we also work to address several of hunger's root causes by pairing food with services like health, education, and job training through partnership with other organizations.

### HOW CAFB PROVIDES FOOD TO OUR COMMUNITY



CAFB receives donations from grocers, growers, and government sources. We also purchase food.



Food is prepared for distribution at our warehouses.



CAFB's trucks bring food to locations across DC, MD, and VA.



CAFB supplies food to hundreds of nonprofit organizations including pantries and soup kitchens, as well as new kinds of partners like hospitals and colleges.



CAFB also delivers and distributes food directly to individuals in the community.



Partner organizations provide food from CAFB to individuals in need.

## The Capital Area Food Bank's impact in Maryland

We support a network of **190 nonprofit partners** in Maryland across Montgomery and Prince George's counties, including Manna Food Center, Nourish Now, and SHABACH! Emergency

Resource Center. Over the last ten years, the **Capital Area Food Bank has distributed 149 million meals** in Maryland to neighbors experiencing food insecurity.

**FOOD DISTRIBUTION LAST YEAR**



**23.6 million**

**meals** worth of food distributed in MD last year.



**48%**

**was fruits and vegetables**



**8%**

**was protein**

\*Source: CAFB Hunger Report 2022