



The Facts About Hunger IN NORTHERN VIRGINIA



Food Insecurity in Northern Virginia

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 Northern Virginia, 27% 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
NORTHERN VA
SERVICE AREA**



27%

of people in Northern Virginia 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 Virginia,

DC, and Maryland. 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 Virginia

We support a network of **nearly 100 nonprofit partners** in Northern Virginia across Arlington, Fairfax, and Greater Prince William counties, as well as the City of Alexandria. Some of our partners include Salvation Army Arlington Corps, Food for

Others, ACTS, and ALIVE!. Over the last ten years, the **Capital Area Food Bank has distributed 106 million meals** to neighbors experiencing food insecurity in Northern Virginia.

**FOOD
DISTRIBUTION
LAST YEAR**



16.8 million

meals worth of food distributed in Northern Virginia last year.



34%

was fruits and vegetables



10%

was protein

*Source: CAFB Hunger Report 2022