The Capital Area Food Bank, founded in 1980, provides 45 million pounds of food annually—the equivalent of 37.5 million meals—to 500 partner agencies for distribution to nearly 500,000 children, seniors and families in the Washington metro area. A member of Feeding America, the CAFB is the largest nonprofit food and nutrition education hunger relief organization in the region. The food bank addresses hunger comprehensively, both by getting families access to the nutritious food they need to thrive, and by providing education, leadership training and advocacy for our community partners. For more information on hunger, visit the CAFB website at www.capitalareafoodbank.org

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As I begin my second year of leading the Capital Area Food Bank, I wanted to extend my heartfelt gratitude for your steadfast and timely support. Your commitment, and that of your neighbors and friends, has sustained our work for 34 years.

Hunger in the Washington metropolitan area has grown markedly in the years since the onset of the recession. This report highlights some of the challenges we witness each day and the steps we are taking to address them.

When I joined the food bank in January 2013, we had been in our new facility for just five months. Our plan had been to double our food distribution capacity within five years, but by the end of our first year we found we had already boosted our service to the greater Washington area by 36 percent; from 33 million pounds to 45 million pounds.

Unfortunately, urban poverty and the challenge of hunger that comes with it continues. In the past year, we have faced a myriad of new challenges, beginning with the government shutdown, which hit federal workers hardest, followed by the $5 billion reduction to federal nutrition program spending in November. Everywhere I went this year, I heard stories about growing hunger, most often among the working poor and seniors.

We expect to serve nearly 500,000 children, seniors and families this year, providing critically needed food. But as we all know, it isn’t just whether we eat, but what we eat that is important; good, nutritious food is essential to overall wellness. Accordingly, we have reduced the level of sodium and sugar in our food distribution while maintaining our commitment to distribute at least 17.5 million pounds of fresh produce. The Capital Area Food Bank cannot meet the hunger challenge of our area alone; we must help our partners increase their capacity to provide healthy food to the communities they serve. To this end, we have provided nutrition education to hundreds of partners this year, including Martha’s Table, DC Central Kitchen, Food For Others and Manna Food Center, just to name a few of our 500 agencies.

We are also bolstering and complementing the work of our partners by providing food directly to those who need it. This year, we established a new channel for our own direct distribution called Mobile Marketplace, where CAFB serves hundreds of families in a street-fair like atmosphere. Each marketplace, complete with canopies and brightly colored signage, brings together community resource providers offering diabetes screening, job skills training, personal finance training and, of course, features the food bank’s own well-stocked mobile food pantry.

And our 21,000 volunteers were amazing this year, helping us sort and pack millions of pounds of food. We added a conveyor belt that has helped us to speed up sorting and to make it more fun for volunteers. We also acquired three new grant-funded trucks — two 26-foot refrigerated vehicles and a trailer — to help us increase delivery speed and ensure that our partners can always count on us.

At the food bank, we are passionately committed to reducing hunger in the Washington metro area. Our staff and our Board of Directors, both of which I am privileged to work with, bring a level of energy and commitment to their work that renews our resolve. Even as we thank Greg Ten Eyck for his many years of service as Board Chair, we welcome our new Board Chair, Peter Schnall, who was elected in January. Peter has already served many years on our Board and brings lessons learned from a career as a management consultant and bank executive that will improve our ability to serve the greater Washington community.

I look forward to working with him to lead this great organization in the year ahead.

Thank you,
CAPITAL AREA FOOD BANK GOES GREEN:
ORGANIZATION AWARDED LEED© SILVER
DESIGNATION

The Capital Area Food Bank has been awarded LEED Silver Certification by the US Green Building Council. This program, which stands for Leadership in Energy and Environmental Design, was established to promote worldwide awareness for green building and its impact on the environment. LEED has come to be recognized as the standard measure of sustainability in building.

Construction of the new facility in Northeast DC began in January 2011. The architectural firm, Epstein; the general contractor, Turner Construction Company; and the development manager, the Jair Lynch Development Partners, renovated a 23,000 square foot office portion of an existing building and constructed 100,000 square feet of new warehouse space to create the Bedford Falls Foundation Distribution Center. The building was completed in the summer of 2012 and contains a variety of sustainable features.

Sustainable Sites

On the site, 62% of the hardscape areas are constructed of concrete with a high solar reflectance index (SRI) which prevents the absorption of solar radiation, reducing the Heat Island Effect of the site on the local climate.

Ninety percent of construction waste was diverted from landfills. Existing concrete on the site was crushed and reused as a base course.

Secure storage for bicycle commuters is provided along with shower and changing facilities. Preferred parking is provided for drivers of fuel-efficient vehicles.

Site lighting was carefully designed to reduce the amount of energy used to illuminate the exterior of the facility.
Energy and Atmosphere

Over 86% of the roofing materials have a high solar reflectance index, which prevents the absorption of solar radiation. The 71,162 square foot high SRI roof reduces the building’s impact on the Heat Island Effect and local climate. Additionally, it reduces the amount of energy required to cool the facility during the warmer months of the year.

A 24,500 square foot photovoltaic system (solar panels) is installed on the roof that generates approximately 11.2% of the facility’s annual electric needs.

Indoor Environmental Quality

Only low-emitting paints, adhesives, flooring systems and composite wood products were used, contributing to good indoor air quality.

Individual lighting controls are provided to both individuals and to shared multi-occupant spaces — allowing for a reduction in lighting energy consumption while still providing task-appropriate lighting where needed for the occupants.

A daylight harvesting lighting control system saves energy by automatically dimming the light fixtures when adequate daylight is illuminating the spaces.

Water Efficiency

A combination of building and site features contributes to water efficiency. Storm water is treated on-site to remove 80% of the total suspended solids and no potable water is used for landscape irrigation, saving hundreds of thousands of gallons per year.

Inside the facility, a 45.6% water use reduction is achieved through high efficiency flush/flow fixtures, saving approximately 70,000 gallons per year.

Materials + Resources

Approximately 18% of the materials used for building and site construction are recycled materials. Of the materials used, 20% were sourced from within a 500-mile radius, qualifying them as regional materials. Additionally, 72.5% of all new wood products used are Forest Stewardship Council certified.
How the Capital Area Food Bank Operates

**FY 2012 - 2013 TOTALS**

- 45 million pounds of food = 37.5 million meals
  - Fresh produce
    - 17.5 million pounds
    - 39%
  - Other food
    - 27.5 million pounds
    - 61%

**Food Donations**
- Retailers
- Distributors
- Grocers
- Manufacturers
- Growers
- Food industry
- Food drives
- Feeding America™
- USDA

**Local Farms**
- Clagett Farm
- Gleaners
- Farming4Hunger
- Waterpenny Farm

**Capital Area Food Bank**
- Purchased: 8.8 million pounds (20%)
- Donated: 10 million pounds (22%)
- Government Commodities: 6.9 million pounds (15%)
- Partner Direct: 13.9 million pounds (31%)
- Feeding America: 5.3 million pounds (12%)
- Partner Direct: 13.9 million pounds (31%)

**Those We Serve**
- Working poor
- Children
- Seniors
- Single parent families
- Unemployed
- Homeless
- Grandparents raising grandchildren

 вместе мы можем решить голод
# Financials for Fiscal Year 2013

## Capital Area Food Bank

*Consolidated Statement of Activities for the Year Ending June 30, 2013*

*With Summarized Financial Information for the Year Ending June 30, 2012*

### 2013

<table>
<thead>
<tr>
<th>Unrestricted</th>
<th>Temporarily Restricted</th>
<th>2013 Total</th>
<th>2012 Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Support &amp; Revenue</strong></td>
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<tr>
<td>In-kind food contributions</td>
<td>$33,707,663</td>
<td>$</td>
<td>$33,707,663</td>
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<tr>
<td>Contributions and grants</td>
<td>9,183,842</td>
<td>2,664,207</td>
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<td>Program service fees</td>
<td>3,371,838</td>
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<td>3,371,838</td>
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<td>Federal and state grants</td>
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<td>1,273,108</td>
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<td>Donated materials and services</td>
<td>420,850</td>
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<td>Interest income from note receivable</td>
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<td>Other Income</td>
<td>68,717</td>
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<td>Net assets released from donor restrictions:</td>
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<tr>
<td>Released from purpose restrictions</td>
<td>1,832,719</td>
<td>(1,832,719)</td>
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</tr>
<tr>
<td>Released from time restrictions</td>
<td>1,850,000</td>
<td>(1,850,000)</td>
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<td><strong>Total Operating Revenue &amp; Support</strong></td>
<td>$51,917,071</td>
<td>$(1,018,512)</td>
<td>$50,898,559</td>
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<tr>
<td><strong>Expenses</strong></td>
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<tr>
<td>Program Services:</td>
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<tr>
<td>Collection &amp; distribution of food</td>
<td>44,903,924</td>
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<td>44,903,924</td>
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<td>Supporting Services:</td>
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<tr>
<td>Management &amp; General</td>
<td>2,458,493</td>
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<td>2,458,493</td>
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<td>Fundraising</td>
<td>1,843,187</td>
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<td>1,843,187</td>
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<td>Capital Campaign</td>
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<td>290,630</td>
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<td>Total Supporting Services</td>
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<td>4,592,310</td>
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<td><strong>Total Expenses</strong></td>
<td>49,496,234</td>
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<td>49,496,234</td>
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<tr>
<td><strong>Change in Net Assets Before Other Income (Loss)</strong></td>
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<tr>
<td>Investment income (loss)</td>
<td>(2,630)</td>
<td>---</td>
<td>(2,630)</td>
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<tr>
<td>Gain on sale property</td>
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<td><strong>Changes in Net Assets</strong></td>
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<td>(1,018,512)</td>
<td>5,497,535</td>
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<td><strong>Net Assets at Beginning of the Year</strong></td>
<td>13,666,891</td>
<td>24,481,921</td>
<td>38,148,812</td>
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<td><strong>Net Assets at End of Year</strong></td>
<td>$20,182,938</td>
<td>$23,463,409</td>
<td>$43,646,347</td>
</tr>
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</table>
Hundreds of children and seniors from throughout the Washington metro area visited the Capital Area Food Bank the day before Thanksgiving to receive special food for the holidays. Imagine their surprise when they were greeted by President and Mrs. Obama, their daughters, Sasha and Malia, and the First Lady’s mother, Mrs. Robinson, all of whom were distributing food that day.

Before volunteering, President Obama greeted food bank staff with gratitude for their work year-long. “Thank you for the great work that you’re doing. And now you’re going to put me to work, right?”

“You don’t know how happy I am,” said Sandra Cooksey from food bank partner Seabury Resources. Her friend, Renee Denner, remarked, “It was such a special surprise. We thought it would be a turkey and it was the President!”

Joining the Obamas in distributing food to kids and seniors were members of The Mission Continues, an organization composed of post-9/11 veterans who are awarded community service fellowships.

The children and seniors invited to the White House surprise were comprised of participants in some of the food bank’s direct service programs.

The seniors were participants in the Brown Bag program, which regularly serves 3,266 seniors with bags of food and nutrition information at 72 area locations. Sites represented included Avondale Manor (Hyattsville, MD); ALIVE (Alexandria, VA); Seabury Resources for Aging (Washington, DC); and the DC Office of Aging (also of Washington, DC).

The children at the event were participants in both the food bank’s Kids Cafe program, an after-school meals program that serves an average of 2,800 children in 80 locations (including recreation, religious and community sites) and the Weekend Bag program, which provides supplemental groceries for children to take home to their families. Sites represented included Park forest (Oxon Hill, MD); Frederick Douglass (Washington, DC); and The Salvation Army (also in Washington, DC).
The food bank’s Urban Demonstration Garden is a powerful way to promote nutrition education and connect people to the fruits and vegetables they see growing in real time. As head gardener MJ Crom stated, “We broke ground on our Urban Demonstration Garden in March 2013, and we are still in the construction phase. With the plan more than halfway complete, I feel we are building a legacy.” The CAFB’s goal is to have the whole garden under cultivation for the 2015 growing season.

In the garden, partner agencies learn how to grow healthy food inexpensively. The food bank’s goal is to encourage community groups and all of its partners to start their own gardens on their own land.

The garden currently consists of 30 wooden raised beds, and last season, the CAFB grew green beans, legumes, tomatoes, peppers, eggplant, okra, beets, carrots, radishes, turnips, tomatillos and several types of herbs.

In the future, the food bank plans to add more delicious, nutrient-rich food to its harvest, including raspberries, blackberries, blueberries and strawberries.

The food bank takes great pride in its 100-foot native flowering plant garden. The beautiful flowers give off sweet smells in a warm summer breeze and are all pollinator friendly, which means bees and butterflies flock to the garden, benefitting all plants.

In addition to its vegetation, the garden features a composting system, tool shed and a 10,000-gallon irrigation system, which harvests water from the roof of the vast Capital Area Food Bank building, distributing and pumping the clean water underground.

The garden is also home to an apiary, made up of two large bee hives donated and nurtured with the help of Izzy Hill, an experienced beekeeper who demonstrates that bees are an essential contributor to our food system. Honey is harvested in late June, with an expected yield of about 20 pounds of honey per hive. Because the honey is local, it is both delicious and great for those suffering from allergies.

One of the many workshops offered by the food bank, Grow Your Own, helps partner agencies that work with young children. The class teaches them how to share their love for fresh, healthy food by showing them how easy it can be to start a garden of any size — from backyard to balcony.
10TH ANNUAL BLUE JEANS BALL

Last March, the Capital Area Food Bank’s most successful fundraiser attracted 800 guests, over 34 participating restaurants and raised $324,471 to provide relief to those at risk of hunger.

The Marriott Wardman Park Hotel hosted the Blue Jeans Ball.

Peter Schnall, elected CAFB Board Chair in 2014, bids at the live auction.

Chef Spike Mendelsohn, renowned chef, restaurateur and TV personality, serves as special guest.

Chefs from Table, a restaurant in Adams Morgan, serve tasty and nutritious dishes.

Nancy Roman and Master of Ceremonies Scott Thuman, anchor of ABC7/WJLA-TV and News Channel 8, discuss the food bank’s response to hunger.

The Metropolitan Area Hunger Summit featured Nancy E. Roman, CAFB President and CEO, and Greg Ten Eyck, former CAFB Board Chairman. Both were joined by other experts in the hunger relief movement.

CAFB HOSTS TWO ANNUAL HUNGER CONFERENCES

The Metropolitan Area Hunger Conference held last April at SHABACH! Ministries, Inc. in Landover, MD featured speakers and workshops devoted to public health and best practices, providing partners with the fundamental skills and knowledge needed to operate effective and efficient feeding programs.

Capital Area Food Bank staff at the 9th annual Northern Virginia Hunger Summit, held in September of 2012 at the First Baptist Church of Alexandria in Alexandria, VA. The keynote speaker was Emily Engelhard with Feeding America, who suggested ways for partners to use research provided in the “Map the Meal Gap” initiative.
Inspired by the farmers’ market concept, the Capital Area Food Bank’s flagship mobile market — CAFB Mobile Marketplace — provides a monthly distribution of fresh fruits and vegetables to families in high-need communities. Planning for this new initiative began last summer. The first Mobile Marketplace, located in the Maryland region at SHABACH! Ministries in Landover, is open from 10 am to noon every third Saturday of the month, year round.

The Mobile Marketplace offers five fresh, seasonal produce items as well as recipes for delicious, healthy and affordable meals. The Mobile Marketplace is staffed by 20 volunteers, and hosted in partnership with local community service agencies who provide information about social services, such as job skills training, literacy programs and health screenings, available to residents of Prince George’s County, where 24 percent of families are food insecure and 35 percent live in poverty.

The CAFB plans to develop additional Mobile Marketplace sites in DC and Northern Virginia by the end of the next fiscal year, featuring awnings, stalls and bright banners while providing a festive, farmers’ market atmosphere for seniors, veterans and families seeking nutritious food.
MILDRED J. BROOKS LEARNING CENTER ADDRESSES HUNGER

Located in the heart of the Capital Area Food Bank, the Learning Center is a space where both CAFB agencies and staff are inspired, educated and trained. The state-of-the-art teaching kitchen and classroom includes five gas cooktops, four gas ovens, two fridge-freezers, four 50 inch flat screen monitors, two projector screens, and seating for up to forty people.

Mildred Brooks, for whom the Learning Center was named, was the first African American President of the D.C. Dietetic Association and served on the Capital Area Food Bank’s Board of Directors for many years. She was perhaps best known for her work in nutrition, yet had a great love of cooking and often shared her favorite recipes with community groups throughout the region.

The learning kitchen allows for fun lessons on how to prepare nutritious, affordable food—recipes that become part of a healthier lifestyle. All recipes call for food bank staple ingredients and are developed and introduced by professional chefs. They are taste-tested by both partners and food bank staff and demonstrate how food bank ingredients can quickly be transformed into healthy meals.

The recipes, available in English and Spanish, are collected in the food bank’s online healthy recipe database, which was launched early in 2013.

The Mildred J. Brooks Learning Center is transforming the food bank’s ability to address the root causes of hunger in the Washington metro area.
EMPOWERING OUR PARTNERS

MIRIAM’S KITCHEN
Miriam’s Kitchen is committed to ending chronic homelessness in DC by creating meaningful connections with people without a home, placing them in permanent housing and ensuring they have support. The agency provides healthy meals and high-quality social services to more than 3,500 chronically homeless individuals each year.

ARLEETA’S PANTRY
Arleeta’s Pantry is a food ministry of the Silver Spring United Methodist Church, located at Woodside Church on Georgia Avenue near downtown Silver Spring, MD. The food pantry is a faithful witness to those who are hungry and provides two days’ worth of non-perishable food for individuals and families in need.

THE LORTON COMMUNITY ACTION CENTER
The Lorton Community Action Center provides low-income individuals, seniors and families living in Fort Belvoir, Lorton, Newington and portions of southeast Fairfax County with access to basic needs and the opportunity to empower themselves through the agency’s self-sufficiency programs. The photos to the right depict the Monday afternoon food distribution and members of the South County High School’s Leadership Community Service group, volunteers who make the food program possible.
PARTNERS

WASHINGTON, DC
ABBA House Church of Prophecy
Akubutak Academy SDC/After School
Allen Chapel AME Church
Ambassador Baptist Church
Anacostia Community Outreach Center
Anchor Mental Association
Arch Family Services Corporation
Around The Corner To The World
Assumption Outreach
Augustana Lutheran Church
Barbara Chambers Children’s Center
Behavioral Research Associates
Bread For The City
Brighter Day Ministries Food Pantry
Canaan Baptist Church
Capital Association of Community Resident Facilities
Casa Iris
Central Union Mission
Children of Mine
Christ House
Christian Love Community Center
Church of the Incarnation, St. Vincent De Paul Society
Clean & Sober Streets
Coalition for the Homeless
Community Family Life Services
Concord Baptist Church
Council Of Churches
Covenant Community Pantry
Crowned Owen’s Food Pantry
Damien Ministries Food Pantry
DC Central Kitchen
DC Citizens for Positive Change
DC Jewish Community Center (DCJCC)
Destiny World Changers, Inc.
Douglas Memorial
Dupont Park SDA Church
East of the River Clergy-Police Community Partnership (ERCPCP)
East Washington Heights Baptist Church
Edgewood Baptist Church
Edward C Mazique Child Care Center
Emmanuel Spanish SDA Church
Emmanuel Baptist Church
Emory Beacon of Light, Inc.
Faith Tabernacle of Prayer
Falcon’s Edge
Family & Medical Counseling Service
Family & Youth Outreach Development
Father McKinna Center
Fellowship Baptist Church
First Baptist Church of Deanwood
First Rising Zion Baptist Church
First SDA Community Kitchen
Foggy Bottom Food Pantry
Food & Clothing Center of Ward 7
Food for All
Food & Friends
Freedom Chapel Church
Garfield Terrace
Genesis Enrichment Project, Inc.
Gospel Rescue Mission
Grace Apostolic Church
Greater Fellowship Missionary Baptist Church
Greater New Hope Baptist Church
Harbor Light Center
Harvest Soup Kitchen
Helping Children Grow, Inc.
Higher Ground Community Church
Horton’s Kids, Inc
House of Help City of Hope
House of Ruth Madison
Humility Outreach Missionary Ministries, Inc. (HOMMI)
Hyacinth’s Place
Iglesia Evangelica Apostola y Profeta Peniel
International House of Prayer
Ionia R Whipper Home, Inc.
Islamic Relief, USA
Israel Baptist Church Food Service
Israel CME Church
Ivy City Deanwood Trinidad Training Institute
Joseph’s House Inc
Jubilee Housing
Latin American Youth Center (LAYC)
Living Daily with the Scriptures (LDS) Outreach Ministries
Lincoln Park UMC
Little Lights
Little Rock Bibleway Church
Little Sisters of the Poor
Love Is Action Food Pantry
Manos que Ayudan
Martha’s Table
Mary House
McClendon Center
McKendree-Simms-Brookland (MSB) Community Outreach House
MetroHealth Inc
Metropolitan Club
Metropolitan AME Church
Miriam’s Kitchen
Missions To America Crisis Center
Mother Dears
Mt. Airy Baptist Church
Mt. Horae Baptist Church
Mt. Rona Baptist Church
National Baptist Memorial Church
National Children Center
National City Christian Church
Nazarene Outpost Food Distribution Program
Nehemiah’s Food Pantry
New Endeavors by Women
Nineteenth Street Baptist Church
Northeastern Presbyterian Church
Northwest Center
Oasis Outreach
Operation Sisters United
Our Lady of Perpetual Help Church
Paramount Baptist Church
Peace Meal Ministry
Peaceful Haven
Pearl Enterprises
Pennsylvania Ave Baptist Church
Perfecting of the Saints
Plymouth Food Pantry
Polaris Project
Progress For Christ Baptist Church
Purity Baptist Church
Rachael’s Women’s Shelter
Rap Therapeutic Program
Reaching Christian Church of God (RCCG) New Wine Assembly
Saint Benedict The Moor
Saint Marys Baptist Church
Sankofa International Baptist Church
Seabury at Home First
Second Genesis
Sixth Church Food Closet
So Others Might Eat (SOME)
Spanish Catholic Center
St. Anthony of Padua Catholic Church
St. Francis Xavier
St. Martins Social Service
St. Paul’s Lutheran Church
St. Phillip Food Bank
T&T Tutor World
Temple of Praise
The Holy Temple Church
The Salvation Army
The Way of the Cross Church
The Word of God Baptist Church
Thrive DC
Totally Committed Community Outreach
Unique Residential Care Center
United Planning Organization (UPD)
Unity of Love Food Pantry
Urban Outreach, Inc.
Vermont Avenue Baptist Church
Victory Home Unique Mission
Washington Center For Aging Services
We Are Family
Womens Collective
Woodley House Inc
Word of God Christian Center
Young Men’s Christian Association (YMCA)

MARYLAND
Adult Rehabilitation Center
Adventist Community Services
Agape Early Childhood Learning
Agape Outreach Ministries
Ager Road UMC
Allen Chapel AME Church Outreach
Arlee’s Food Pantry
Autumn Meadows
Behold I Come Quickly, International
Beltsville SDA Church
Bethel Deliverance Outreach Ministry
Bethesda Carers
Bradley Christian Mission Center/Pilgrimage Christian Church
Breath of Life SDA Church
Builders, Inc
CAC Wesem Lanham
Calvary Assembly of Holy Cross
Capital Christian Fellowship
Carroll House
Casa de Dios, Cristo el Rey
CASA Firme
Central Baptist Church
City of Greenbelt Food Pantry
Clifton Park Baptist Church
Clothing of Power Eternal Church
College Park Church of the Nazarene
Community Bible Baptist Church
Community Multi-Serve Community Support Systems, Inc.
Corinth Baptist Church Outreach Program
Crossover Church
Divine Grace Mission
Earnest CDC
Ebenezer We Care We Share Community
Educare Support Services
Eglise Baptiste du Calvaire
EL Hope Ministry, Inc.
Elan Foundation
Emmanuel UMC
Emma’s Place
ET Health Care Foundation, Inc.
Faith Alive Foundation
Faith Based Collaborative Outreach Group
Faith Community Baptist Church
Faith Deliverance Temple
Faith United Ministries Outreach
Family Crisis Center
First Baptist Church Ken-Gar
First Baptist Church of God
First Pentecostal Church of God of Silver Spring, Inc.
FISH of Laurel, Inc.
Food for the Elderly, Inc.
Fort Foote Baptist Church
Fort Washington Food Pantry
Fountain of Life Great Springs Church
Freedom Way Missionary Baptist Church
Gaithersburg Community Soup Kitchen
Gaithersburg Help, Inc.
Galilee CDC
Gethsemane UMC
Glenmont UMC
Global Health and Environment Foundation
GLOW
God’s People Church
Gospel Assembly Church
Gospel Bearers Assembly International
Grace of God Ministry
Great Commission Change of Life Ministries
Greater Refuge Ministries
Greenbelt Pregnancy Aid Center
Healing Temple Church of the Nazarene
Heaven’s Helpers Ministry
Hobbs SDA
Iconium Food Pantry
Iglesia de Dios Pentecostes Mission el Buen Samaritano
Iglesia Evangelica Cristo Promesa Fiel
Institute of the Incarnate Word
Interfaith Community Action Council (ICAC)
Interfaith Works
International Society for Krishna Consciousness (ISKCON) of Washington
Jericho Center of Hope
Joy of Worship
La Voz de Cristo al Mundo
Lamb of God Lutheran Church
Landover Hills Baptist Church
Langley Park Spanish SDA Church
Laurel Advocacy Referral Services (LARS)
Liberty Ministries International
Life Builders - Harvest Temple Church of God
Life in Victory Outreach Ministries
Light of the World Ministries
Little David Baptist Church
Lucille’s Pantry - Fairmont Heights Townhall
Luther Rice Neighborhood Center
Lydias Pantry
MANNA
Maple Springs Baptist Church
Marlboro Churches Food Bank
Maryland Umbrella Group
Mercy House/ Bread of Life Food Pantry
Metropolitan Church of God
Metropolitan SDA Church
Mid County United Ministries (MCUM)
Montgomery Avenue Women’s Center
Montgomery County ARC
Montgomery County Coalition for the Homeless
Montgomery County Family Center of Catholic Charities
Montgomery County Muslim Foundation
Morning Star Church of Christ
Mount Calvary Ladies of Charity Food Pantry
Mount of God Tabernacle Church
Mount Victory Food Basket
Mount Zion Believers Church
Mt. Calvary Catholic Church Ladies of Charity Food Pantry
Mt. Eamon Baptist Church
My Graceful Days Assisted Care
New Hampshire Spanish SDA Church
New Life Changing Ministry

15
Sistas United
Shiloh Church Of God Seventh Day Shepherd's Table
Shabach Emergency Resource & Seat Pleasant CDC
Seabrook SDA Church Salvation Ministries
Saint Luke's Food Pantry Rockville Spanish SDA Church
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- John Kefferstan
- Catherine Russell Knox
- Walter Taylor Lewis, Jr.
- Sheri H. Link
- Susan MacKnight
- Jack R. Newman
- Barry and Olga Scher
- Carl L. Vacketta
- Gloria Ward-Ravenell
- Nancy Roman and Steven Cohen
- Charles W. Walton
- Michael and Alice Weinreb

**Food Donors**

- Aldi
- Allied - THA
- B.K. Miller Co., Inc.
- Bakery de France
- Barilla America Inc.
- Berliner Specialties
- Bimbo Bakeries
- B&J's Wholesale Club
- Blue Ridge Area Food Bank
- C&S Wholesale Grocers
- Cabbage Inc.
- Campbell Soup Company
- Canteen
- Caribou Coffee
- Casa Blanca Tortillas
- Catholic Charities: Anchor Mental Health
- Catholic University
- Central MD Research & Educ Center
- Central Union Mission
- Central Virginia Food Bank
- Centreplate
- Centreville United Methodist Church
- Chartwells Thompson
- Cherry Hill Farms
- Chiquita Brands International
- Class Produce Group
- Clorox Company
- Cluster: Wisconsin Network
- Coastal Sunbelt Produce
- Columbia Fresh Produce Sales
- ConAgra Foods
- Corporate Imaging Concepts
- Costco
- Cott Corporation
- CVS Pharmacy
- Dade Paper
- Dannon Company
- Darden Culinary
- DC Central Kitchen
- DC Public Schools
- DC Surplus
- Deep Root Organic Co-op
- Deer Park
- Delhaize America
- DPI Midatlantic
- ES3 LLC
- Fairfax County Public Schools
- Fancy Food Show - NASFT
- Farming & Hunger
- Federation of VA Food Banks
- Feeding Children Everywhere
- Flowers Baking Company of Lynchburg
- Food Bank of Delaware
- Four Seasons Produce
- Frito Lay
- General Mills
- Giant Food
- Giffords Ice Cream
- Gleaning for the World
- Great Harvest Bread Company
- Greenshoots Distribution
- H&S Bakery
- Hair Cuttery
- Hana Foods
- Harris Teeter
- Hershey Company
- Hillshire Brands
- Honey Baked Ham Company
- Hormel Foods Corporation
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- Kellogg Company
- KIND Healthy Snacks
- Komen Race for the Cure
- Kraft Foods
- Lancaster Foods
- Land O Lakes Inc.
- LaVilla Produce
- Lee Salins, LLC
- Lewis Orchards
- Logan Food Company
- LSG Sky Chefs-National
- LYFE Kitchen
- MagNoodle
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- Michael Foods Inc
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- Mojave Foods
- Mondelz International
- Montgomery Co. Dept. of Parks
- Monumental Vending
- Murrays Steaks, Inc.
- My Organic Market
- National Multiple Sclerosis Society
- National Presbyterian Church
- Nestle Nutrition USA
- Netherlands Embassay
- Occasions Catering
- Organic Valley
- Outreach
- P&K Services, LLC
- P. Vigneri & Sons, INC
- Panache Cuisine, LLC
- Panera Bread
- Patriot Land & Wildlife Management Services
- Peace United Methodist Church
- Pepsi Cola
- Performance Foodservice
- Phil Abundance
- Presiding Bishop of LDS Church
- Quaker-Tropicana-Gatorade
- Race for Hope 5K
- Randall Memorial UMC
- Reser’s Fine Foods
- Revolution Foods
- Ryeco, LLC
- Safeway
- Sam’s Club
- Samui Beverage Co.
- Sara Lee Foods
- Sauder, Inc
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- Central Fl
- Second Harvest of South Georgia
- Share Food Network
- Shoppers

- CAFB’s Healthy Food Coordinator Cameron Henry prepares greens at the CAFB Mobile Marketplace.
Food Drives
1757 Golf Club
1st Presbyterian Youth
2GF Architects
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American Society of Health System Pharmacists
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American Society of Military Comptrollers
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American University: Green Move-Out
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Anna Health Care, Inc.
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Apple Grove Elementary
APWG - Ball Aerospace
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ATKINS
Atlantic Skyline
Avalon Gallery Place
Avery Park Apartments
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Baker Tilly Virchow Krause, LLP
Bancroft Elementary
Bank of America
Battle of the Bands, University of Maryland
Bayshore Moving Storage
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Beaconfire
Bean, Kinney and Korman PC
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Beltsville Academy
Benjamin Banneker High School
Bethesda Chevy Chase High School
Bible Way #4
Billy Casper Golf
Birch, Stewart, Kolasch & Birch LLP
Bishop Ireton
Bladensburg Elementary
Blake Real Estate
Bla kingship & Keith
Bloomington’s
B’nai Tzedek Congregation
Boat US
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Bright Horizons
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Brookville Townhouses
C. Elizabeth Rieg Regional School
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Campagna Center
CANstruction: Washington Architectural Foundation
Capital Area Reach
Capital City Public Charter School
Capital Partner for Education
Capital College
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Capital Heights Elementary
Capital Hill Towers
Capital Mall
Capital Outreach Academy
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Carr Maloney PC
Cathedral of St. Matthew
Catholic University School of Law
Cavalier Club Apartment Homes
CBIZ
CDI Corporation
CEB
Center City Public Charter School
Centreville High School
CGI Federal
Cherokee Lake Elementary
Chevy Chase Community Center
Chevy Chase Land Company
Chiara Law
Chick-Fil-A
Children’s National Medical Center
Christian Family Montessori School
Church of Beauty
Church of the Little Flower
Church of the Nativity
Church of the Redeemer Presbyterian USA
Ciao Bella
City of Alexandria
Classic Look Salon
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George Washington University
Georgetown University
Gesher Jewish Day School
Giant Foods
Girl Scout Council of the Nation’s Capital
Girl Scouts of America
Girls on the Run
Glenn Dale Elementary
Global Wire Solutions, Inc
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Gordon Biersch Brewery Restaurant
Grand Hyatt Hotel
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Greater Reston Chamber of Commerce
Greater Springfield Chamber of Commerce
Greenbelt Elementary
Greenbelt Middle School
Greg Gannon Food Drive
Grocery Manufacturers Association
Hancock Daniel Johnson & Gardner PC
Harris Teeter’s Harvest Feast

Kelli waters her beans at Children of Mine, one of the CAFB’s partner agencies in DC.
Harvester PCA Church
HCR Manor Care
Healthtrak
Heart of America
Heather Hills Elementary
HeiTech Services, Inc.
Hersha Hospitality Management
High Point High
Hillcrest Heights Elementary School
Hilltop Consultants
Hitton Worldwide
Hip Hop Karaoke DC
Holy Child Middle School
Holy Comforter-St. Cyprian
Holy Rosary Catholic Church
Holy Trinity Catholic Church
Holy Trinity United Baptist Church
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Home Seller Solutions, LLC
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IBEW Local 28
Imagine Andrews Public Charter School
Immanuel Christian School
Innovative Technologies, Inc
Intermodal Association of North America
International Association for Dental Research
International Free and Accepted Modern Masons & Order of Eastern Stars Electric Grand Chapter
Investment Company Institute
Iron Mountain
Islamic Relief USA
James K Polk Elementary School
Jason Yi's Tae Kwon Do
Jefferson Academy & Middle School
Jewish Community Center of Greater Washington
Jewish Primary Day School of the Nation’s Capital
Johns Hopkins SAIS
Johns Hopkins University Carey Business School
JW Marriott Wardman
Kaiser Permanente Health Plan
Kearney & Company
Kemp Mill Elementary School
Kemp Mill Synagogue
Kenmooi Elementary
Kennedy Center
Kesher Israel
Kettler Management
Kids Against Hunger DC Metro
Kipp DC
Kortney Ringel Photography
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Lambda Theta Alpha Latin Sorority, Inc.
Latham Hotel
Law Enforcement United
Learymen of DC & Vicinity
LeClair Ryan
Leesylvania State Park
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Lockheed Martin Corporation
Long & Foster Real Estate
Lorton Community Action Center
M Squared Strategies
Macy’s
Madison Hotel
MAG Fest
Magguders
Mahogany Money Makers
Making Movies Dance Collective
Manulife Financial Building
Maret School
Marriott International
Marshall Heights Community Center
Maryland Society of Accountants
MaryPIRG
Mayor’s Youth Leadership Initiative
McClain & Co.
McCandlish & Lillard PC
McGuire Woods
Melvin J Berman Hebrew Academy
Menkiti Group
Mercer Trigiani
Meridian at Mount Vernon Triangle
Metro Day School
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Mount Daniel Elementary School
Mount Rainier Elementary School
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NCAC WVU Alumni
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New York Ave Presbyterian Church
Nicholas Drem Elementary School
Nienman Company
Northern Virginia Learning Academy
Northern Virginia Mental Health Institute
Northampton Apartments
NY Avenue Presbyterian Church
Oaklands Elementary
Oakwood School
Ober Kaler Grimes & Shriver
Odyssey Hospice
Office of the Federal Public Defender, Eastern District of Virginia
Ogilvy Washington
Ohev Sholom Talmud Torah
Ohr Kodesh
Olney Chapel
ONE Campaign
Osher Life Lingelmeier Institute
Our Lady of Grace
Our Lady of Lourdes
Our Lady of Sorrows
Our Lady of Victory School and Parish
Our Lady Queen of Peace
Outpost Ministries
Overlee Community Association
Overseas Private Investment Corp
Oxon Hill Manor
Oxon Hill Middle School
Pack 98 Cub Scouts
Paint Branch Elementary School
Park Shirlington Apartments
Park Tower
Partnership for Public Service
PATH
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Paul Public Charter School
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Penny Saver Yard Sale
Perkins & Will
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Pier 1 Region Metro DC
Pillsbury Winthrop Shaw Pittman LLP
PNB Bank
Polo Factory Store - Potomac Mills
Potomac Place Tower
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Quincy Hotel
Ratner Companies
Rebecca Bitzer & Assoc.
Reed Smith LLP
Refiner’s Foursquare Church
Renaissance Hotel
Renaissance Mayflower Hotel
Rent-A-Center
Rhode Island Row
Robert Goddard French Immersion & Montessori
Rock Creek Park (Nat. Park Service)
Rosa L Parks Elementary School
Rosaryville Elementary School
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Sibley Hospital
Sidwell Friends Middle School
SIFMA
Silver Spring Learning Center
Simplexity
Sister Maria A Jones Missionary Ministry, Salem Baptist Church
Sixth & I Synagogue
SkateQuest
Skyline Elementary
Smith Pachter McWhorter PLLC
Sodexo
South County Youth Club
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Southern Friendship Missionary Baptist Church
Southern Management Corp
Booz Allen Hamilton volunteer Tina Lustre packs Weekend Bags for children in need.
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St. Gabriel Catholic Church
St. Louis de France
St. Luke Catholic Church
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Thanksgoween 2012
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The Body You Want
The Boston Consulting Group
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Vansville Elementary
Vantage Fitness
VDOT Northern VA District
Verve Health & Fitness
Virginia Department of Corrections
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Washington Capitals
Washington DC Christadelphian Ecclesia
Washington Ethical Society
Washington Gas Co
Washington Hebrew Congregation
Washington International School
Washington Nationals Baseball Club
Washington Research Library Consortium
Weichert Realtors
Weight Watchers
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Westfield’s Golf Club
Westin Georgetown Hotel
Weyanoke Elementary School
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Williams Lea
Williams Mullen Tysens Corner Office
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WIRRE
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Woodway at Trinity Center
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World Tavern Poker at The Bungalow
Wynyard Resorts
Wyistar
Yeshiva of Greater Washington
YISE Nursery
Young Israel Shomrai Emunah
Zion Baptist Church
Zuckerman Gravely
OTHER WAYS TO HELP THE CAPITAL AREA FOOD BANK

While we depend on food, funds and volunteers, there are other ways you can support the Capital Area Food Bank. Please contact Roxann Seals at rseals@capitalareafoodbank.org if you are able to assist us with the following:

- Work in our new Urban Demonstration Garden
- Underwrite the cost of food drive boxes
- Provide auction items for our annual Blue Jeans Ball
- Teach nutrition or cooking courses
- Donate motor vehicles in good condition to supplement our transportation needs
- Donate multimedia projector
- Provide pro bono landscaping services for a year
- Link the CAFB to your neighborhood listservs and blogs

HELP US BUILD AN ONLINE MOVEMENT
Visit us at www.capitalareafoodbank.org/blog. Also join us on Facebook, Twitter, YouTube and Flickr.

YOUTH VOLUNTEERING

Young volunteers make a tremendous contribution to the Capital Area Food Bank. There are lots of opportunities for youth who are under the age of 18 to get involved and learn about hunger issues throughout the region. If you have any questions regarding youth volunteering or want to set up a special volunteer activity, please contact the volunteer department via email at volunteer@capitalareafoodbank.org or call 202-644-9841. All youth volunteers must schedule their participation through the Volunteer Programs Department to ensure we have waivers on file for everyone.