



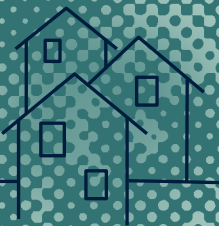
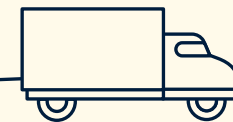
ANNUAL

IMPACT REPORT

2024

MISSION STATEMENT

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:

The last year has been filled with economic stories

touting low average unemployment numbers, solid wage growth, and declining inflation—all indicating that the financial stability of people across the region should be improving.

But beyond that positive macroeconomic narrative, there has been another, very different reality unfolding for a growing number of people—one that we hear about from our network of nearly 400 nonprofit partners and from the clients that we see at our distributions.

Far from receding, economic hardship and food insecurity in our region have in fact seen

a dramatic uptick over the last year. The percentage of people in need in our area has risen significantly, both overall and across every county we serve. Our 2024 *Hunger Report* revealed multiple reasons behind this, including the cumulative weight of inflation on living costs over the past four years; wages that haven't kept pace for many people; and the full impact of reduced government supports post-pandemic.

In the face of persistent and growing demand, this remarkable community has once again been the driving force behind our ability to meet the need. In 2024, individuals and institutions across every corner of our region enabled CAFB to distribute the food for 64 million nutritious meals—3 million more than the prior

year and well above our initial projections. Over 40% of that food was comprised of health-promoting fruits and vegetables, many of which came from local farmers.

Recognizing that meeting our neighbors' needs requires a thoughtful approach not just to what food we provide but also to *how* and *where* we provide it, we launched or expanded a variety of programming this year. Our new Senior Choice and Silver Market programs, for instance, offered a farmers' market-style experience where seniors can choose their groceries at no cost, all at easily accessible locations. And the expansion of our Family Markets program enabled even more parents to pick up food right where their children learn and play.

That same commitment to providing food at locations that serve our clients most effectively was also present across CAFB's programs aimed at addressing many of hunger's root causes. Our food pharmacies, for instance, which bring medically tailored food directly into clinical settings,

rapidly accelerated as we expanded our Children's National partnership to their Columbia Heights location, and opened new food pharmacies with both Unity Health Care at their East of the River Health Center in DC and the University of Maryland Medical System in Prince George's County.

"IN THE FACE OF PERSISTENT AND GROWING DEMAND, THIS REMARKABLE COMMUNITY HAS ONCE AGAIN BEEN THE DRIVING FORCE BEHIND OUR ABILITY TO MEET THE NEEDS OF OUR NEIGHBORS."

—Radha Muthiah, CAFB President & CEO





Meanwhile, our Food Plus Education programs, which provide people pursuing higher education with the food they need for themselves and their families, are now serving students across five different academic institutions. These college programs provide support that can help students stay in school, enabling them to complete degrees and certifications that prepare them for well-paying jobs, and ultimately,

enable them to achieve upward economic mobility.

Perhaps the most visible expansion of our work this year—and a true reflection of what we can do when we come together—was the opening of a new facility in Northern Virginia. The results of a multi-year capital campaign and generous gifts from people and organizations in every sector, the newly reconstructed facility is 3.5 times the size of the

previous building, and is enabling the food bank to distribute 220% more meals, welcome volunteers for the first time, purchase more food from Virginia farmers, and increase efficiency across the whole of our regional distribution network.

As the food bank enters its 45th year of service, I've been reflecting quite often on our journey. Following our opening on Martin Luther King, Jr.'s birthday in 1980,

we were providing just over a million pounds of food per year out of a small leaky warehouse. Today, we provide the food for over 60 million meals from two large distribution centers. Our network has grown to nearly 400 nonprofit organizations across every corner of our region, and has also expanded to include hospitals and colleges. Our core work of providing food to the community has scaled and become ever more efficient. And we've layered in additional approaches to our mission that do even more to support our clients' health and create opportunities for economic advancement.

None of these things—or countless other milestones—would have been possible without the unflagging support of this community. From our earliest weeks of operation right up to the present, it is the actions of committed individuals and institutions that have built the food bank into the resource it is today. It fills me with deep and abiding gratitude to know that so many of you have shared, across decades, an unwavering

belief in the importance of food for all people.

Food nourishes the body, and it feeds the spirit. Food can provide hope and improve well-being. It fuels growth, sustains health, aids focus, and enables learning. For all these reasons, food can ultimately help people unleash their potential and change their lives.

Over the past 45 years, CAFB has provided the vital nutrition that allows our neighbors to harness that transformative power. And in the years ahead, we will keep leaning deeply into the trust and partnership of this community to ensure that those we serve have access to the food and resources they need to continue building even healthier, more productive, and brighter futures.

Thank you for making so much possible, and for being a part of both our history and our future.

Warmly,

RADHA MUTHIAH

BY THE NUMBERS

THE STATE OF HUNGER IN OUR REGION

Despite signs of improvement in the overall economy, the need for food assistance in the Greater Washington region increased again in 2024. Not only did CAFB distribute more food than the prior year, but the food bank's research data showed more people were struggling to access enough nutritious food.



37%

of our neighbors experienced food insecurity during the prior year, a 5% point increase from 2023.



1.5M

people in this region weren't always sure where their next meal was coming from.



103,000

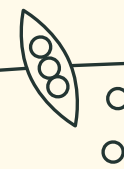
children lacked access to enough nutritious food during 2024.

3M

more meals worth of food provided by the food bank in 2024, compared to the prior year.



GOOD FOOD TODAY



BY THE NUMBERS

2024 FOOD DISTRIBUTION

TOTAL AMOUNT

64.2M

nutritious meals distributed in 2024.

36.2M
meals

17.7M
meals

10.3M
meals



MD

VA

DC



PICTURED: A volunteer hands out apples to a child at a Family Market in Northwest DC.



BY THE NUMBERS

2024 FOOD DISTRIBUTION

CONTINUED

SOURCES OF FOOD DISTRIBUTED

27M

meals worth of food were purchased by CAFB.

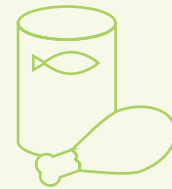
22.7M

meals worth of food were donated.

14.4M

meals worth of food were sourced through government programs.

TYPES OF FOOD



16%

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



41%

of food distributed was **fruits and vegetables**.



80%

of food ranked under CAFB's nutrition guidelines **qualified as foods recommended to "choose often."**

NOW OPEN TO SERVE OUR NEIGHBORS: A NEW, EXPANDED NOVA FACILITY

The Bedford Falls Foundation Northern Virginia Distribution Center officially opened its doors in 2024, marking a transformative moment for our work in the region.

At nearly four times the size of the facility that had been razed on that same Fairfax County site in 2023, the new distribution center is equipped to supply food for more than 13 million meals, a 220% increase.

The expanded freezer and cooler capacity allow for sourcing more produce grown by local farmers, as well as protein items. With more truck bays, the updated NOVA warehouse can receive more food directly, reducing strain on CAFB's main facility in DC and improving efficiency across our network.

The new facility doesn't just store more food. It provides space for collaboration, community engagement, and for the first time, welcoming volunteers who are looking to help their neighbors.



13M
meals

can be distributed from
the new NOVA facility.

BUILDING COMMUNITY

**“IMAGINE US
BEING ABLE
TO RESTORE
DIGNITY.”**

—Tope Fajingbesi

THROUGH FRESH, LOCAL PRODUCE

More than 40% of the food CAFB distributed last year was fruits and vegetables—and much of that fresh produce came from farms right here in our region.

Among those local farm partners are Tope Fajingbesi and her husband, Niyi. Their Howard County, Md., farm provided our clients with the food for more than 3,200 meals last year.

Tope and her husband have a consistent standard when it comes to the food they distribute: if any of their produce isn't of high-enough quality to be sold at a farmers' market in DC, then Dodo Farms won't sell it elsewhere. For Tope, that standard is about respecting the dignity of those who receive her produce.

“You can strip somebody of their dignity when you give them food,” Tope says. “If they don't feel like they have a choice. If you give them things that are soggy or bad.”

“So imagine us being able to restore dignity” by offering fresh, high-quality produce, she says. “It makes me very happy.”



3.7M
pounds

of food distributed in 2024
came from local farms.

BY THE NUMBERS

OUR PARTNER NETWORK

CAFB provides food to a network of nearly 400 nonprofit organizations—including pantries and soup kitchens—that in turn distribute nutritious groceries to our neighbors. For the majority of organizations in our network, CAFB is the primary source of food.

DC

95
partners

MD

176
partners

VA

95
partners



Nearly **\$1M** in capacity grants in 2024.

These grants enable our partners to expand their ability serve our neighbors by supporting the purchase of new equipment and other resources to make it more efficient to store and distribute food.



PICTURED: No Limits Outreach Ministries, a partner organization in Maryland, used a CAFB capacity grant to help set up a texting app to better manage client flow during food distributions.



BY THE NUMBERS

DIRECT DISTRIBUTION PROGRAMS

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

112

Family Markets

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

48

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.

40

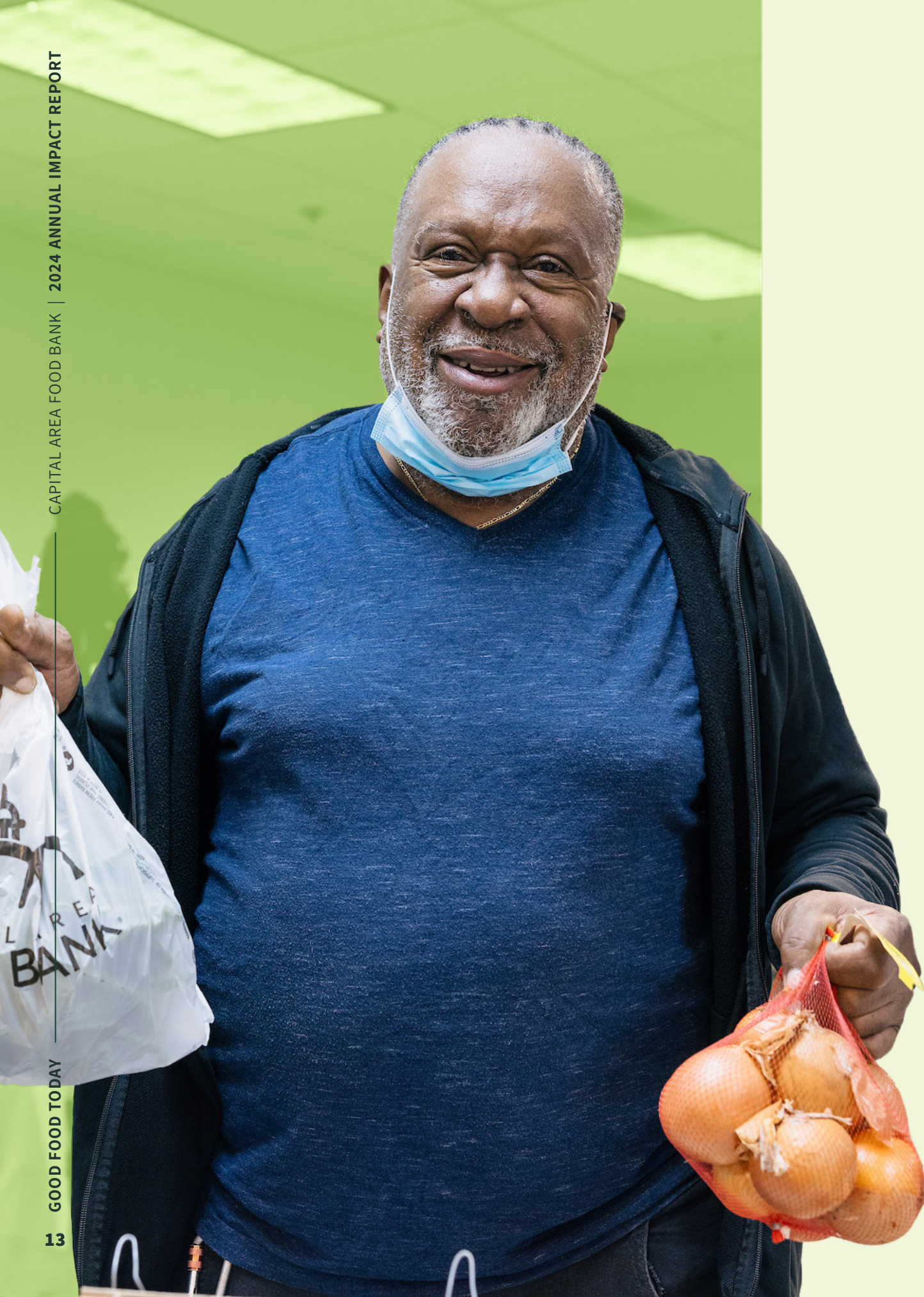
Afterschool Meals

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.

42

Summer Meals Locations

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



BY THE NUMBERS

DIRECT DISTRIBUTION PROGRAMS

CONTINUED

FOR SENIORS

68

Senior Brown Bag sites

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

100

My Groceries to Go and Grocery Plus 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

95

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

24

Curbside Groceries sites

Clients in areas with very few grocery stores also are seeking options for purchasing nutritious food.

These mobile grocery trucks operating in DC's Wards 7 & 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.

BRINGING HEALTHY MEALS TO FAMILIES

“IT’S NICE TO HAVE THE PRODUCE TO GET THE KIDS IN THE HABIT OF EATING HEALTHY.”

—Jenel Buie

AT SCHOOLS ACROSS THE REGION

On a bright fall day, the playground at Barnard Elementary School comes alive with the sights and sounds of the monthly Family Market.

Volunteers work together to set up long tables piled high with fresh produce and groceries. Children are seen playing and snacking on fresh apples, while parents chat as they pick up bags of carrots and boxes of milk.

The market at Barnard began last school year and has grown steadily: each month, it provides food to about 170 families. Located in an area of Northwest DC with elevated levels of food insecurity, the market ensures families can access the fresh ingredients they need to prepare healthy meals at home.

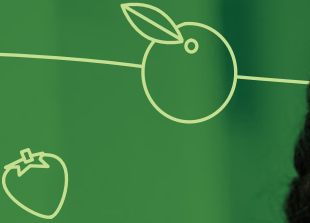
The market’s success is a team effort, led by Barnard staffer Sandra Salamanca and supported by volunteers, many of whom are parents or former participants themselves. For families like Jenel Buie’s, the program is providing support to build healthier futures. “It’s nice to have the produce to get the kids in the habit of eating healthy,” she shared. By bringing fresh food directly to the heart of the community, Family Markets help both kids and parents thrive.



The Family Market program operates at

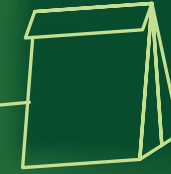
112
schools

in DC, Maryland and Virginia, reaching 134,000 families.



156,000
nutritious meals

were distributed to kids
through CAFB's afterschool
meals program last year.



PICTURED: A student enjoys a sandwich, fruit and salad at Pleasant Homes, an afterschool meals site in Maryland.

ENSURING SENIORS CAN CHOOSE

“ALL THE PRODUCE IS FRESH AND BEAUTIFUL.”

—Janice Ellis



THE FOODS THEY NEED TO THRIVE

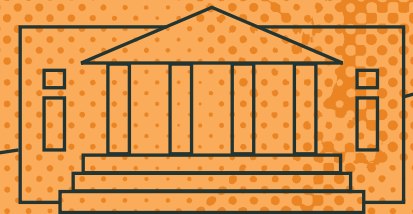
In 2024, we launched the Senior Choice and Silver Market programs, each offering unique ways for seniors to access the nutritious food they need. These initiatives provide a farmers’ market-style experience where seniors can choose their groceries at no cost, all at easily accessible locations.

At the Silver Market, seniors can select fresh, seasonal produce, often sourced from local farmers. This not only offers a new way to increase food access but also the ability to choose based on personal preferences. The Senior Choice model is similar, allowing seniors to select the groceries they want, rather than receiving pre-bundled items.

“This is the best thing that could have happened to our neighborhood,” said Janice Ellis, a senior who visited the Silver Market at UPO Petey Greene Community Service Center in DC’s Ward 8. “All the produce is fresh and beautiful.”

Seniors often have limited income, making it difficult to afford food and other expenses like rent and medicine. They also may not have access to transportation to grocery stores where they can obtain nutritious food, particularly fresh produce. These programs are all about empowering seniors with the flexibility to select the nutritious food they need for a balanced diet, while providing it at no cost and in convenient locations.

BRIGHTER FUTURES TOMORROW



GROWING OUR FOOD PHARMACY PROGRAM

TO SUPPORT PATIENTS

Access to nutritious food is vital for managing chronic diseases like hypertension, diabetes, and obesity, yet high costs and limited availability often stand in the way. In 2024, we expanded our food pharmacy program to three new locations, making it easier for patients to get the healthy food they need right where they receive care.

Columbia Heights clinic, Unity Health Care’s East of the River Health Center, and the University of Maryland Medical Center. These programs are each tailored to meet the needs of distinct patient populations. They provide patients who screen for food insecurity with a “prescription” for up to 40 pounds of nutritious groceries twice a month, at no cost. The food, carefully selected for its health benefits, includes fresh produce and low-sugar, high-fiber options tailored to support better health outcomes.

New food pharmacies opened at Children’s National Hospital’s

By embedding food access into healthcare settings, these programs address some of the root causes of health disparities while empowering patients to lead healthier lives. With additional food pharmacy locations planned, we’re creating stronger connections between healthcare and nutrition to ensure more people in our community can get the food they need to live long, active lives.



More than

530
patients

reached each month
across CAFB’s Food+Health
partnerships.



The food pharmacy at Unity Health Care's East of the River clinic in DC's Ward 7 is one of two locations planned through the partnership, which is projecting to reach 500 patients over the next five years.

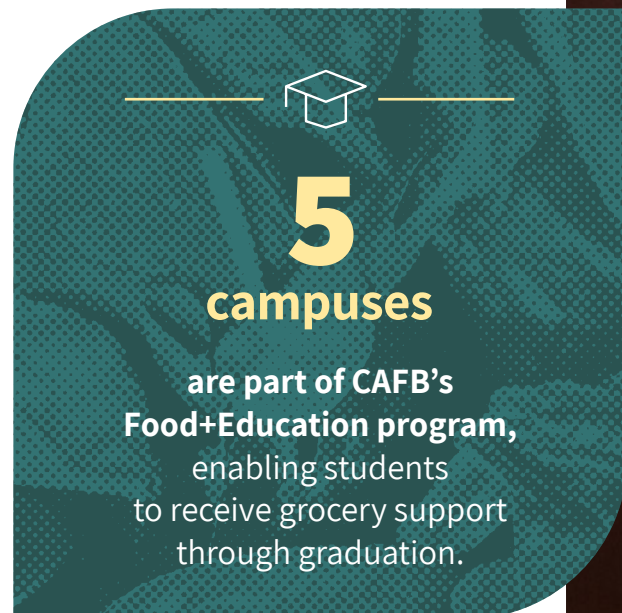


SUPPORTING STUDENTS' BASIC NEEDS TO HELP FUEL THEIR SUCCESS

For too many students, the journey to a college degree is filled with challenges. For Daysi Oscategui, a single mother and first-generation college student, it has been a constant struggle to balance school, work, and raising three children in an area with a high cost of living.

One key factor in Daysi's ability to stay on track toward her degree was a pilot program created by the food bank, providing grocery store gift cards to eligible students. These gift cards gave Daysi the means to buy fresh, nutritious food for her family, easing financial pressure and allowing her to focus on her education. With this support, Daysi successfully graduated with multiple degrees. Her story demonstrates how access to resources like nutritious food can help students overcome obstacles and achieve their goals.

This program doesn't just help students succeed. By removing some of the barriers that keep students from completing their educations and enabling them to get credentials for jobs across the area, it also helps to strengthen our region's workforce. Together, we're building a future where students are equipped to reach their full potential and drive our region forward.



PICTURED: Daysi Oscategui speaks at the Regional College Hunger Conference about her experience receiving grocery store gift cards from CAFB as she earned multiple degrees as a single mother.

BY THE NUMBERS

EXPANDING RESOURCES TO SUPPORT HEALTHY EATING

CAFB's Nutrition Education team works to ensure that our neighbors have the tools they need to enjoy healthy meals. In 2024, they provided a range of resources to our partner organizations and clients.


92
community events and demonstrations
reaching nearly 15,000 attendees.

2,200
pounds of produce grown in the Urban Demonstration Garden, which was distributed to partner organizations, community members and student groups.

132,180
recipe cards distributed.



PICTURED: Keaton Bergeron from the Nutrition Education team makes a healthy smoothie with a young girl during an event at a site distributing free summer meals.

EMPOWERING CLIENTS

TO ADVOCATE FOR CHANGE

The Father Eugene Brake Client Leadership Council (CLC) marked its five year anniversary last year as it graduated another cohort during the summer and welcomed a new class in the fall.

Named in honor of one of the food bank's founders, the 10-month program empowers individuals with lived experience of food insecurity to share insights that inform food bank programming and advocate for change in their communities.

Throughout the year, CLC members spoke with elected officials and reporters about the importance of programs like SNAP and the USDA's new SUN Bucks program, which offered support to families when schools were out of session for summer break. They also headed to Capitol Hill to share with lawmakers how Food Is Medicine programs can support patients in managing diet-related diseases.

Their perspectives are invaluable in shaping solutions that truly resonate with the people we serve.



More than

100
clients

have participated to date in the Client Leadership Council.



PICTURED: The 2024 Cohort of the Client Leadership Council graduated in June. These community advocates provide perspective to shape solutions for our community.

HUNGER REPORT 2024: A DRAMATIC RISE IN FOOD INSECURITY IN THE DMV

Our commitment to data-informed work includes our Hunger Report, which has become a trusted source of information that is relied upon by regional lawmakers, policy groups, media outlets, our partners, and others to inform important conversations about food insecurity in our region.

The 2024 report revealed a startling rise in food insecurity across our region: 37% of people had trouble accessing enough to eat during the previous year.

That’s an increase of 5 percentage points from the 2023 report. It’s also the highest level of regional

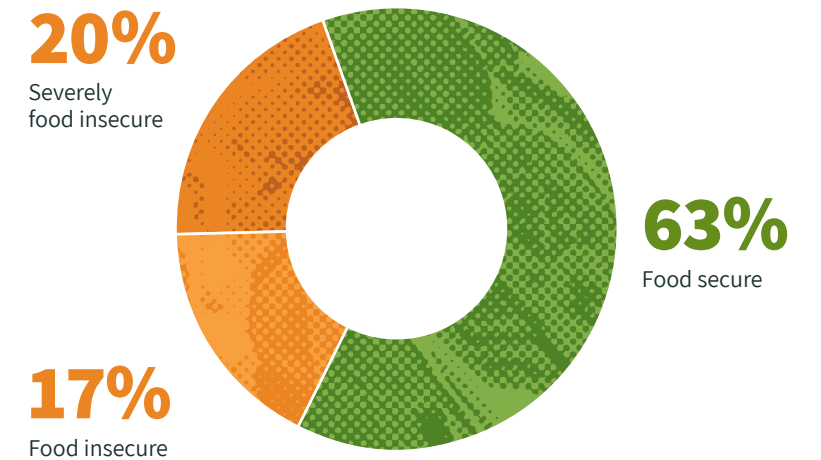
food insecurity seen since CAFB began working with the highly trusted independent social research organization NORC at the University of Chicago in 2022 to gather data for the report via a general population survey.

The data also depicted a food-insecure population that is growing increasingly educated and more middle-class, with large spikes seen in food insecurity among middle-income households.

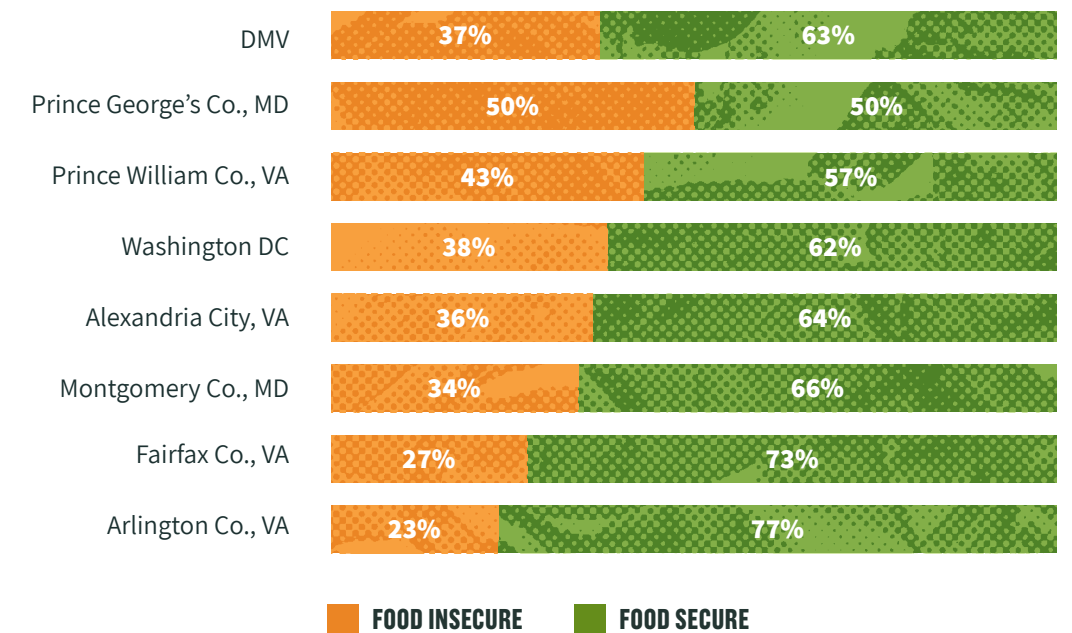


PREVALENCE OF FOOD INSECURITY

OVERALL DMV PREVALENCE

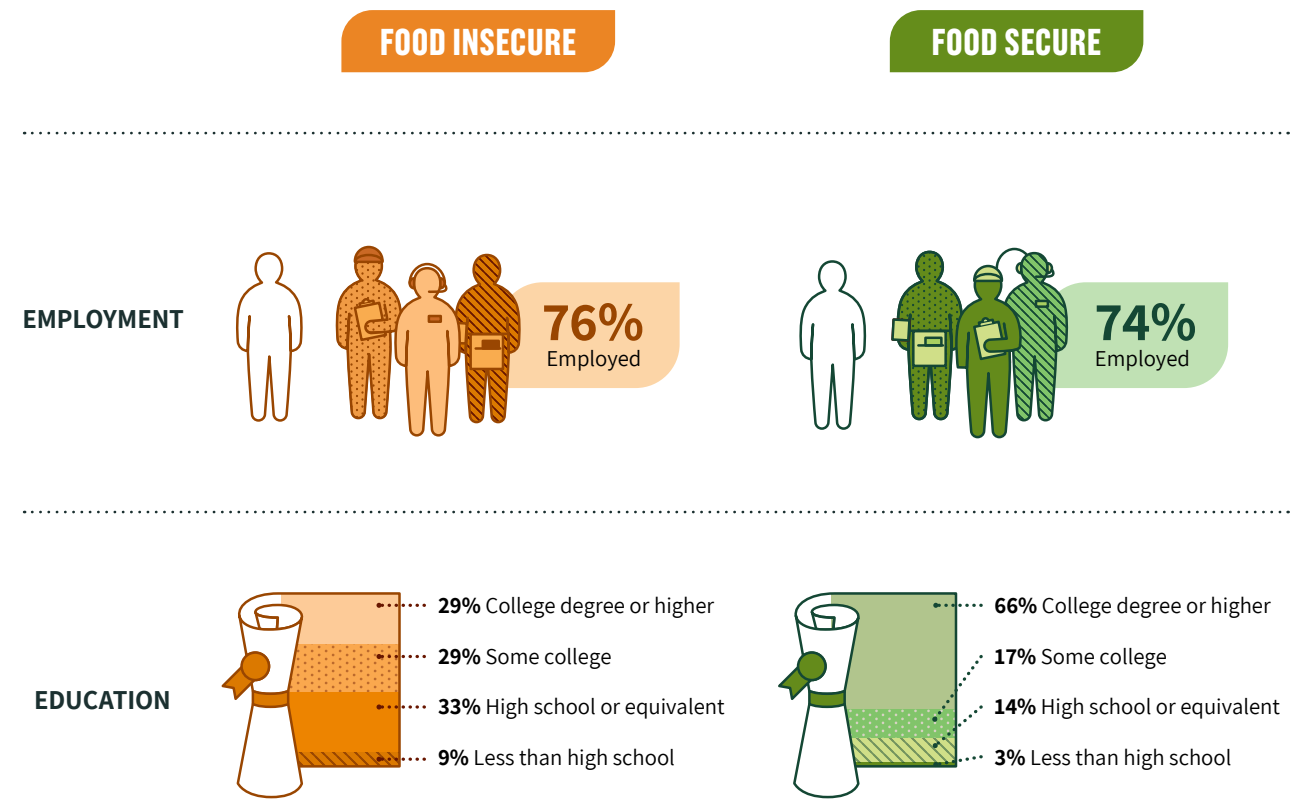
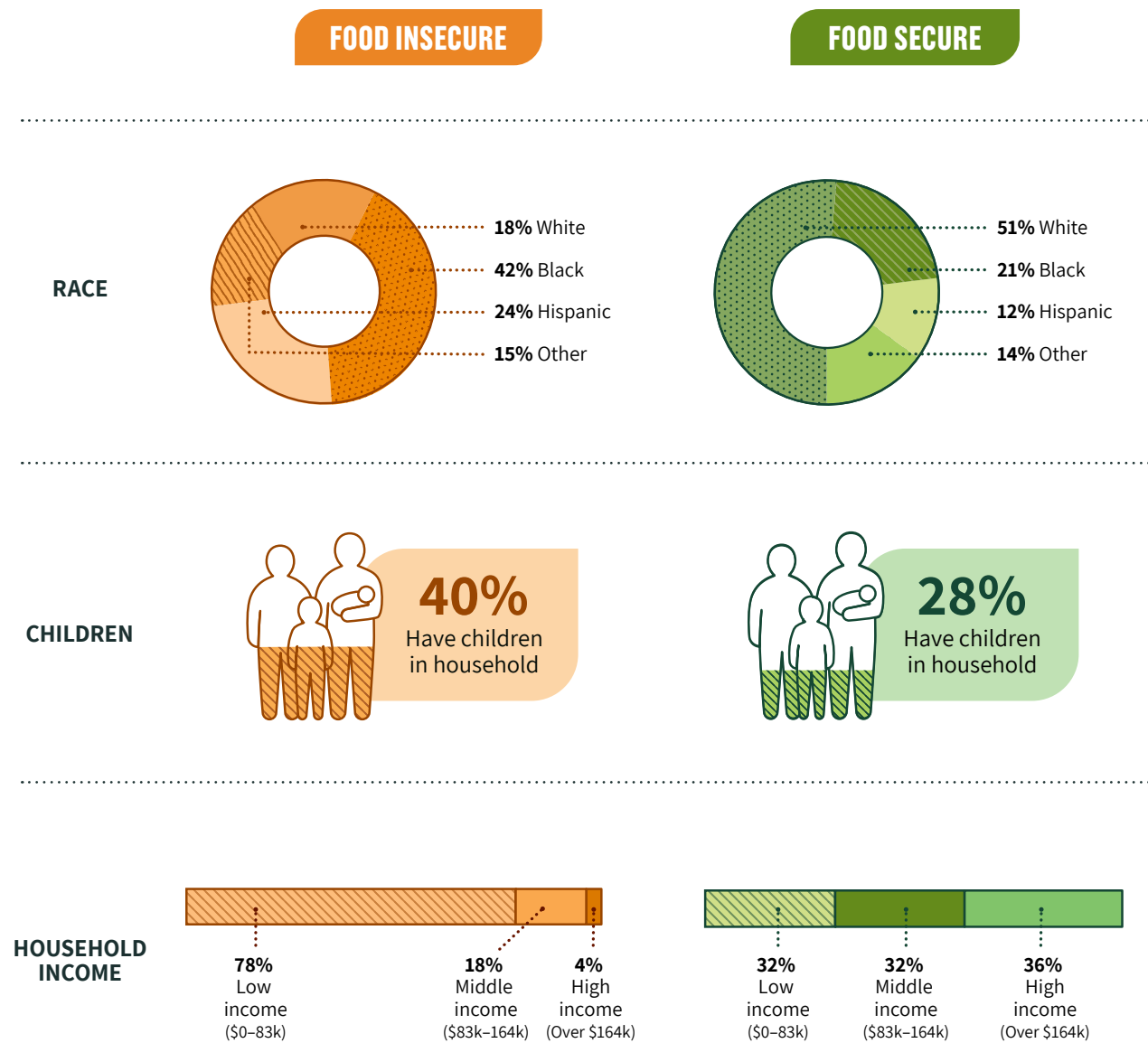


PREVALENCE BY COUNTY



FOOD INSECURE FOOD SECURE

HUNGER REPORT 2024: FOOD INSECURE VS. FOOD SECURE POPULATIONS



The food insecure population is disproportionately comprised of people of color, families with children, and those with lower incomes and levels of education. However, it is growing increasingly educated and more middle-class.

COLLABORATING TO BETTER

MEET THE NEEDS OF SENIORS

Throughout 2024, we continued our focus on collaboration and bringing together our community to address pressing food security issues. This led to our first-ever Senior Hunger Conference, which brought together experts and advocates to discuss innovative approaches to supporting older adults who are facing food insecurity.

One in three DC seniors experiences hunger, a rate that is one of the highest in the country. During the conference, nearly 100 leaders of key organizations involved in addressing food access for DC seniors came together with a focus on collaborating to more effectively and efficiently reaching our most vulnerable neighbors.

The insights, personal stories and brainstorming sessions were paired with a deep-dive into the data available on where programs seeking to serve seniors are—and are not yet—meeting the need we know exists. By better understanding where seniors live and where they currently receive food assistance, we can work together better to fill gaps in access.



100 leaders

of organizations addressing food access for DC seniors came together to collaborate on solutions for reaching more of our neighbors.

PICTURED: Marian Peele (shown on right), senior director of Senior Hunger Strategies at CAFB, talks with an attendee during our first-ever Senior Hunger Conference.

CONNECTING THE DOTS BETWEEN SUPPORTING STUDENTS AND A STRONGER ECONOMY

When we address campus hunger, we are addressing a workforce issue and strengthening the community's overall economy.

That was a key takeaway from our third annual Regional College Hunger Conference, held in partnership with the Consortium of Universities of the Washington Metropolitan Area. During the day-long gathering, more than 100 leaders from 21 institutions discussed everything from how to reduce stigma around support services to innovative ways in which both campus and government resources can be better integrated for students.

When students with limited means can get the help they need with food, they're more likely to be able

to complete their studies. And when they do, they very often stay in the area after graduation, ready to fill the talent pipelines of employers in the region.

CAFB looks forward to continuing our work with institutions of higher education to help clear the path to academic attainment for more people, and to growing our partnerships with the private sector in this space to create even greater collective impact.



PICTURED: Speakers at the Regional College Hunger Conference included (from left to right): Alex Orfinger, publisher, Washington Business Journal; Bezil Taylor, assistant professor, Trinity Washington University; Geoffrey Colbert, dean of student success and engagement, Prince George's Community College; Radha Muthiah, president and CEO, Capital Area Food Bank; Anne Kress, president, Northern Virginia Community College; Gregory Washington, president, George Mason University; and Andrew Flagel, president and CEO, Consortium of Universities of the Washington Metropolitan Area.

BY THE NUMBERS

POWERED BY THE CONTRIBUTIONS OF OUR VOLUNTEERS

We couldn't meet the need across our region without the generous support of our volunteers. In 2024, we were able to offer a new way to give back in Northern Virginia: our first-ever volunteer shifts at our expanded distribution center in Fairfax County.



13,000+

volunteers donated their time at CAFB during 2024!



PICTURED: A volunteer from Marriott opens boxes of food during a shift packing grocery bags for seniors.

BOARD OF DIRECTORS

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Building Bridges
Across the River

VICE CHAIR

Amy Celep
Community Wealth Partners
(Through 11/24)

Victor Hoskins
Fairfax County Economic
Development Authority
(Beginning 11/24; served
as vice president 1/24 to 11/24)

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(Through 11/24)



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(Beginning 11/24)

Ira Kress
Giant Food

Angie Garcia Lathrop
Bank of America

Radha Muthiah (CEO)
Capital Area Food Bank

Sharon O’Brien
M&T Bank

Elaine Richard
Marriott International

Lisa Ross
Community Advocate
(Through 6/24)

Peter Schnall
Community Advocate
(Through 11/24)

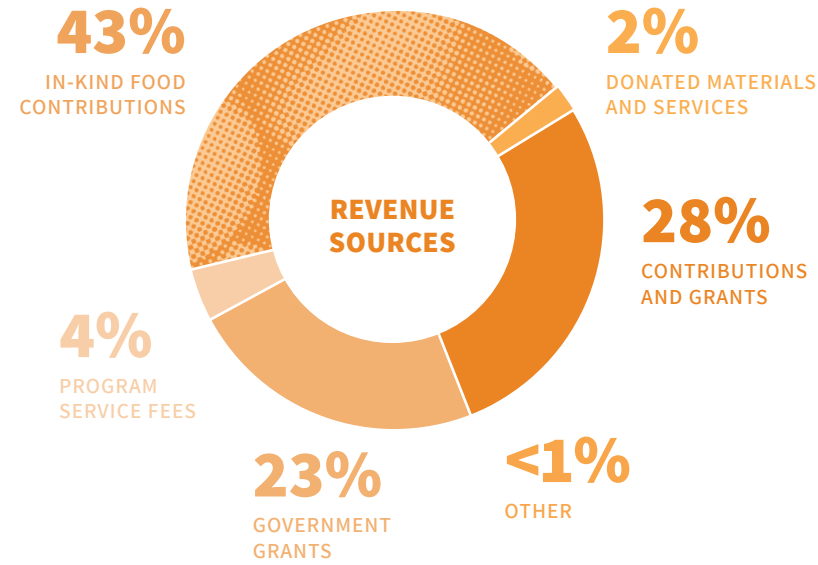
Dan Webber
Edelman
(Beginning 11/24)

Justin White
LTMA Capital
(Beginning 6/24)

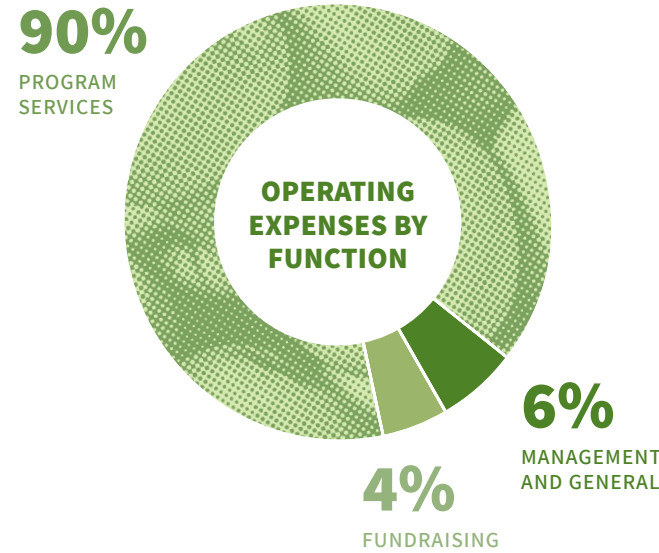
GENERAL COUNSEL

Shaked Hoter
DLA Piper

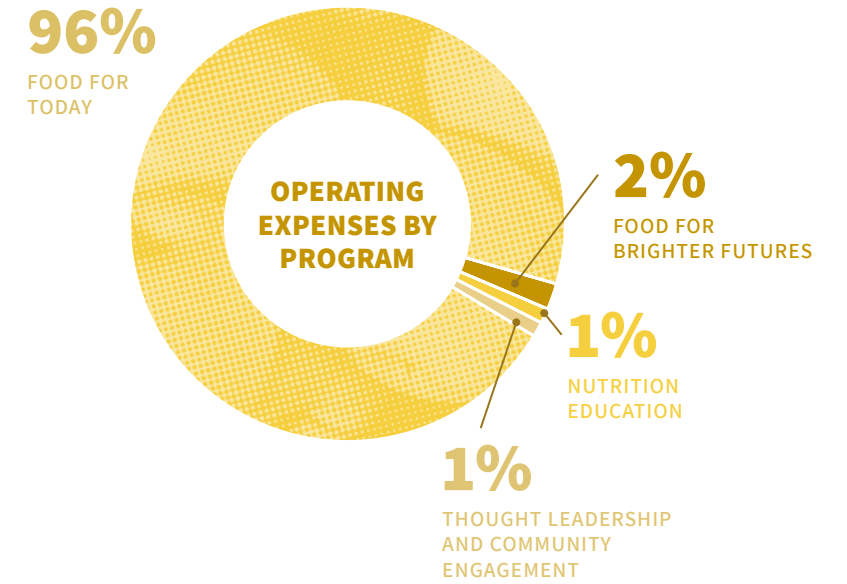
FINANCIALS



In-kind food contributions	\$54,935,278
Donated materials and services	\$1,899,389
Contributions and grants	\$36,012,059
Government grants	\$29,993,559
Program service fees	\$5,652,723
Other	\$318,016
Total	\$128,811,024



Program services	\$104,222,807
Management and general	\$6,968,795
Fundraising	\$4,863,593
Total	\$116,055,195



Food for Today	\$100,441,103
Food for Brighter Futures	\$2,042,698
Nutrition Education	\$521,946
Thought Leadership and Community Engagement	\$1,217,060
Total	\$104,222,807

Capital Area Food Bank was audited for Fiscal Year 2024 by RSM US LLP. A copy of our most recent audited financial statements is available on our website, or upon request.

THANK YOU!

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

HOW TO HELP

Click the icons below to:



Give funds



Give food



Volunteer

JOIN US ONLINE

Click the icons to connect online.



capitalareafoodbank.org



Report design by Eighty2degrees

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