

## Meal Resources for Children and Families in DC

Updated November 2017

### Hot Meals & Food Bags

#### Anacostia Community Outreach Center

The food pantry program provides free bagged groceries to hungry families, seniors and single adults. During the holiday season, we hand out hundreds of turkeys and healthy side dishes for Thanksgiving and food baskets and toys at Christmas, all going to needy families in our community. Food Pantry hours are 10am-11:30am Tuesday through Thursday. For more information contact Linda Brawner at 202-889-5607 or email her at [lbrowner@anacostiaoutreach.org](mailto:lbrowner@anacostiaoutreach.org).

711 24th Street Northeast Washington DC, 20002

P: 202-889-5607

F: 202-889-3219

<http://www.anacostiaoutreach.org/wordpress/programs-services/>

#### Arcadia Mobile Market

Arcadia's Mobile Markets are farm-stands-on-wheels that distribute local, sustainably produced food to underserved communities in the Washington, DC area. The mission of Arcadia's Mobile Markets is to improve access to healthy, affordable food regardless of where you live or how much you earn. The Markets does this by operating regularly scheduled stops in low-income, food-insecure communities; offering high quality, locally grown, sustainably produced farm products at affordable prices; accepting all forms of payment, including food assistance benefits; doubling the purchasing power of food assistance benefits through a "bonus Bucks" program; and providing educational resources for how to prepare the market's offerings in nutritious, cost-effective, delicious, and easy ways. The Market accepts federal assistance benefits such as SNAP/EBT, WIC, and Senior FMNP vouchers.

9000 Richmond Highway, Alexandria, VA 22309

P: 571-384-8845

Email: [info@arcadiafood.org](mailto:info@arcadiafood.org)

<http://arcadiafood.org/programs/mobile-market>

#### DC Office of Aging: Community Dining

DC Office of Aging offers hot, nutritious, and delicious meals in a [group setting](#) for adults 60 years of age or older at many different sites throughout the District. These meals comply with Dietary Guidelines for Americans, published by the Secretaries of the Department of Health and Human Services and the United States Department of Agriculture, and contain one-third of the recommended daily allowance of nutrients. Individuals under age 60 may be eligible if they are the spouse of an older adult attending a community dining site or a person with disabilities that resides in an older adults housing facility that hosts a community dining site.

There are several cultural centers available throughout the city as well, including the Vida Center (Hispanic cuisine), the Asian Pacific Islander Center (pan-Asian cuisine), the DC Jewish Community Center (kosher meals), and the Kibar Center (Halal meals). Lunch is available on Saturdays at the Washington Seniors Wellness Center.

500 K Street NE, Washington, DC 20002

P: (202)724-5626

F: (202)724-2008

Email: [dcoa@dc.gov](mailto:dcoa@dc.gov)

<https://dcoa.dc.gov/page/food-meals-and-nutrition>

### **DC Office of Aging: Home Delivered Meals**

DC Office of Aging DCOA offers home delivered meals to older adults who are unable to shop for and/or prepare the food themselves, or travel to a community dining site where a meal is being served. Individuals under age 60 may be eligible if they are the spouse of a homebound older adult or an individual with disabilities that resides with a homebound older adult. This service is also available on weekends. These meals also comply with Dietary Guidelines for Americans, published by the Secretaries of the Department of Health and Human Services and the United States Department of Agriculture, and contain one-third of the recommended daily allowance of nutrients.

500 K Street NE, Washington, DC 20002

P: (202)724-5626

F: (202)724-2008

Email: [dcoa@dc.gov](mailto:dcoa@dc.gov)

<https://dcoa.dc.gov/page/food-meals-and-nutrition>

### **Joyful Food Markets**

In January 2015, Martha's Table, in partnership with the Capital Area Food Bank, launched Joyful Food Markets to increase access to and encourage consumption of fresh fruits and vegetables east of the Anacostia River. Joyful Food Markets are run exclusively in elementary schools in Wards 7 & 8. In each school, colorful tables are filled with baskets of fresh produce and piled high with healthy non-perishable food, while festive music plays. The markets are joyful community events, where families and children can mingle with volunteers and school administrators while selecting from fresh, seasonal produce and healthy pantry staples, totaling 23 pounds of food per enrolled student. In addition, the markets feature kids' cooking activities, recipe samples, and chef-led culinary demonstrations, designed to get children excited about healthy eating and cooking.

Joyful Food Markets currently run markets in the following schools:

Achievement Prep, Aiton Elementary School, Anne Beers Elementary School, AppleTree PCS, Burrville Elementary School, Cedar Tree Academy, Center City PCS, Cornerstone Schools of Washington, D.C., Inc., C.W. Harris Elementary, DC Scholars, Democracy Prep: Congress Heights, DC Prep Anacostia, DC Prep Benning, Drew Elementary, Eagle Academy, Early Childhood Academy PCS, Excel Academy, Friendship PCS – Southeast Elementary Academy, Garfield Elementary, Hendley Elementary, Houston ES, JC Nalle Elementary School, Kimball Elementary, King Elementary School, KIPP DC: Arts & Technology Academy, KIPP DC: Heights Academy, KIPP DC: Promise & Leap Academies, Moten Elementary School, Malcolm X Elementary School, Neval Thomas Elementary School, Patterson Elementary, Plummer ES, Randle Highlands Elementary School, River Terrace Special Education Campus, Rocketship RISE Academy, Savoy

Elementary, Stanton Elementary School, Smothers Elementary School, Turner Elementary.

<http://marthastable.org/programs/foodaccessprograms/>

### **McKenna's Wagon**

McKenna's Wagon, Martha's Table's mobile food truck, rolls out 7 days a week, 365 days a year to feed hundreds of homeless and hungry residents at three established downtown locations. Volunteers stop at the following locations and serve hot, fresh meals, as well as sandwiches, homemade muffins, fruit, and refreshments.

Locations and Times:

5:30 p.m. – 6:00 p.m. 2nd and H Street

5:20 p.m. – 5:45 p.m. Pennsylvania Ave and 19th Street NW

6:00 p.m. – 6:30 p.m. 15th and K Street NW

<http://marthastable.org/programs/community-support-services/>

### **Miriam's Kitchen**

Miriam's Kitchen operates the only meals program in Washington, D.C. that is open Monday through Friday, all year long, no matter the holiday or weather emergency. All of our meals are made with fresh, healthy ingredients. The restaurant-quality food we serve shows our guests that we care. It builds a bridge of trust. And it makes it possible to form a relationship with each individual who comes through our doors. Our dining room located in the basement of the Western Presbyterian Church.

Breakfast is served from 6:30 – 8:00 AM

Dinner is from 4:45 – 5:45 PM

2401 Virginia Avenue NW, Washington, DC 20037

P: (202) 452-8926 x234

Email: [info@miriamskitchen.org](mailto:info@miriamskitchen.org)

<https://miriamskitchen.org/>

### **SHARE Food Network**

Affordable, nutritious groceries that are sold through [volunteer-run locations](#) throughout the Washington and Baltimore metropolitan area. Monthly value packages cost just \$22 and include \$40-\$45 worth of basic and healthy groceries, and always four to six pounds of frozen proteins and eight to 12 pounds of fresh fruits and vegetables, sometimes with seasonal grocery or dessert items.

3222 Hubbard Road, Landover MD 20785

P: (301)846-3115

Toll Free: 1-800-21-SHARE

<https://www.catholiccharitiesdc.org/share/>

### **Shrine of the Sacred Heart Sacred Heart**

Dinner Program serves nutritious meals to homeless and low-income individuals living in Washington DC. This program provides a place where all persons regardless of ethnic, social, religious or economic backgrounds can come together and share a meal in an environment that reaffirms their inherent dignity. Free dinners are served Monday- Friday, 4:00 PM – 6:00 PM.

3211 Sacred Heart Way Washington DC, 20010  
P: 202-234-8000  
<http://dinnerprogram.org/>

### **So Others Might Eat (SOME)**

Breakfast and lunch are served every day of the year.  
Breakfast: 7:00-8:30 am  
Lunch: 11:00 am-1:00 pm

71 O Street, NW, Washington, DC 2000  
P: (202)797- 8806  
<http://some.org/services/dining-clothing-and-shower-rooms/>

### **Thrive DC**

Open Monday – Friday, Daily Bread/Daily Needs Program offers breakfast for men, women and families, dinner service for women and families, free showers and laundry, mail, telephone and computer access, personal care and safety supplies, emergency clothing and blankets, transportation assistance, prescription assistance, lunch to go, emergency grocery bags and fresh fruits and vegetables.

1525 Newton St NW Suite G1 Washington DC, 20010  
P: 202-737-9311  
Email: [info@thrivedc.org](mailto:info@thrivedc.org)

### **4 PM Meal**

Every night, Martha's Table staff and volunteers distribute hot meals, fruit, and sandwiches from Martha's Table at 4 p.m.

2114 14th Street, NW  
Washington, DC 20009  
P: 202-328-6608  
Email: [info@marthastable.org](mailto:info@marthastable.org)  
<http://marthastable.org/programs/community-support-services/>

## **Afterschool Meals**

### **Children of Mine Youth Center**

Children of Mine program provides a clean safe haven and loving environment for all youth across the Washington, DC Metropolitan area. The Center provides the children with clothes, food, tutoring, counseling, and workshops, as well as frequent trips to a local church farm, field trips to Washington, DC's cultural attractions, and summer camps. All of these services are provided to those enrolled at no cost to them or their families. Every third Saturday of the month the organization extends its services to the homeless by providing them with hot meals, clothing, as well as haircuts.

2263 Mount View Place Southeast Washington DC, 20020  
P: 202-610-1055  
Email: [info@childrenofminedc.org](mailto:info@childrenofminedc.org)  
<http://childrenofminedc.org/programs/>

### **East River Family Strengthening Collaborative, Inc.**

Short Term Crisis Support provides rental or utility assistance, case management support, short-term housing accommodations, food provision and short-term crisis intervention services to families who are in the process of being investigated by the child welfare system. Meals are also provided to seniors through our wellness centers, nutrition site and home delivered meals.

3917 Minnesota Avenue Northeast Washington DC, 20019

P: 202-397-7300

F: 202-397-7882

[www.erfsc.org](http://www.erfsc.org)

### **Horton's Kids**

Health & Basic Needs program provides an emergency food pantry, new shoes, coats, hats and backpacks filled with school supplies throughout the year, one-on-one mental health counseling, wipes, formula and other items critical to a baby's healthy development. Every Monday through Thursday, children receive a hot, healthy meal after school in the Center and also receive snacks after programs. At the end of the week, to prevent hunger over the weekend, they receive a weekend bag filled with food that they can prepare on their own.

Office: 100 Maryland Ave NE, Suite 520, Washington DC 20002

Services: 2500 Pomeroy Rd SE, Washington DC, 20020

P: (202) 544-5033

F: (202) 544-5811

<https://www.hortonskids.org/>

### **THEARC**

Covenant House Washington offers a "Prevention Services Youth Center," a free after school program for youth in grades 5 to 9 every Monday through Friday from 3:30-6:30 pm. Youth can benefit from homework help, community service hours, peer leadership programs, media arts programs, and more. Free snacks/meals provided. For more information and to apply, call Covenant House Washington at (202)610-9600.

1901 Mississippi Avenue SE Washington DC, 20020

<http://www.thearc.org/partners-programs/programs/prevention-services-youth-center>

## **Hotlines and Portals**

### **Aunt Bertha**

A tool to search for a food/meal program that suits your needs based on your eligibility.

<https://cafb.auntbertha.com/food/free-meals--washington-DC?postal=20036>

### **Hunger Lifeline**

The Capital Area Food Bank is a warehouse that distributes food and other related products to over 400 food assistance programs in the metropolitan area. When individuals find that they do not have enough food, they can call the Hunger Lifeline and receive location information for specific agencies that provide

supplemental groceries or kitchens that serve free meals. A client can receive a referral every ninety days. In addition to obtaining food, clients are also directed to additional services, including the food bank's Advocacy Department for information on applying for SNAP (formerly known as food stamps).

Para recibir ayuda en español, llame al Capital Area Food Bank al (202) 644-9807 entre las horas de 8:30am y 5:00pm.

P: (202) 644-9807

Email: [hungerlifeline@capitalareafoodbank.org](mailto:hungerlifeline@capitalareafoodbank.org)

<https://www.capitalareafoodbank.org/programs/client-referrals/hunger-lifeline/>