How to Use this Guide

Step 1: Open this guide all the way to find a map of fresh food resources in your Ward.

Step 2: Use the map key in the bottom right corner of the map to find the type of resource you are looking for.

Step 3: Find a site near you and call the number listed or go online to learn more about the programs.

Want to learn more about other ways to access healthy food in your neighborhood? Use the information on the back panel to call someone who can help.

Additional Resources

The Food Bank Network:
www.capitalareafoodbank.org/get-help

Capital Area Food Bank Hunger Lifeline:
(202) 644-9807

WIC Hotline: 1-800-345-1942

Register for SHARE: 1-800-21-SHARE

211 Answers, Please! DC human services referral and information hotline:
(202) 463-6211

Free Summer Meals (for children 18 years and younger):
www.fns.usda.gov/summerfoodrocks or call (202) 5565-EAT

Food Learning Locator:
www.foodlearninglocator.org