


# FOOD ACCESS ALEXANDRIA

WINTER 2024




## WHAT'S INSIDE?

 FOOD ON  
THE MOVE

 WINTER AT THE  
FARMERS MARKET

 FOOD  
DIRECTORY

 PARTNER  
FEATURE

 NEWS &  
UPCOMING EVENTS

The official communication on hunger, food access, and food security from the Alexandria, VA  
Department of Community and Human Services.

# Food on the Move

## DCHS Monthly Food Distribution now at Leonard “Chick” Armstrong Recreation Center

The DCHS Monthly Food Distribution has moved from First Agape Baptist Community Church to the Leonard “Chick” Armstrong Recreation Center at 25 W Reed Ave. It will still be held on the second Friday of each month, 11 a.m.-1 p.m. Please bring a bag.

- February 9
- March 8

## Christ House Pantry is now the Alexandria Food Pantry at the Eisenhower Business Park

The pantry located at Christ House is now the CCDA Alexandria Food Pantry and has moved to 4725A Eisenhower Ave in the Eisenhower Business Park. It will be open Wed-Thurs, 9 a.m.-1 p.m. (Please arrive by 12:30 p.m.)

The Alexandria Food Pantry will provide a shopping experience, where clients can choose their own perishable and non-perishable foods, including fresh produce, dairy, meat, and traditional staples such as cereal, canned vegetables, rice, and beans. Clients are eligible to receive food once per month. Please bring photo ID, proof of address & dependents' identification.

If you have any questions, contact the pantry by calling 703.548.4227 or emailing [AROpantry@ccda.net](mailto:AROpantry@ccda.net).

# Winter at the Farmers Markets

Winter means there may be a little less variety at our farmers' markets, but there is still plenty of delicious produce. Here are tips, recipes and nutritional information for some of our favorite in-season fruits and vegetables, so you can save money and eat healthy all season long.

- [Broccoli](#)
- [Turnips](#)
- [Potatoes](#)



# Data – Participation January 2024

## USDA Announces Significant Increase in Food Insecurity

Food insecurity in the U.S. rose from 10.2 percent in 2021 to 12.8 percent in 2022. Additionally, 8.8 percent of U.S. households with children experienced food insecurity in 2022, up from both 6.2 percent in 2021. According to the U.S. Department of Agriculture, this is a significant increase. [Read more on the USDA website.](#)

We don't yet have the data for Alexandria. However, those who distribute food and serve meals to the community have seen an increase in demand over the past year. We will have more information on how Alexandria was impacted in the coming months.

# 8%

## FOOD INSECURITY:

Economic and social condition of limited or uncertain access to adequate food.

# 9.6%

**POVERTY:** A household that lives at or below the official poverty measure.

## Food Directory

The **DCHS Alexandria Food Resource Directory** is updated bi-monthly and is available in Spanish and Amharic. If you would like to add or update your program information for future issues, please **complete this form**.

## Partner Feature: Catholic Charities Alexandria Food Pantry

In November, the pantry at Christ House moved and became the Alexandria Food Pantry. The new location provides free and healthy core non-perishables, fresh produce, dairy and meat options to individuals and families within and around Alexandria. To support all clients, a variety of culturally appropriate foods are available, including halal & dried beans. They also provide diapers and essential personal hygiene items when available.

The new location allows clients to shop name brands from our “grocery” shelves to offer foods they would typically serve at home. Clients receive a check-in number upon arrival and are offered light snacks, coffee, and water while they wait. Catholic Charities also offers additional support services including free medical care, counseling, legal services, family transitional housing and more throughout Northern Virginia in designated locations beyond the Alexandria area.

### WE SPOKE WITH EMPLOYEES OF ALEXANDRIA FOOD PANTRY, AND ASKED THEM:

#### **What do you love about Alexandria?**

I love the community vibe of Alexandria and seeing individuals and organizations come together to serve those in need.

#### **What do you hope for the future of our community?**

I hope to continue to see the welcoming embrace of new and existing neighbors in the community to unite in the fight against hunger.

#### **How can people help, volunteer, or donate?**

Volunteers and donations are always needed and appreciated. We're dependent on helpful volunteers to process, pick up, and pack food donations, restock shelves, intake clients, escort during shopping and load vehicles after their shopping experience, and interpret or translate for those who don't speak English. Food donations are also incredibly valued and can be dropped off at our pantry on designated non-distribution days. Please visit our website at [www.cdda.net](http://www.cdda.net) for volunteering opportunities, donation drop off days and times, or to support us with a financial donation.

SNAP	<b>11,970</b> Individuals
WIC	<b>2,878</b> Individuals
SCHOOL BREAKFAST & LUNCH	<b>71,803</b> meals
SCHOOL MEALS ENROLLMENT	<b>16,177</b> Individuals
CONGREGATE SENIOR MEALS	<b>70</b> Individuals
MEALS ON WHEELS	<b>4,082</b> meals delivered to <b>112</b> Individuals
SENIOR HOME DELIVERED GROCERIES	<b>160</b> deliveries to <b>85</b> Individuals
ALIVE!	<b>21,031</b> Individuals <b>4,926</b> Households

## Information

Catholic Charities Alexandria Food Pantry (formerly located at Christ House in Old Town Alexandria) is in the Eisenhower Business Park at 4725A Eisenhower Ave, Alexandria, VA 22304.

Those needing food are eligible to receive once every 30 days on Wednesday or Thursday from 9 a.m. to 1 p.m. Clients must present a valid ID, documentation of current address, and identification of dependents with name and date of birth.

# News & Upcoming Events

## Hunger Free Alexandria Meetings: Third Tuesday of the month, 10 a.m.

Join food providers, faith-based communities, schools, social services organizations, and advocates to coordinate efforts to end hunger in Alexandria. For more information visit [hungerfreealexandria.com/member-resources](https://hungerfreealexandria.com/member-resources).

Upcoming Meetings:

- March 19

Meeting via **Zoom**:

- Meeting ID: 939 1538 5141
- Passcode: 472026

## Master Gardeners of Northern Virginia

Want to learn more about gardening for food and fun? Check out the [MGNV's free Public Education Classes](#). There is also a collection of pre-recorded lectures in the [Master Gardener Virtual Classroom](#) on native plants, vegetable gardening, fruit tree care, soil science, and lawn care.

## Financial Literacy Events

Free Personal Finance and Career Building Workshops will be held in January and March 2024. All classes will be on Zoom Wednesday from 7–8 p.m. Topics include Action Items for Financial Health, How to Build a Better Credit Score, Interviewing Skills, and more. Participants who complete the first three classes will receive a \$25 gift card, those who complete all six classes will receive a \$75 gift card.

Classes are on a first-come, first-served basis and space is limited to 20 people. To register call 703.746.5700 or email [brandon.hare@alexandriava.gov](mailto:brandon.hare@alexandriava.gov). Must be a City of Alexandria resident.

## Free Tax Preparation

Available to individuals and families with income up to \$64,000. By appointment, call 202.830.1480 (ENGLISH) or 202.869.2999 (SPANISH). Limited walk-ins are available.

Community & Human Services 4850 Mark Center Dr., 5th Fl.

February 7 – April 17, Saturdays from 9 a.m. to noon & Wednesdays from 6 to 8 p.m.

