



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROCERY DISTRIBUTION

YMCA OF METROPOLITAN WASHINGTON

## The YMCA is offering produce distribution across the DMV!



**Produce:** Produce is available for anyone, regardless of their affiliation with the YMCA. This will be distributed while supplies last.

Here are the locations and times for produce pickup:

### DC

#### YMCA Anthony Bowen

**Produce:** Mondays 4pm-6pm

#### YMCA Calomiris Program Center

**Produce:** Mondays 4pm-6pm

### VA

#### YMCA Alexandria

**Produce:** Mondays 4pm-6pm, Tuesdays 9am-12pm

#### YMCA Fairfax County Reston

**Produce:** Wednesdays 4pm-6pm, Thursdays 9am-12pm

### MD

#### YMCA Bethesda-Chevy Chase

**Produce:** Wednesdays 4pm-6pm, Thursdays 9am-12pm

#### CAQT Apartments: 8733 Carroll Ave #4, Silver Spring, MD

**Produce:** Wednesdays 4pm-6pm, Thursdays 9am-12pm

#### YMCA Silver Spring

**Produce:** Wednesdays 4pm-6pm, Thursdays 9am-12pm

#### Trinity Lutheran Church:

6600 Laurel Bowie Rd, Bowie, MD 20715

**Produce:** Mondays 4pm-6pm, Tuesdays 9am-12pm

Follow the @ymcadcfood Instagram and Facebook accounts for cooking tips and recipes that match the produce distributed. If you are experiencing hunger and do not know where to find additional resources outside of these locations, please contact [health@ymcadc.org](mailto:health@ymcadc.org) so that we can assist you in finding those resources.

Thank you to our partners at Keany Produce and Child Care Resources for your contributions!

