



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROCERY & MEAL DISTRIBUTION

YMCA OF METROPOLITAN WASHINGTON

The YMCA is offering produce and meal distribution across the DMV.

Meals: Boxes of meals contain 3-days' worth of breakfast and lunch. Any child, regardless of their affiliation with the YMCA, may pick up boxed meals two times per week. Children must be 18 or younger.

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 and meal pickups:



DC

YMCA Anthony Bowen

Produce: Mondays 4pm-6pm, Tuesdays 9am-12pm
Meals: Tuesdays and Thursdays 11am-2pm

YMCA Calomiris Program Center

Produce: Mondays 4pm-6pm, Tuesdays 9am-12pm
Meals: Tuesdays and Thursdays 10am-2pm

VA

YMCA Alexandria

Produce: Mondays 4pm-6pm, Tuesdays 9am-12pm
Meals: Mondays, Wednesdays, and Fridays 10am-2pm

YMCA Arlington

Meals: Mondays, Wednesdays, and Fridays 12pm-3pm

YMCA Loudoun County Program Center

Meals: Mondays, Wednesdays, and Fridays 10am-1pm

YMCA Fairfax County Reston

Produce: Wednesdays 4pm-6pm, Thursdays 9am-12pm
Meals: Mondays, Wednesdays, and Fridays 10am-2pm

MD

YMCA Ayr lawn Program Center

Produce: Mondays 4pm-6pm, Tuesdays 9am-12pm
Meals: Tuesdays and Fridays 10am-2pm

YMCA Bethesda-Chevy Chase

Produce: Wednesdays 4pm-6pm, Thursdays 9am-12pm
Meals: Mondays and Thursdays 10am-2pm

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

Produce: Wednesdays 4pm-6pm, Thursdays 9am-12pm
Meals: Monday through Friday 9am-12pm

YMCA Silver Spring

Produce: Wednesdays 4pm-6pm, Thursdays 9am-12pm
Meals: Mondays, Wednesdays, and Fridays 10am-2pm

Trinity Lutheran Church:

6600 Laurel Bowie Rd, Bowie, MD 20715

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



Follow the @ymcadcfod 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@ymcadcfod.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!

