



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  
**Meals:** Mondays 4pm-6pm

##### YMCA Calomiris Program Center

**Produce:** Mondays 1pm-3pm  
**Meals:** Mondays 1pm-3pm

#### VA

##### YMCA Alexandria

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

##### YMCA Arlington

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

##### YMCA Fairfax County Reston

**Produce:** Wednesdays 4pm-6pm

#### MD

##### YMCA Youth and Family Services

9601 Colesville Rd, Silver Spring, MD 20901  
**Produce:** Wednesdays 1pm-3pm

##### Trinity Lutheran Church:

6600 Laurel Bowie Rd, Bowie, MD 20715  
**Produce:** Mondays 4pm-6pm



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!

