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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROCERY & MEAL DISTRIBUTION

## YMCA OF METROPOLITAN WASHINGTON

### The YMCA is offering meal distributions across the DMV.

**Meals:** Meals are made at World Central Kitchen. Anyone can pick up a meal.

**Snack Boxes:** Snack boxes are for children 18 or younger. Children do not need to be present in order to pick up a box. Snack boxes meet USDA school lunch standards and are shelf-stable.

From April 27th to August 31st , the YMCA of Metropolitan Washington has distributed approximately 14,790 bags of produce, totaling approximately 152,624 pounds of produce. We appreciate your patience during this pause as we seek funding to continue our produce distributions. Please check back weekly for updates. To be added to a listserv with immediate updates, email [health@ymcadc.org](mailto:health@ymcadc.org).



### Here are the locations and times for produce and meal pickups:

**DC**

**YMCA Calomiris Program Center**  
Meals: Mondays 1pm-3pm

**VA**

**MD**



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.

Many thanks to our partners for their generous contributions.

