



# 4PFOODS

IN PARTNERSHIP  
WITH 4P FOODS

Our weekly  
food distribution  
is changing!

## YMCA COMMUNITY FOOD SHARE EVERY WEDNESDAY FROM 4:00–6:00 PM

### When:

Subsidies begin August 27th, each family's subsidy lasts 4 weeks. You can redeem the subsidy anytime before October 30th.

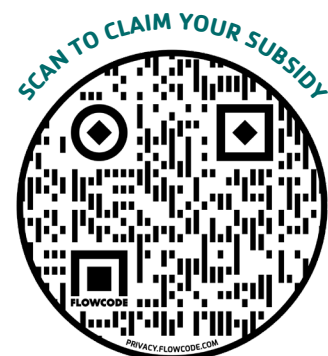
### Price: \$9

This bag retails for \$35 but the Y can provide a subsidy to make this affordable for your family. Bags provide a week's worth of produce for a family of 4.

### Here's How It Works:

1. Fill out our google form to let us know the subsidy level you need.
2. Create an account at 4PFoods.com, you will pay online each week.
3. Customize your bag when you receive an e-mail on Friday.
4. Pick up your order at YMCA Anthony Bowen on Wednesdays from 4–6pm.
5. Eat and repeat!

Questions? Email [health@ymcadc.org](mailto:health@ymcadc.org)



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Together, the YMCA of Metropolitan Washington and 4P Foods hope to disrupt our inequitable food system by providing both access for DC's food desert communities and revenue for farmers. We do this by establishing food retail points across DC.



# 4PFOODS

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## YMCA COMMUNITY FOOD SHARE EVERY FRIDAY FROM 4:00–6:00 PM

### When:

Subsidies begin August 27th, each family's subsidy lasts 4 weeks. You can redeem the subsidy anytime before October 30th.

### Price: \$9

This bag retails for \$35 but the Y can provide a subsidy to make this affordable for your family. Bags provide a week's worth of produce for a family of 4.

### Here's How It Works:

1. Fill out our google form to let us know the subsidy level you need.
2. Create an account at 4PFoods.com, you will pay online each week.
3. Customize your bag when you receive an e-mail on Friday.
4. Pick up your order at YMCA Alexandria on Fridays from 4-6pm.
5. Eat and repeat!

Questions? Email [health@ymcadc.org](mailto:health@ymcadc.org)



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