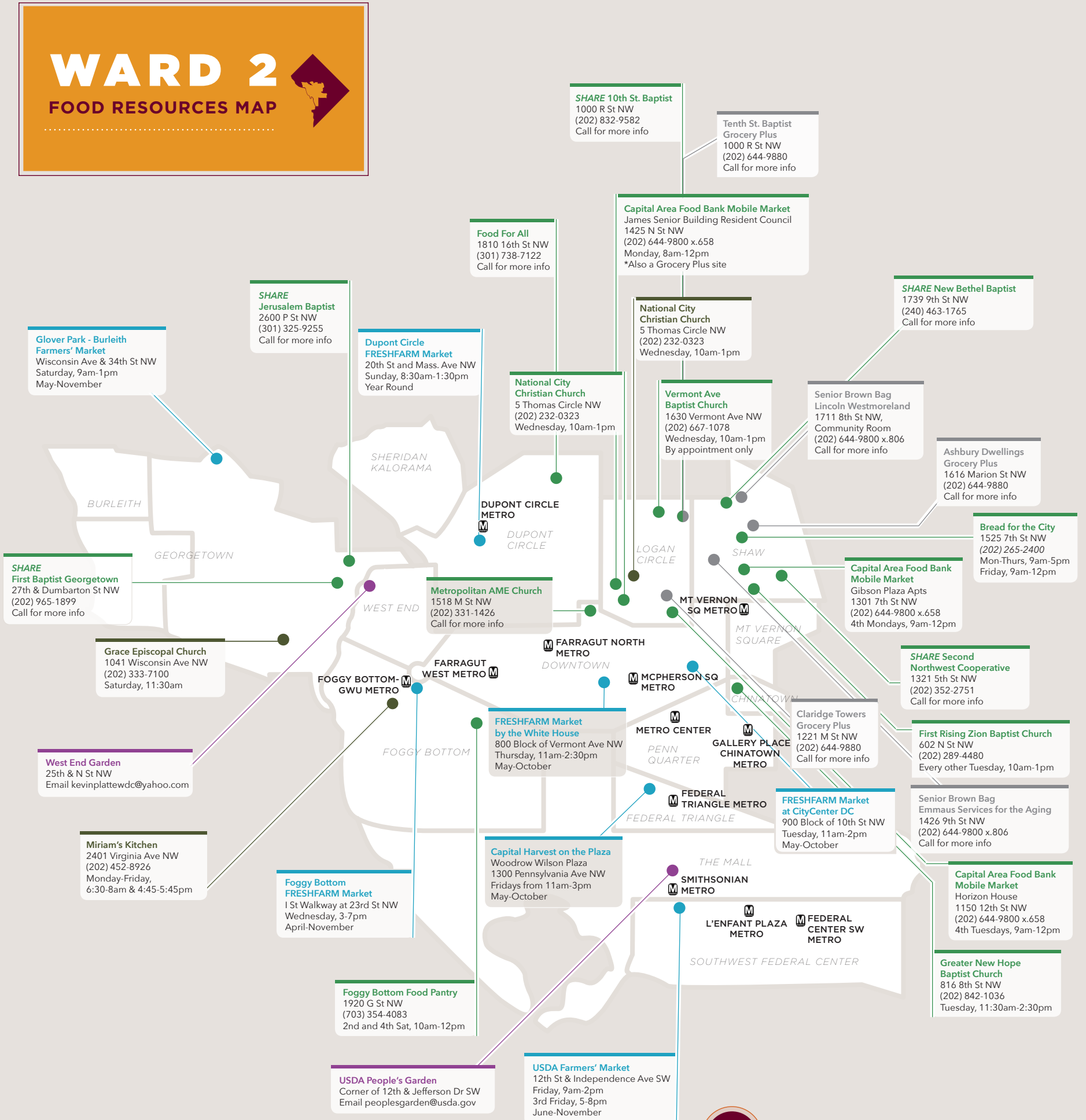


WARD 2

FOOD RESOURCES MAP



KEY

- Community Gardens
- Emergency & Low Cost Groceries
- Farmers' Markets
- Free Meals
- Food for Seniors & Homebound
- Metro

SHARE - a non-profit, community-based organization dedicated to moving healthy groceries at roughly a 50% discount into all homes in the DC area.

FREE SUMMER MEALS

New Bethel Baptist Church
1739 9th St NW
(202) 387-9100

New Community for Children
1722 6th St NW
(202) 232-0457

School Without Walls
2130 G St NW
(202) 442-5885

Seaton Elementary School
1503 10th St NW
(202) 442-5885

Stead Recreation Center
1625 P St NW
(202) 673-4465

Watha T. Daniel/Shaw
Neighborhood Library
1630 7th St NW
(202) 727-0971

Department on Disability

Services
1125 15th St NW
(202) 730-1535

Hardy Middle School
1819 35th St NW
(202) 442-5885

Jelliff Recreation Center
3265 S St NW
(202) 462-1317

Kennedy Recreation Center
1401 7th St NW
(202) 671-4794

Langston Dwellings -
Uniting Our Youth (HA)
710 24th St NW
(202) 318-0658

Martin Luther King Jr.
Memorial Library
901 G St NW
(202) 727-1248

Mt. Gilead Baptist Church
1625 13th St NW
(202) 234-0488

Educational Resources

ROOTING DC

A free, all-day gardening forum that provides workshops about urban food production and consumption. Held each winter (February/March). Learn more at rootingdc.org or call (202) 601-9200.

PLOT 2 PLATE

A three-season, intergenerational gardening and cooking program offered by the Department of Parks and Recreation. Call 202-741-8716 or email dpr.environmental@dc.gov.

FREE SUMMER GARDENING CLASSES

DPR is offering free summer gardening classes from June through September. To learn more about class offerings and locations, visit: <http://dpr.dc.gov/service/community-gardens-programs> or contact joshua.singer@dc.gov or call (202) 262-2138.

COOKING MATTERS

Free cooking classes featuring healthy ingredients and advice on how to shop on a budget and navigate your local grocery store. Call 202-269-6887.

USDA PEOPLE'S GARDEN

This community garden on federal property is tended by U.S. Department of Agriculture (USDA) employees and volunteers. All food grown is donated to DC Central Kitchen. USDA offers free events, seeds and advice on how to grow your own food on Fridays, May to October. For more details, email: peoplesgarden@usda.gov

USDA FARMERS MARKET

Free VegU classes featuring different types of fruits and vegetables on Fridays, May to October. Topics include what's in season, how-to select ripe produce at the grocery store or farmers market, and cooking tips and recipes. Learn more at www.usda.gov/farmersmarket or call (202) 690-1300.

FREE SUMMER MEALS

Hunger doesn't take a break in the summer! The Free Summer Meals Program provides free nutritious meals and snacks served to children 18 and younger. These meals help children in low-income areas get the nutrition they need to learn, play, and grow throughout the summer months when they are out of school. The sites listed here are subject to change; check online to confirm a site near you: <http://www.fns.usda.gov/summerfoodrocks>.

Information about Free Summer Meals: (202) 6565-EAT

Farmers' Markets

Accept Federal Benefits!

Did you know that most farmers' markets in the city accept federal benefits? **You can spend food stamps (SNAP), WIC, and Senior checks with farmers throughout the city.** Find the information table when you go to any farmers' market in the city and they will be happy to point you in the right direction. Many markets also offer additional bonus dollars when you spend your federal benefits on fresh fruit and vegetables!

What You'll Find

Fruit and vegetables grow in different climates and at different times of the year depending on what temperature they need to grow. The farmers sell fruits and vegetables that are in season around here. This means you won't find any tropical fruit like bananas, oranges, lemons, or limes when you visit the farmers' market, but you do get to buy the freshest fruit and vegetables that our region has to offer!

Unfold to see the map!



Emergency Contacts

The Food Bank Network: www.capitalareafoodbank.org/get-help

Capital Area Food Bank Hunger Lifeline: (202) 644-9807

WIC Hotline: 1-800-345-1942

Register for SHARE: 1-800-21-SHARE

211 Answers, Please! DC human services referral

and information hotline: (202) 463-6211



COMMUNITY FOOD GUIDE

WARD 2

Healthy Affordable Food Resources in your Neighborhood

FOLD-OUT MAP GUIDE