



The official communication on hunger, food access,
and food security from the Alexandria, VA
Department of Community and Human Services.

FOOD ACCESS ALEXANDRIA FALL 2023



**WHAT'S
INSIDE?**


**HUNGER
ACTION DAY**


**FALL AT THE
FARMERS MARKETS**


**PARTNER
FEATURE**


**BACK TO
SCHOOL
MEALS**



HUNGER
ACTION DAY
SEPTEMBER 15,
2023

Did you know that more than 12,000 Alexandrians struggle to afford enough food? That's 1 in every 12 people. Hunger impacts every neighborhood in our community. It hurts kids, making it harder to focus in school. It harms workers who must choose between food and transportation. It hurts older adults that forgo medications to eat. It affects families as grocery and housing costs rise. It costs our local economy (the food budget short fall in Alexandria is \$10,986,000 a year)!
Hunger hurts all of us. So, let's take action!



TAKE THE
10 CAN CHALLENGE



1. Buy 10 cans of food you love.
2. Wear orange (the color of Hunger Awareness) and post a photo of your cans to social media on September 15 with the hashtag **#HungerActionDayAlex**.
3. Donate the cans to one of the participating food pantries or local businesses. Find the most recent list on the City's [Food Assistance page](#)

Other actions you can take this month:

- Contact elected officials and advocate to end hunger!
- Deliver meals to older adults
- Stock a Free Little Pantry
- Volunteer with ALIVE!
- Attend a Hunger Free Alexandria meeting
- Help a friend, neighbor, or family member in need apply for SNAP

Fall at the Farmers Market



THE DEPARTMENT OF COMMUNITY
AND HUMAN SERVICES

PRESENTS

FALL FEST

SEPT 9, 2023
10 A.M. - 4 P.M.

BRING THE FAMILY FOR A DAY
OF FUN INCLUDING:

FREE HEALTH SCREENINGS!
OPEN MIC PERFORMANCES!
DELICIOUS HOT FOODS TO ENJOY!
SWEET TREATS TO INDULGE!
SHOP WITH LOCAL VENDORS!
FUN ON THE MOONBOUNCE!
...AND SO MUCH MORE!

BRING YOUR LAWN CHAIR AND ENJOY THE
GOOD VIBES!

THE MARKET AT SOUTHERN TOWERS
5067 SEMINARY RD ALEXANDRIA, VA

Accepts SNAP

Old Town

Farmers Market:
Market Square (301
King St)

Sat, 7 a.m. - 12 p.m.

Old Town North

Farmers Market:
Montgomery Park
(901 North Royal
St)

Thurs, 3pm-7pm,
Mar-Sept

Sun, 10 a.m. - 2 p.m.

Southern Towers

Farmers Market:
5067 Seminary Rd
Sat & Sun,
8 a.m. - 1 p.m.

Four Mile Run

Farmers Market:
Four Mile Run
Park (4109 Mt
Vernon Ave)
Sun 9 a.m. - 1 p.m.

Fall brings new produce to all our farmers' markets. Here are tips, recipes and nutritional information for some of our favorite fall fruits and vegetables, so you can save money and eat healthy all season long.



Apples



Pumpkins



Sweet Potatoes



Partner Feature: ALIVE! Food Hubs

There are currently two ALIVE! Food Hubs-- the West End Food Hub at 510-F South Van Dorn and the Del Ray Food Hub at 2601 Mount Vernon Ave. The ALIVE! Food Hubs offer free food, personal items, cleaning supplies, school supplies, referrals and help connecting to other supportive services. The Food Hubs are open to all residents of the City of Alexandria, regardless of age, citizenship status, background, or income. Proof of Alexandria residency may be requested.

City of Alexandria residents can visit ALIVE!'s Food Hubs at times that are convenient to their schedules and select the specific free grocery items they need based on family size in a market-like experience. In addition to essential groceries like eggs, bread, meat, and dairy, ALIVE! asks for feedback from clients to better meet their cultural preference or household needs, including cooking oil, seasonings, various rice and beans, and halal meats. Service navigators are available on site to provide information and help clients sign up for services needed for self-sustainability and community support. They're also able to help people fill out applications for employment or other assistance. Additionally, community partners, such as INOVA, Senior Services, Workforce Development Center, Edu Futuro, SNAP benefit coordinators, Campagna Center, schedule times throughout the month to share information and meet with clients.

WE SPOKE WITH EMPLOYEES OF ALIVE! AND ASKED THEM:

What do you love about Alexandria?

"I love to see people coming together for the community. It's amazing to meet all the volunteers who come to work at the Food Hub to support our neighbors. And I also love how non-profits and City departments use the Food Hub as a flex space to meet with clients one on one. Help is just one call away."

What do you hope for the future of our community?

"It has been inspiring to see how people came together during the pandemic to support one another. I hope that these connections continue as things return to normal and that we stay involved to alleviate food insecurity and the other challenges we face."

How can people help, volunteer, or donate?

"Volunteer at the Del Ray or West End Food Hub! We need volunteers for weekdays, who speak languages other than English, can restock shelves, and are excited about helping people. Shifts fill up quickly so please visit our online volunteer scheduling tool to reserve your shift."



West End Food Hub at 510-F South Van Dorn St

- Tuesdays 11 a.m. – 6 p.m. (Closed 2 p.m. – 3 p.m.) [JCC1]
- Wednesdays 11 a.m. – 6 p.m. (Closed 2 p.m. – 3 p.m.)
- Thursdays 11 a.m. – 6 p.m. (Closed 2 p.m. – 3 p.m.)
- Saturdays 10 a.m. – 2 p.m.

Del Ray Food Hub at 2601 Mount Vernon Ave

- Tuesdays 12 p.m. – 6 p.m. (Closed 2 p.m. – 3 p.m.)
- Wednesdays 12 p.m. – 6 p.m. (Closed 2 p.m. – 3 p.m.)
- Thursdays 12 p.m. – 6 p.m. (Closed 2 p.m. – 3 p.m.)
- Saturdays 10 a.m. – 2 p.m.

Questions? Call 703.837.9300

Back to School Meals



If a child in your home may qualify for free or reduced school meals at ACPS, apply online now at aacpsschools.org/nutrition/apply-for-free-or-reduced-price-meals.

Online meal benefit applications are fast, easy, and determined within a few days.

All information is confidential.

Once the online application is submitted and validated, the eligibility status of the child(ren) will be sent to your home.

If a child attends one of the following schools, they can receive a free breakfast and lunch with no application:

- ACHS Minnie Howard
- Cora Kelly
- Ferdinand T. Day
- Francis C. Hammond
- James K. Polk
- Jefferson Houston
- John Adams/Early Childhood Center
- Patrick Henry
- Samuel W. Tucker
- William Ramsay



September Data

SNAP	11,576 Individuals
WIC	~3,000 Individuals
SCHOOL BREAKFAST	36,332 Individuals
SCHOOL LUNCH	89,514 Individuals
SENIOR CONGREGATE MEALS	382 Individuals
MEALS ON WHEELS	120 Individuals
SENIOR HOME DELIVERED GROCERIES	92 Individuals
ALIVE! DISTRIBUTION & FOOD HUBS	15,677 Individuals 4,402 Households

News & Events

42nd Annual StepALIVE Walkathon

On October 15, join other ALIVE! supporters for it's 2023 StepALIVE fundraiser. Event includes an outdoor kickoff, a group walk through Old Town, and a post-walk celebration. There will be prizes for the team with the most walkers and most money raised, and all paid registrants will receive the 2023 StepALIVE! T-shirt.

Visit [ALIVE's website](#) for more details.

Hunger Free Alexandria Meetings: Third Tuesday of the month, 10 a.m.

Join food providers, faith-based communities, schools, social services organizations, and advocates to coordinate efforts to end hunger in Alexandria. For more information visit

hungerfreealexandria.com/member-resources.

Upcoming Meetings:

- September 19
- November 21

Meeting via [Zoom](#)

- Meeting ID: 939 1538 5141
- Passcode: 472026

Master Gardeners of Northern Virginia

Want to learn more about gardening for food and fun? Check out the MGNV's free [Public Education Classes](#). There is also a collection of pre-recorded lectures in the [Master Gardener Virtual Classroom](#) on native plants, vegetable gardening, fruit tree care, soil science, and lawn care.

8%

food insecurity

economic and social condition of limited or uncertain access to adequate food.

9.6%

poverty

a household that lives at or below the official poverty measure.

In the past year, food insecurity has decreased slightly, but poverty has risen.

Food Directory

The [DCHS Alexandria Food Resource Directory](#)

is updated bi-monthly and is available in Spanish and Amharic. If you would like to add or update your program information for future issues, please [complete this form](#).