



Hunger, Health, and Nutrition

- **Nutrition and Food**
- AFAC (Arlington Food Assistance Center)
 - We are the community leader in providing and promoting dignified access to nutritious food for all Arlingtonians in need. Now, over 25 years after its founding, the Arlington Food Assistance Center remains dedicated to its simple but critical mission of obtaining and distributing groceries, directly and free of charge, to people living in Arlington who cannot afford to purchase enough food to meet their basic needs. AFAC operates under the Choice Model. This means that we try to provide clients with as much choice as possible when receiving food from AFAC.
 - Volunteer page: <https://afac.org/volunteer/>
 - Website: www.afac.org
 - Contact: communications@afac.org
- Brainfood
 - Brainfood uses the power of food to engage, empower, and employ DC teens and young adults. Using food as a tool, Brainfood builds life skills and promotes healthy living in a fun and safe environment. Volunteers can help in the kitchen, garden, and at special events.
 - Volunteer page: <https://brain-food.org/support-us-volunteer-donate/>
 - Website: www.brain-food.org
 - Details/contact: <https://brain-food.org/wp-content/uploads/2017/03/Brainfood-Volunteer-Opportunities-Overview.pdf>
- Bread for the City
 - Bread for the City offers programs for low-income residents of Washington, DC which include food and clothing distribution, primary medical care, legal advice and representation, and comprehensive social services. Specifically, the Medical Clinic offers free primary health care to patients who are uninsured, members of the DC Healthcare Alliance or recipients of Medicaid.
 - Volunteer page: <http://www.breadforthecity.org/get-involved/volunteer/>
 - Website: <http://www.breadforthecity.org/>
- Bread for the World
 - Bread members send letters and emails, make phone calls, and visit their members of Congress about legislation that addresses hunger in the U.S. and around the world. Bread equips its members to communicate with Congress and to work with others on advocacy. It educates members on hunger-related issues and inspires members to be legislative activists as a way of putting their Christian faith into action.
 - Website: <http://www.bread.org/>
 - Get involved: <http://www.bread.org/get-involved>
- Common Good City Farm
 - Common Good City Farm provides opportunities to build community through sustainable urban agriculture where members can grow fresh food as well as gain skills to lead healthy lives. CGCF also provides educational opportunities to help increase food security, improve health, and contribute to environmental sustainability. In addition to volunteer opportunities, there are also educational opportunities available to individuals and groups of all ages.
 - Volunteer page: <http://commongoodcityfarm.org/getinvolved/volunteer>
 - Website: <http://commongoodcityfarm.org>
 - Email: info@commongoodcityfarm.org

- Eco City Farm
 - Established in 2010, Eco City Farms is an educational, non-profit organization located in Prince George's County, Maryland designed to serve as a prototype for sustainable local urban farming. We envision a just, vigorous and sustainable food system in the Chesapeake foodshed with ample fertile soil, quality environments and sustainable incomes for farmers, and access to nutritious high quality food for all. ECO City Farms seeks to enhance food security, safety and access, to improve nutrition and health, to preserve cultural and ecological diversity, and to accelerate the transition to an economy based on preservation, recycling and restoration. We amplify community voice and engagement to reinvigorate the Chesapeake foodshed with sustainable ways of making food and money.
 - Volunteer page: <http://www.ecoffshoots.org/get-involved/volunteering/>
 - Website: <http://www.ecoffshoots.org/>
- DC Central Kitchen
 - DC Central Kitchen uses food as a tool to strengthen bodies, empower minds, and build communities. They fight hunger differently by using career training, job creation, and sustainable business practices to strengthen local food systems and reduce disparities in health and economic opportunity. DC Central Kitchen creates opportunities for meaningful careers, sustainably expands healthy food access, and fosters long-term self-sufficiency among those they serve.
 - Contact: volunteer@dcentralkitchen.org
 - Volunteer page: <https://dcentralkitchen.org/volunteer/>
 - Website: www.dcentralkitchen.org
- Campus Kitchen—Metropolitan Memorial UMC
 - The Campus Kitchens Project is a leader in resourceful anti-hunger programs for communities around the country. The DC chapter, Housed at St. Luke's Mission Center, focuses on weekly food recovery, meal prep, and meal delivery. Campus Kitchen is looking for volunteers to join a food recovery team to pick up donated food, as well as food preparation and delivery volunteers.
 - Contact: http://www.nationalchurch.org/Contact_Us#Campus_Kitchen
 - Volunteer sign-up: <https://campuskitchens.volunteerhub.com/lp/ckwdc/events>
 - Website: www.nationalchurch.org/Serving/Campus_Kitchen
 - Additional information: www.campuskitchens.org
- SOME (So Others Might Eat)
 - So Other Might Eat (SOME) is an interfaith, community-based organization that provides a wide range of social services to the poor and homeless of the DC area. SOME serves clients not only with food, clothing, and immediate health care needs, but also with services like counseling, job training, counseling, and addiction treatment. Volunteers are needed to help with serving in their dining room, tutoring or mentoring children in their affordable housing programs, helping during the holidays, work with the elderly, and event planning.
 - Website: <http://some.org/>
 - Volunteer webpage: <http://some.org/volunteer/>
 - Contact: (202) 797-8805
- Miriam's Kitchen
 - Miriam's Kitchen seeks to end chronic homelessness in DC. They serve high quality, nutritious meals, create community through the work of their case managers, advocate to the DC government to invest in ending homelessness, partner with other service providers and government agencies to change the way homelessness services are delivered in DC, and work towards Permanent Supportive Housing for the unhoused. Miriam's Kitchen is looking

for reliable volunteers to serve meals who can commit to joining and serving once a month, preferably on a long-term basis.

- Visit: <https://miriamskitchen.org/volunteer/>
- Contact: volunteer@miriamskitchen.org
- Volunteers can also support the advocacy team by lending writing, communications, and media skills: Contact Jesse Rabinowitz at jesse.rabinowitz@miriamskitchen.org

- **Holistic Health**

- Heal the Sick

- The Heal the Sick program seeks to equip faith community members and leaders to support congregations' development of health ministries and link such ministries with hospitals, community organizations, public health institutions, and health care providers. The goal of the program is to prepare leaders to advance holistic health and well-being of individuals, communities and congregations, especially those who are underserved. Key components of the program include promoting faith communities' health ministries, providing educational opportunities, catalyzing network creation and supporting existing networks, and facilitating collaboration with community partners.
- Website: <https://www.wesleyseminary.edu/ice/programs/heal-the-sick/>
- Contact: tpruski@wesleyseminary.edu

- **Fitness**

- Back on My Feet DC

- Back on My Feet DC takes a revolutionary approach to how our society approaches homelessness. By incorporating running into their programming, they demonstrate that if you first work to restore confidence, strength, and self-esteem, individuals become better equipped to move toward securing jobs, homes, and new lives. For all in need, we aim to provide: practical training and employment resources for achieving independence; an environment that promotes accountability; and a community that offers compassion and hope. For all with the capacity to serve—volunteers, donors, community and corporate partners—we seek to engage you in the profound experience of empowering individuals to achieve what once seemed impossible through the seemingly simple act of putting one foot in front of the other.
- Website: <https://dc.backonmyfeet.org/>
- Contact: info@backonmyfeet.org

- KEEN (Kids Enjoy Exercise Now)

- KEEN provides one-to-one recreational opportunities for children and young adults with developmental and physical disabilities at no cost to their families and caregivers. KEEN's mission is to foster the self-esteem, confidence, skills and talents of its athletes through non-competitive activities, allowing young people facing even the most significant challenges to meet their individual goals.
- Volunteer page: <http://www.keengreaterdc.org/volunteer-keen>
- Website: <http://www.keengreaterdc.org/>
- Contact: <http://www.keengreaterdc.org/node/14>

- DC Scores

- DC Scores goes where kids in need are and creates neighborhood teams that give kids the confidence and skills to succeed on the playing field, in the classroom, and in life. We envision a DC where every child – no matter their family income – experiences the joys of childhood: sports, arts, service, and being part of a team. Where every child – no matter their family circumstances – is empowered to find academic success and grow into an

emotionally and physically healthy teen and adult. Where every neighborhood supports and celebrates its children and their accomplishments on and off the playing field.

- Website: <http://www.americascores.org/affiliates/dc>
- Volunteer page: <http://volunteerdcscores.weebly.com/>
- Education for Sharing
 - Education for Sharing is an international non-profit organization that uses the power of play to form better citizens from childhood through innovative education programs based on the power of play. Programs include Sports for Sharing, Initiatives for Sharing, Science for Sharing, and Art for Sharing.
 - Website: <http://us.educacionparacompartir.org/>
 - Contact: info@educationforsharing.org
 - Phone: (240) 516-6983
- Teens Run DC
 - Teens Run DC promotes the physical, social, and emotional well-being of underserved youth through a mentoring and distance running program. Youth in the program participate in running and life skills trainings each week, receive the support of an individual mentor and an embracing community, and engage in races, community events, and service learning opportunities. Through the program, middle and high school youth of all abilities and backgrounds envision and work towards their running and life goals.
 - Volunteer page: <http://www.teensrundc.org/get-involved/volunteers/volunteers/>
 - Website: <http://www.teensrundc.org/>
 - Contact: volunteer@teensrundc.org
- **Treatment Centers**
- Women's Center
 - For over forty years, the Women's Center has provided mental health counseling, support, and education to the metropolitan area to help people live healthy, stable and productive lives. Since the Women's Center was founded in 1974, we have grown to include service to women, men, families, young adults and children. We now serve 4,000 people annually at our two locations in Virginia and Washington, DC. Functioning as a teaching institution for mental health professionals, we provide one of the largest, and most prestigious and competitive training programs in the region.
 - Website: www.thewomenscenter.org
 - Contact page: <http://thewomenscenter.org/contact/>
 - Volunteer page: <http://thewomenscenter.org/get-involved/volunteer/>
- Children's National Medical Center
 - Plan activities and play games with children and teenagers who are hospitalized in the in-patient units or awaiting surgery in the Emergency Room. CHAMP (Children's HIV and AIDS Model Program) is one of the largest providers of support and services for children infected with HIV.
 - Contact: 202-476-5000
 - Website: www.childrensnational.org
- Ronald McDonald House Charities
 - Ronald McDonald House Charities of Greater Washington DC works to create and support programs that directly improve the health and well-being of children. Each Ronald McDonald House offers a home-away-from home for seriously ill children and their families. The Houses are a haven for families who live too far away from the hospital to go home each night. Most volunteers commit to a two-hour or four-hour shift each week
 - www.rmhc.greaterdc.org

- Volunteer page: <http://www.rmhcddc.org/ways-to-help-2/volunteer>
- Second Genesis
 - Second Genesis is a drug and alcohol rehabilitation program with residential and outpatient treatment centers in Maryland, Virginia, and Washington, DC. The program treats men and women, including pregnant women, women with their children, and adolescents with their families. The program incorporates interventions for addictions, vocational services, educational services, social skill building, relapse prevention, and life skills.
 - Contact: info@secondgenesis.org
 - Website: www.secondgenesis.org
- **Ability/Disability Programs**
- Columbia Lighthouse for the Blind
 - Columbia Lighthouse for the Blind offers programs that enable individuals who are blind or visually impaired to obtain and maintain independence at home, school, work and in the community. Services include: Early intervention services, Career placement services, Rehabilitation services, among others.
 - Website: www.clb.org
 - Volunteer page: <http://www.clb.org/get-involved/volunteer/>
 - Contact: 240-737-5179
- The Arc DC
 - The Arc works to improve the quality of life of all persons with intellectual and developmental disabilities and their families through supports and advocacy. As a lynchpin in the District, The Arc of D.C. relies on an army of volunteers to help out at fundraisers, mail letters, organize donations, advocate in sessions, and work one-on-one with our constituents.
 - Contact: (202) 636 – 2950, arcddc@arcddc.net
 - Website: www.arcddc.net
 - Contact: arcddc@arcddc.net
- Special Olympics
 - The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of gifts, skills, and friendship with their families, other Special Olympics athletes, and the community.
 - Volunteer page: <http://specialolympicsdc.org/get-involved/>
 - Website: www.specialolympicsdc.org