



FOOD ACCESS ALEXANDRIA

SUMMER 2023

WE'RE HERE FOR THOSE TOUGH DAYS

and your support ensures the City of Alexandria residents have the food they need to get through.



WHAT'S INSIDE?



SUMMER AT
THE FARMERS
MARKETS



PREVENTING FOOD WASTE



NEWS



UPCOMING EVENTS

The Market at Southern Towers Extravaganza

On Saturday, May 6, DCHS and the Market at Southern Towers celebrated The Expansion Extravaganza, commemorating the new market vendors. Community members came out to experience the new market with food trucks, live music, a moon bounce, face painting, cotton candy, raffles, crafts, and lots of fun! We are thankful to the vendors and volunteers who made the day such a success.

The [SNAP Double Dollar Program](#) is now available at the Market at Southern Towers, allowing SNAP customers to receive up to \$30 in double dollars to purchase eligible food products. This helps families access healthy, local foods such as fruits, vegetables, eggs, bread, milk and more!

Southern Towers Farmers Market: 5067 Seminary Rd, Sat & Sun, 7 a.m. – 1 p.m., year round.

Summer at the Farmers Markets

Summer brings new produce to all our farmers' markets. Here are tips to cook summer vegetables so you can save money and eat healthy all summer.

- [Summer Squash](#)
- [Eggplant](#)
- [Summer Produce Recipe Round-Up](#)

THIS SUMMER IN ALEXANDRIA...

KIDS EAT FREE!



Alexandria City Public Schools ensure that children who receive free or reduced-price school meals can get the nutrition they need when schools are closed, including summer break.

Summer meal sites serve kids ages 2-18.

[Find a Participating School!](#)

Site	Breakfast	Lunch
	Monday - Friday	
Polk Elementary	8-8:30 a.m.	12-1 p.m.
Mount Vernon Community	8-8:30 a.m.	12-1 p.m.
George Washington Middle	8:45-9:15 a.m.	11:45 a.m.-12:45 p.m.
Jefferson-Houston PreK-8 IB/ Early Childhood Center	9-9:30 a.m.	11:45 a.m.-12:45p.m.
Alexandria City High	9:30-10 a.m.	12:30-1:30 p.m.

Find a Food Site!

Visit

KidsMealsDMV.org

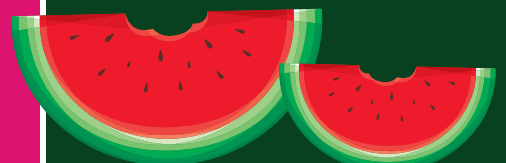
Text

FOOD or **COMIDA**

to **304-304**

Message

NoKidHungry.org/WhatsApp



Preventing Food Waste

Food waste is a big concern for many Alexandrians. According to Harvard University, up to 40% of all food produced in the US goes uneaten and about 95% of discarded food ends up in landfills. This is harmful to our budgets and the climate! Food rotting in landfills releases greenhouse gas emissions like methane. Preventing food waste is one of the easiest and most powerful actions you can take to save money and lower your climate change footprint.

- At Home:** You have the most control over the food in your home. With food costs at an all-time high, preventing food waste is good for your wallet and the environment.
 - Meal Planning: Planning before grocery shopping will save you time, money, and food. If you're new to meal planning, try this [guide from Save the Food](#).
 - Food Storage: Proper food storage is key to extending your food's life in your home. Make sure you're [storing food properly in the fridge](#) and remember your freezer is your best friend for food you might not get to for a while.
 - Despite our best efforts, sometimes food gets away from us. [The Scraps Book: A Waste Less Cookbook](#) is a free cookbook with recipes to use up those leftovers.
 - For more tips visit the [EPA's "Preventing Wasted Food At Home"](#) page.
- Compost:** Did you know you can start composting in Alexandria for the cost of a small bucket? Composting is more beneficial for the climate because in a compost bin the food has adequate exposure to oxygen, so it doesn't release harmful gases like food in a landfill. Additionally, it creates nutrient rich soil to grow more fruits and vegetables! If you want to compost, you have several options in Alexandria:
 - City residents can drop off food waste free of charge at the City's Farmers' Markets. Bring food items in a compostable bag or bucket.
 - Curbside Food Waste Composting Pilot: With the support of the U.S. Department of Agriculture's Composting and Food Waste Reduction Cooperative Agreement, the City has launched a voluntary, subsidized curbside composting pilot program. Residents who currently receive City trash and recycling services (residential refuse fee paying customers) can opt-in to the pilot and will receive the first six months of service for free along with the start-up kit paid for by the City. Registration for the [pilot program](#) is now open.
- Food Recovery:** Food recovery means collecting food that is edible but not sellable and redistributing it. Through grocery gleaning, volunteers collect food from grocery stores and farmers markets to donate to local food pantries.
 - [Volunteer as a food gleaner](#).
 - Too Good to Go*:** Purchase surplus food and meals from local stores and restaurants at a great price and save it from going to waste. Local participating restaurants include District Taco, City Kabob and Curry House, PLNT Burger, Peet's Coffee, Chewish Deli, Mae's Market and Café, Area 2 Farms, and more! [Download the app!](#)
 - Olio*:** Olio lets you share food and other items you no longer with your neighbors. There's also a message board with recipes and tips for food storage. This is a new app in the area, so if you download it, get your friends and neighbors to join too! [Download the app!](#)

*These are given as a resource and are not affiliated with or endorsed by the Department of Human Services or the City of Alexandria.

For more information about reducing food waste, visit the City of Alexandria's [Food Waste page](#).

Food Directory Map

- The bi-monthly [DCHS Alexandria Food Resource Directory](#) is available in Spanish and Amharic, and a map is coming soon! If you would like to add or update your program information for future issues, please complete this [form](#).

Data – Participation June 2023

SNAP	11,841 Individuals
WIC	39,501 Individuals
SCHOOL BREAKFAST	5,500 Individuals
SCHOOL LUNCH	9,500 Individuals
CONGREGATE SENIOR MEALS	70 Individuals
MEALS ON WHEELS	123 Individuals
SENIOR HOME DELIVERED GROCERIES	95 Individuals
ALIVE!	19,347 individuals / 4,849 households

8.4%
FOOD INSECURITY:
Economic and social condition of limited or uncertain access to adequate food.

9.4%
POVERTY RATE:
a household that lives at or below the official poverty measure.

News

Work Requirements for SNAP Reinstated

Work requirements for the Supplemental Nutrition Assistance Program (SNAP) have been re-instated with the end of the public health emergency. This rule applies to the:

- All able-bodied adults without dependents (ABAWDs)
- Ages 18 to 49

ABWADS must participate in work activities for at least 20 hours a week. Work activities include:

- Work for cash wages
- Participate with City of Alexandria employment services programs
- Volunteer work (cannot be court ordered)
- Any combination of these activities

If they don't meet this requirement, they can receive SNAP for only 3 months within a 36-month period.

People exempt from SNAP work requirements:

- Children
- Pregnant women
- Seniors (age 60+)
- And people with certain health limitations



If you have questions, please contact the Department of Community and Human Services by calling 703.746.5700 or texting 703.346.5599.

Upcoming Events

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.

- May meeting: 7/18

Meeting via [Zoom](#)

- Meeting ID: 939 1538 5141
- Passcode: 472026

Master Gardeners of Northern Virginia: Classes & Lectures

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.