



## Introduction

In 1997 the Safeway grocery store in Ward 8 closed its doors, leaving over 70,000 residents without a neighborhood grocery store. This has left many households grappling with the reality of food insecurity. Food insecurity is defined as a person or household lacking the sufficient resources to maintain a nutritionally adequate diet. Food insecurity leads to hunger and other health issues, as this study will explore.

Since then, more than six years later, there has been no store to fill the void. Convenience stores stocked with processed foods, liquor and snacks are left as the only readily available sources of food. Seniors and families must travel longer distances by bus, taxi or metro to buy staple foods from grocery stores in other wards or even in Maryland or Virginia.

There have been ongoing talks of a Giant moving into the area, but no ground has been broken yet. What is taking so long? According to industry experts a few of the problems are profitability and space. Condensed urban areas such as DC often lack sufficient wide open spaces in which to build large grocery stores.

Other large chain grocery stores have been courted to come into Ward 8 to fill the void, but to no avail. The DC city council even tried passing an amendment to provide large tax breaks to grocery stores, but that was not enough. This 2000 Supermarket Tax Exemption Amendment Act offered a ten-year property tax exemption and other breaks to potential grocery stores in especially underserved areas.

Although Ward 8 has been hit hardest by the grocery store shortage, the whole city suffers from its effects. The district has about half of the average number of grocery stores for an area its size. This has certainly had an adverse effect on the health of DC residents. According to 2000 vital statistics compiled by the DC Department of Health:

<i>Indicators</i>	<i>United States</i>	<i>The District</i>	<i>Ward 8</i>
<b>Infant Deaths per 1,000</b>	6.9	11.9	17.7
<b>Heart Disease Deaths per 100,000</b>	257.9	273.7	191.8
<b>Cancer Deaths per 100,000</b>	200.5	232.3	147.9
<b>Hypertension Deaths per 100,000</b>	6.5	41.3	32.5
<b>Diabetes Deaths per 100,000</b>	24.9	34.3	35.8

- The district exceeds the national average of heart disease related deaths at a rate of 273.7 deaths per 100,000 compared to the nation's 257.9 per 100,000.
- Deaths from diabetes are significantly higher than the national rate at 34.3 per 100,000 compared to 24.9 per 100,000

- Hypertension rates in the district are nearly **seven times the national rate** at 41.3 per 100,000 compared to 6.5 per 100,000

Although these statistics are shocking, what is more shocking is the effect that food insecurity is having on youth in the district. *The Washington City Paper* reported that the number of youth with adult-onset diabetes (or type II diabetes) has quadrupled in the last three years. Moreover, among DC's African American adolescent girls 30 percent are estimated to be severely overweight. That is twice the national average. The Center for Disease Control found that 15 percent of American children are overweight or obese this makes US youth the heaviest in the world.

In 2003 the World Health Organization, WHO, called the United States the fattest country in the world after Samoa. Its suggestions included reducing the amount of direct advertising of "bad foods" to youth and promoting less sugar and sodium consumption. The US disagreed with the report, rebutting that the problem is not bad foods or sugar. They assert all foods can be part of a balanced diet; however more responsibility should be placed on individuals and not on states.

American youths reportedly see roughly 40,000 ads per year and half of them are for unhealthy foods. Concurrently, American youth are suffering from an obesity epidemic which have them suffering from illnesses that were once reserved for adults. However after the US' call for further study, it should come as no surprise that the US legislators are heavily financed by corporate supported trade organizations.

*How does obesity correspond to food insecurity in economically distressed areas such as Ward 8? What about hunger?*

Insufficient access to outlets of fresh produce and wholesome foods forces residents to resort to high fat options such as fast food, and calorie-laden processed and convenience foods. Over consumption of these foods combined with sedentary lifestyles lead to a number of costly illnesses such as sleep apnea, diabetes, hypertension, high cholesterol and heart disease. All of these illnesses are directly linked to obesity.

Conversely, hunger is the obvious result of food insecurity. Undoubtedly there is hunger in DC. In 2000 the district poverty rate stood at roughly 20 percent with one in ten residents living with food insecurity. The poverty rate in Ward 8, the most economically depressed part of the city, was 36 percent—nearly double the city's average and almost four times the national rate. Although there is no recent data to place a number on the amount of hunger in Ward 8, based on the poverty rate alone, one can ascertain that food insecurity is more than a threat.

Unfortunately food insecurity is only one of many community perils that are common to areas such as Ward 8. High crime, high unemployment, poor schools, low matriculation rates, and low homeownership rates are factors which contribute to the problem. These factors are explored in this study within the context of their relation to food insecurity and hunger in Ward 8.

## Why Do a Community Food Assessment?

The United States Department of Agriculture, USDA, Community Food Assessment Toolkit defines an assessment as “the collection of various types of data to provide answers to questions about the ability of existing community resources to provide sufficient and nutritionally sound amounts of culturally acceptable foods to households in the community.” Some components of a food assessment include assessing the adequacy of available supermarkets; exploring the barriers to food shopping; creating a demographic profile; investigating the health effects of a food insecure neighborhood; and assessing the availability and usage of emergency food programs.

Before we can really assess the resources of Ward 8 we must define some key terms which will come up frequently in this assessment. These terms are from the Life Sciences Research Office and were used by the USDA Household Food Security Study.

**Food Security:** Access by all people at all times to enough food for an active, healthy life. Food security includes at minimum:

- the ready availability of nutritionally adequate and safe food
- an assured ability to acquire acceptable foods in socially acceptable ways

**Food Insecurity:** Limited or uncertain availability of nutritionally adequate and safe food or limited or uncertain ability to acquire acceptable food in socially acceptable ways.

**Hunger:** The uneasy or painful sensation caused by a lack of food. The recurrent and involuntary lack of access to food

This food assessment is designed to draw attention to the nutritional food access needs of the Ward 8 community. The intent of this research is to highlight the problems that an inadequate food system in the Ward 8 area brings to its residents. It is my hope that these findings will lay the ground work for further inquiries into this issue and it will grab public attention that will incite civic and government action to formulate a remedy for this persisting problem.

## Ward 8 at a Glance

Ward 8 is the southernmost ward in the city. It covers more than 4,000 acres and includes the neighborhoods of Anacostia, Barry Farm, Bellview, Buena Vista, Congress Heights, Douglass, Fairlawn, Garfield Heights, Knox Hill, Sheridan, Shipley terrace, Washington Highlands, and Woodlands. Its boundaries are Pennsylvania Ave, SE to 25<sup>th</sup> St, SE to the north; to the south it is from Southern Ave to Naylor Rd; to the east it is from Southern Ave to the Anacostia River; and to the west is the Anacostia River.

Sandra Allen represents residents in the DC City Council. There are five Advisory Neighborhood Commissions, ANCs, within the ward; they are designated as ANC's 8A-E. They are governed by unpaid representatives (commissioners) directly from neighborhood communities. These commissioners advise DC government on community zoning, social service programs, health, police intervention, sanitation and recreation.

According to 2000 DC Agenda statistics, there were 70,899 residents living in Ward 8, 36 percent of them children. Ward 8 is 93 Black and has 80 percent of families with kids headed by a female. In 2000 the unemployment rate was twice that of the rest of the city, it has risen consistently over the last three census periods. The ward also finishes first in a number of not-so-popular categories:

- It has the **smallest percentage of taxable property in the district** at just 962 acres out of the 4,000 that stretches across Ward 8.
- At 36 percent it possesses the **highest rate of residents living in poverty**.
- 47 percent of the ward's children live in poverty.
- 16 percent of ward residents are on public assistance—that is triple the city's average.
- The average family income is **less than half of the city's average**.

In economically depressed parts of urban centers, crime is often a problem. It should come as no surprise that Ward 8 has the highest rate of reported violent crimes in the city. In fact during this six-month study period alone there were three fatal shootings involving either Anacostia High School or Ballou High School students. Although Anacostia High School is not in Ward 8, it is in Ward 7 which is also east of the river and suffers from much of the same economic conditions. Further, many of Anacostia's students are in fact residents of Ward 8.

The most recent shooting occurred on February 2<sup>nd</sup> inside of Ballou High School and resulted in the death of a Ballou football player, James Richardson. In early November, there was another shooting which took place right outside of Ballou on the first day that students were allowed to return to the school after mercury episode which kept them out of the facilities for a month. The alleged triggerman, 18, was not a former or current Ballou student. Fortunately no one was injured in that incident.

Arguably the crime rate is an important factor when assessing food security. Crime carries a double edged sword in this area. Firstly, it deters potential grocery stores from wanting to locate in the area, although it is hardly the sole reason. Additionally, high crime and the threat of

shootings, compel some parents to keep their children inside, forcing youth into more sedentary lifestyles in exchange for a heightened sense of security.

What resources *are* available to Ward 8 residents? Realistically, the resources are few. A study conducted by the Capital Area Food Bank found that residents living east of the Anacostia River have 1/6 the access to stores selling fresh produce as folks living west of Rock Creek Park. There are over 350 listings for grocery stores in the yellow pages (this includes full service grocery stores, convenience stores as well as mini-marts). However if that number were whittled down to those in or around Ward 8 that number would narrow to less than 30. Because none of these are full service grocery stores, this number is representative of an over abundance of stores selling cheap liquor and over-priced, high fat foods. It is a similar story when studying the number of fast food and restaurants. Sit-down restaurants are few while fast food restaurants (mainly local carry-outs and few large chain restaurants) provide a steady staple of high fat food options.

Other than what little can be found at conveniences stores, the only conduits of fresh produce are the two farmers markets—the Ward 8 Farmer’s Market and the Anacostia Farmer’s Market, and the two community gardens—Barry Farms and Urban Oasis. But the effects of these are limited. Both of the community gardens are roughly one acre, thus the produce grown is limited. Although much of what is grown is sold and/or distributed within the area, some is sold at farmer’s markets in other parts of DC. There is a non-profit; Garden Resources of Washington (GROW) which organizes community gardens around the DC area. Interestingly, there is not one participating GROW garden in the Ward 8 area, though there are some 40 gardens around the city. Furthermore, the farmer’s markets which do offer fresh, locally grown produce only operate between the months of June and late October/early November.

This study attempts to assess the resources which *are* available in Ward 8. In addition, it will briefly evaluate strengths and shortcomings of these resources. Finally, recommendations and conclusions will be made based upon observations.

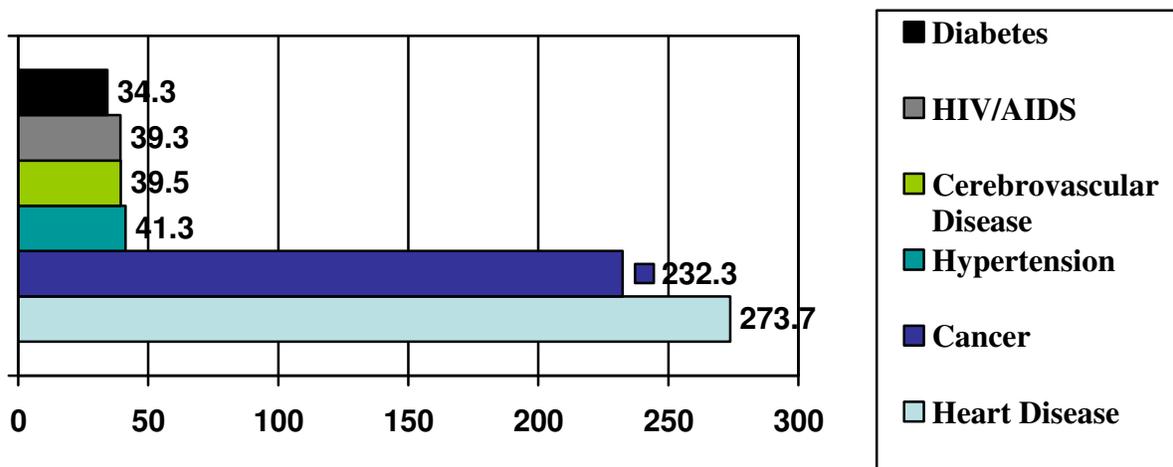
## Health

Health and nutrition are undoubtedly interrelated. Hunger has been linked to anemia, which occurs when there is an inadequate supply of iron in the blood to carry oxygen. It has also been linked to vitamin A deficiency. Chronic malnutrition can affect the growth of children, making them abnormally small for their age. Additionally, infants who suffer severe protein malnutrition can develop marasmus which is a condition that causes a baby to lose muscle mass as the result of a failure to gain weight and energy. The baby's skeletal structure and brain continues to grow and in effect the body is long and the head is unusually large for the child's weight. This wasting away makes the skin appear loose and sagging, the hair brittle, and the child may suffer from hypothermia. This condition occurs more regularly in developing countries where hunger is more rampant. It has, however, been known to happen in the US.

Obesity is may not be the result of malnutrition but it can be the result of food insecurity. Residents of food insecure neighborhoods have limited access to fresh healthy foods and they often resort to high fat alternatives. Being overweight has been directly linked to diabetes, hypertension, heart disease and high cholesterol. Weight related conditions cost billions of dollars per year in health care. In addition, overweight youths suffer from illnesses that were once reserved for middle-aged adults, such as type II diabetes and hypertension.

There is no data available which identifies the number of residents who are suffering from or have died because of a nutrition related illness. There are, however, vital statistics from the District of Columbia Department of Health (DCDH) which give a break down of the major causes of death for DC residents. From the chart below one can see that the leading cause of death in the district is heart disease.

**2000 Crude Death Rates for Leading Causes of Death in DC**



The chart shows that DC residents are suffering from an epidemic of diet related illnesses. Furthermore there are many residents who are suffering from these illnesses with no access to

proper health care. The Urban Institute found that in the District one of every five non-elderly residents has no health insurance.

According to these vital statistics collected by DCDH, Ward 8 does not have crude death rates that are overwhelmingly higher than other wards, in multiple categories. However, infant mortality is serious problem. Lack of proper prenatal care and nutrition are both contributory factors. Many Ward 8 residents lack health insurance. Moreover, when DC General Hospital (the city's only public hospital) became an outpatient healthcare center in 2001, it left Greater Southeast Community Hospital as the only hospital serving southeast residents. This hospital is under funded and ill equipped to handle some medical emergencies because they do not have a trauma center. Currently the hospital is in bankruptcy; its creditors are considering closure sometime in the very near future, leaving southeast without a hospital and roughly 1,000 employees without a job. There has been no information available on possible alternatives.

There is a listing of clinics and hospitals in Ward 8 in Appendix E.

## **Responses to food Security**\_\_\_\_\_ *Community Gardens*

Community Gardens offer a refreshing new approach to food security. Officially there are only two in the Ward 8 area. One is the Barry Farms Community Garden located at the Barry Farms housing complex. The other is Urban Oasis which is located on the west campus of Saint Elizabeth's Hospital.

One DC community group, Garden Resources of Washington (GROW), organizes community gardens around the city. However, there is not one GROW garden in Ward 8, though there are some 40-50 gardens throughout the city.

Community gardens attract volunteers from the city as well as throughout Maryland and Virginia. They provide a "hands on" gardening experience as well as some information about sustainable urban agriculture. Urban Oasis also provides nutrition education through their youth living/learning laboratory.

Community gardens encourage the community to take an active role in improving their food system and provide youth with a taste of the farm experience within the big city.

### **Barry Farms Community Garden**

*1326 Stevens Road, SE*

Ms. Schentia Green helped to start the Barry Farms garden project with Community Harvest in June of 2003. Using a one-acre plot of land that used to be tended by a few senior residents of the Barry Farms housing community, Ms. Green with the aid of some volunteers, has transformed the land into a mini farm that harvests both vegetables and flowers. During the garden's inaugural summer, some youth from the community as well as two youth from Community Harvest's youth summer employment program assisted Ms. Green. In addition, seeds and other supplies were donated and loaned to get the project started.

Currently, Ms. Green manages and tends the garden with the help of two volunteers and an occasional youth who takes an interest. She also funds the project out of her own pocket. The garden so far has been chemical-free, but a strong stand has not been taken to remain that way in the future. The food that is grown—okra, tomatoes and collard greens, are given to a nearby convenience store on Alabama avenue to be sold. The profits collected are given to various neighborhood youth projects such as Halloween party or a back-to-school drive to purchase school supplies.

The garden project at Barry Farm is still relatively small. In fact, the garden does not have an official name. But garden projects often take time to draw in volunteers. In time, it will grow.

### **Urban Oasis**

*West Campus of Saint Elizabeth's Hospital  
2701 MLK Jr Ave, SE*

Danielle Rolli is the farm manager/ volunteer coordinator for this one-acre mini-farm located on the campus of Saint Elizabeth's hospital in the Congress Heights neighborhood. Community Harvest created Urban Oasis in response to the closing of the Ward 8 Safeway grocery store in 1997. Urban Oasis brought with it the reality of locally sustained agriculture. Community members from all walks of life tend the garden—from students at Anacostia High School, George Washington University students and members of AARP. On average, Urban Oasis hosts approximately 1300 volunteers each year.

The size of volunteer groups varies from as small as five to as large as 50 to 60 people. Educators from schools in Maryland and Virginia bring groups of elementary children to the place affectionately called “the farm” to learn about urban agriculture. According to Rolli, the size of the group allowable depends heavily on the season. In late fall before winter begins, less volunteers are needed for smaller tasks such as planting cover crops or cleaning up plant beds compared to the continual planting and harvesting periods from February through September.

The community plays a huge part in the general operation of the farm. Rolli says that the farm could not run as it does without the cooperation of the volunteers. On an average day there are between 10 and 15 volunteers. The fruits and vegetables grown are selectively chosen to ensure that they are culturally appropriate for the community. Foods such as okra, mustard and collard greens, kale, turnips, watermelon and raspberries are all grown on the farm. The idea is to “grow locally and sell locally.” The fruits and vegetables are harvested and sold at the Heritage Park farmer's market and the Ward 8 farmer's market during the farmer's market season. Herbs are also grown and sold to local restaurants such as the Reef in Adams Morgan and Mimi's. Outside of the market season and when the food is edible but not sellable, food is donated to the soup kitchen at Queen of Peace in Congress Heights.

The farm is not certified organic. According to Rolli, the process of becoming certified is too arduous and costly for a project of its size. However the farming methods practiced at UO is chemical free, which means that no synthetic pesticides are used, and only organic fertilizers are put down.

Urban Oasis is funded and supported through a variety of sources. There are federal grants, grants from private foundations, individual donations as well as donations of farming supplies from companies such as Wal-Mart and from the “America the Beautiful Fund” which donates seed that is no longer sellable but still useable.

The land that is farmed is on the west wing of the 300-acre Saint Elizabeth's Hospital campus. The use of the land is granted through an agreement with the US Department of Health and Human Services. This agreement is reviewed and renewed annually. Currently the future of the Urban Oasis project is uncertain. The hospital campus has a lot of land that is not used for anything and the federal government is debating the future possibilities of land usage. Community Harvest is recruiting all potential allies to aide in the fight to save the land for community use.

## **Responses to food Security** \_\_\_\_\_ *Emergency Food Services*

Food pantries and soup kitchens are a community attempt to address hunger and food insecurity within itself. Food pantries are places where one can go to get raw materials for cooking such as dry/canned goods, meat and sometimes fresh produce. Emergency food packages typically are designed to feed a family for roughly 3 days. Soup kitchens are places where one can receive one prepared meal.

The emergency food programs available in Ward 8 are not limited to the ones highlighted below. They are merely a sample. A full listing of available services can be found in Appendix G.

### **Queen of Peace**

*3310 Wheeler Road, SE*

The Queen of Peace soup kitchen is one of three social services offered here by the Missionaries of Charity, an order of nuns founded by Mother Teresa of Calcutta. The other services include a shelter for homeless pregnant women and a summer camp for children. There are five nuns who live and work at Queen of Peace; they are led by Mother Superior Luciano. According to her accounts, they do not lack volunteers and there are a number of civic, social and student groups that regularly assist in the soup kitchen on the week days and especially during the holidays. However, all who desire to help are welcome.

Daily the soup kitchen serves between 40 and 50 people. On the day that I volunteered, which was a Monday after the thanksgiving holiday, there was a group of mainly men over the age of thirty. There was one small child under the age of five. There were no other children. On this particular day there was a lot of leftover food from the holiday. The size of the group was not unusually large so guests were given as much as they wanted. For some it could be the only meal that they eat all day. Although Queen of Peace operates their soup kitchen every day except Thursday, like most other soup kitchens it can only serve one meal per day.

The order does not accept government assistance for their programs. According to Mother Superior, the soup kitchen, along with their other programs, is sustained by donations from parishes and the community. The belief is that there is only one true providence and he will provide. So far this ideology has not failed them. The mission in Southeast has been operating since 1981.

According to one sister who oversees the day to day operations of the soup kitchen, the number of people who come for food noticeably increases on the holidays and toward the end of every month. On many holidays, other soup kitchens are closed and Queen of Peace must try to accommodate as many as they can. Likewise, at the end of the month is a time when many low-income residents run out of their food stamps and must seek alternatives to feed themselves and their families. Mother Superior has been at Queen of Peace for four years and in that time she says that they have never had to turn anyone away for lack of food. There has always been something to give, unless they come much too late. The mealtime runs between 10 and 11:30am.

According to Mother Superior there have been few altercations with the staff. In general, the people know that the sisters are there to help them, and they are generally good to the staff. After most people had cleared out, some men stayed behind to help in the clean-up. They wiped down the tables and swept the floor while discussing the latest news on the job front.

In addition to their other regular services, Queen of Peace also has a food pantry which distributes fresh produce and dry goods every Saturday. They distribute bread, cereal and other foods that are donated by parishes, grocery stores and community organizations such as Community Harvest which donates fresh vegetables from Urban Oasis. Necessary items which are not donated are purchased by the sisters for distribution. The food is for families only. Men who show up alone are not served.

### **Chapel of Saint Philip Food Pantry**

*2001 14<sup>th</sup> Street, SE*

The Food Pantry at the Chapel of Saint Philip has been serving the community east of the river for more than 15 years. This pantry is the only social service offered by Saint Philip and it is completely run by two of its parishioner, Barbara Bess and Barbara Cryer. It is a pantry that has never accepted government funding—it is completely supported by parishioners. In fact, the parish has never accepted money from the community either. Yet Saint Philip's has never had to turn away a client because they could not accommodate them. Although, according to Barbara Bess who directs the pantry, they have had to turn away people because of fraud. However, that is not enough to overshadow the impact the pantry has on the truly needy.

The food is procured through the Capital Area Food Bank "shopping days." Ms. Cryer purchases the food by the pound at the CAFB warehouse. The CAFB also plays a regulatory role as it does with its other member agencies. From time to time the pantry must pass surprise inspections. Moreover, the CAFB provides training for pantry administrators.

Saint Philip's accepts clients by referral only. These referrals come from other social service agencies such as the Salvation Army or CAFB. Distribution is only made once per week on Mondays between 11 am and 3 pm. Unlike some other agencies, Saint Philips does not restrict their aide to residents east of the river. They will help anyone from the metro DC area with a referral. Although their clients mainly come from the surrounding community, on an occasion or two there have been calls from Virginia.

Food Bank Packages are put together much in the way that other pantries put them together. It is a package of food to last a family for roughly three days. CAFB does provide a suggested menu based on the number of family members in a household. Saint Philip's uses it as a sketch to put something together which can reasonably carry a family over temporarily, using foods that stretch well such as rice and cereal. On occasion Saint Philip's obtains fresh fruits and vegetables which they also give out in the emergency packages.

## **Ambassador Baptist Church**

*1412 Minnesota Ave, SE*

The food pantry at Ambassador Baptist Church is one of three emergency food services offered there. Ambassador regularly distributes fresh vegetables on Saturday mornings at 7 am. Additionally, the church distributes TEFAP commodities to the community. The pantry is administrated by Reverend Suttles and managed by two church members. However, the fresh vegetable distribution is run by Trustee Ira Williams.

The pantry is available 24 hours a day. Clients are accommodated by referral only.

## **Capital Area Food Bank**

*645 Taylor Street, NE*

*(Majority of info taken from CAFB website)*

The Capital Area Food Bank, CAFB, recovers millions of pounds of food that would otherwise be thrown away—from bakeries, distributors, farmers, grocery stores, manufacturers and retailers.

Grocery stores donate salvageable foods including overproduced or damaged items that account for 60 percent of the foods we distribute. More than two million pounds of fresh produce comes from area farms and the hard work of the Washington Area Gleaning Networks.

Additional donations come from America's Second Harvest, our national non-profit umbrella organization, and community food drives. The Capital Area Food Bank benefits from hundreds of local schools, media outlets, businesses, synagogues and churches holding food drives each year.

CAFB provides emergency food resources for food pantries through their warehouse in northeast Washington, DC. Pantry volunteers from all over the metro region come to CAFB on "shopping days" to purchase food by the pound at a reduced rate. TEFAP commodities and fresh vegetables are delivered to select agencies such as Allen Chapel AME in Ward 8. These agencies in turn distribute to smaller satellite agencies within their service area.

Some basic info about CAFB:

- CAFB provides food to over 750 hunger relief organizations in Washington, Suburban Maryland, and Northern Virginia.
- In 2000, the Food Bank distributed 20 million pounds of recovered food including 5 million pounds of fresh produce to its member food pantries, soup kitchens, youth programs, shelters, daycare centers and elder care facilities.
- Food Bank member agencies serve 1.7 million meals each month.

There are about 25 farmer’s markets throughout the district. These markets offer shoppers fresh produce from farmers located in and around the metro DC area. Some accept the Farmer’s Market Nutrition Program vouchers (FMNP) and Senior FMNP vouchers, both distributed by the Women Infants and Children program (WIC). Some also accept Electronic Benefits Transfer card (EBT) which are the plastic card form of food stamps. There are two farmer’s markets in Ward 8, the Ward 8 Farmer’s Market and the Anacostia Farmers Market. Both accept (S)FMNP and EBT.

Below is a write-up and evaluation of the Anacostia Farmer’s Market. However the location and market times of both Markets are listed in Appendix E.

**Anacostia Farmer’s Market**

*2498 Alabama Ave, SE  
Parking Lot of Allen Chapel AME*

The Anacostia Farmer’s Market was started in 1999 as a joint project between CAFB and Union Temple Baptist Church. The idea was to create a link between local farmers in the Maryland, Virginia and Pennsylvania area and low-income residents of Ward 8. The market would provide residents with access to fresh, locally grown produce at an affordable price. It runs on Saturdays between June and November, with the end date specifically coinciding with the expiration date of Farmer’s Market Nutrition Program (FMNP) Vouchers. The market is managed by Julie Adkisson who joined the market at the beginning of the 2003 market season.

This year, the Anacostia market ended its fourth season of operation. This year the location changed from the “Big Chair” on Martin Luther King Ave to the parking lot of Allen Chapel AME on Alabama Ave. There were five vendors all representing various farms from Maryland, and there was a table for the CAFB. At this table, CAFB would sell items not found at the other tables so not to compete with the other vendors.

To become a vendor the guidelines are not very different from any of the other DC farmer’s markets. Vendors must be within 200 miles of the market. Sixty percent of a vendor’s goods must be grown at his/her own farm. Although they do not have to adhere to specific price guidelines, they must understand that their prices should be sensitive to the community dynamics. Vendors must accept the WIC Farmer’s Market Nutrition Program (FMNP) vouchers and respect the parameters of voucher redemption. As illustrated below, (S)FMNP is crucial to the market’s survival.

**(S)FMNP Voucher Redemption Rate**

<b>Vendor</b>	<b>Weekly Redemption Avg</b>	<b>Final Week 11/1/03</b>
D&S Farm	53.1%	84%
Doswell Farm	59.3%	89%
Love’s Garden	24%	51%
Richard’s Farm	49%	85%

One table was hosted by the Community Supporting Agriculture (CSA) at Claggett Farm. A partnership between CAFB and the Chesapeake Bay Foundation makes this project of environmental sustainability possible. Within this project CSA uses 20 acres of farmland at Claggett Farm in Upper Marlboro, Maryland. Of the produce grown here half is for shareholders the other half is split between senior centers, and AIDS clinic, the Anacostia Farmer's Market and other places that accommodate low income individuals.

There was more to the market than the fresh produce sold by the vendors. There were healthy cooking demonstrations as well as nutrition information. Cooking demonstrations would utilize produce available at the market and give shoppers an idea of tasty but healthy ways of preparing various fruits and vegetables. Supplemental nutrition pamphlets provided shoppers with information on the benefits of maintaining a diet rich in fruits and vegetables.

From time to time the market featured a vendor that sold hot barbecue. In addition there was a summer solstice festival for the community that had a storyteller, music, dancers and free food. On the fourth Saturday of every month of the market, CAFB distributed food from the emergency food assistance program (TEFAP) of the USDA. There were no referrals needed; all one had to prove was DC residency, and need was assumed. Although this TEFAP distribution only takes place on fourth Saturdays, this practice and the reputation of the CAFB as an entity which gives away food, not sells it, proved confusing for some residents. It was not uncommon for residents to show up expecting the market to be a place where food was given away.

In most ways the Anacostia Farmer's Market is like the 24 other DC markets around the city. Perhaps its only major distinguishing characteristic is its routine practice of subsidizing its farmers. Because of a federally funded three-year grant from Sustained Agricultural Research and Education (SARE), the market guarantees its farmers that they will end the day with at least \$300. In the first year of the market, the guarantee was that at the end of the day, the market would buy back as much as \$500-\$750 of remaining produce from each vendor. Since then grant money has somewhat diminished so adjustments have been made accordingly. Currently, the maximum buy back amount is \$300, much to the dismay of the vendors. None of the vendors have left, though all agreed that sales at this market are not great.

At the end of the 2003 market season the SARE grant expired. There is a possibility that it will be renewed, but it is not likely. CAFB is currently exploring other options to finance their market subsidies. The vendors can't image what the market would be without the subsidies. All the vendors agree that it would not be financially feasible to come to this market without the subsidies. The sales to regular customers alone simply aren't enough. There are not enough customers and the sales are much too low.

### *Market Evaluation*

At the end of November, an informal evaluation was conducted of the market. Three farmers were interviewed and asked about their experiences at the market.

#### **Farmer #1**

White male, 42

**Full Time Farmer:** for 8 Years; regular vendor at AFM for 3 years

**Location of Farm:** Brandywine, MD roughly 20 miles from the market

**Size of Farm:** 25 acres

**Farming Method:** integrated pest management, IPM

**Produce sold at AFM:** Turnips, Bok Choi, Oriental Radishes, Baby Beets, Parsley, Collard Greens, Mustard Greens, Chard

**Examples of Prices:** Turnips, \$1.50 per bunch; Greens, \$1.00 per bag; Bok Choi, \$2.00 per head

**Comments:** Market prices vary according to season. Prices are not adjusted to cater to area shoppers. However, he adjusts the selection of produce to fit area shopper's tastes. Because of FMNP and market subsidy selling at AFM is financially beneficial. Without the subsidy he would make only \$40-50 per week. Likes working at AFM, however, believes the market would get more business if the day were changed to a weekday such as Thursday, and if the location were in a more high traffic area.

### **Farmer #2**

White male, 54

**Full Time Farmer:** for 10 Years; regular vendor at AFM for 3 years

**Location of Farm:** Charlotte Hall, MD roughly 40 miles from the market

**Size of Farm:** 8-9 acres

**Farming Method:** integrated pest management, IPM

**Produce sold at AFM:** Apples, jam, Pumpkin butter, Jelly

**Examples of Prices:** Apples, \$2.00 per box; \$5.00 per large box

**Comments:** Prices are not adjusted to cater to area shoppers. However packages of fruit are made to be "WIC friendly." Because of FMNP and market subsidy selling at AFM is financially beneficial. Could not sell at market without subsidy, because there simply is not enough business. Likes working at AFM, however, believes the market would get more business if the location were in a more high traffic area. Fenced in market is not conducive to a good market experience.

### **Farmer #3**

Black male, 64

**Full Time Farmer:** Years N/A; first year as a vendor at AFM

**Location of Farm:** MD roughly 5 miles from the market

**Size of Farm:** 100 acres

**Farming Method:** Could not specify overall method; greens are chemical free

**Produce sold at AFM:** Collard Greens, Sweet Potatoes, Mustard Greens

**Examples of Prices:** Greens, \$.75 per lb; Sweet Potatoes, \$.75 per lb

**Comments:** Prices are not adjusted to cater to area shoppers. Because of FMNP and market subsidy selling at AFM is possible, however profits are small and do not make a noticeable difference in helping to make a living. Roughly 75% of sales are FMNP and EBT. Without subsidy would only make \$50-75 per week. Did not have suggested changes for the market, although he plans to return to the market next season if it is open.

## **Summary of Market Evaluation**

Overall, due to the subsidy the farmers find it financially beneficial to work at the Anacostia Farmer's Market. However, none would say that business is good. All agree that without the subsidy coming to the market would not be financially feasible. The market simply does not get enough traffic. They attribute this to the days of operation (Sat only) and to the location, which is not out in the open, but in a gated parking lot.

Shoppers surveyed at the market were pleased overall with the market and its produce. On the day that shoppers were interviewed some commented that the selection of produce was lacking. However it must be noted that this was in early November at the second to last week of the market. At this point of the year farmers are selling the produce that they have left, and not much is growing during this season.

Recommendations for the market can be found in the Recommendations section.

## **Responses to food Security** \_\_\_\_\_ *Government Programs*

Government programs are administrated by the State Agency a Special Nutrition and Commodities Distribution. DC Agenda found in 2000 that 16 percent of ward 8 residents are on public assistance. It is not clear what public assistance programs they included (ie welfare only, WIC, FMNP, and EBT). These are some, not all, of the government programs available to residents.

### **National School Lunch**

Studies have shown that malnutrition affects children's memory, behavior and school performance. The National School Lunch and School Breakfast ensure that all public school children have access to a balanced meal every school day. But in recent years District of Columbia Public Schools have come under fire for unsanitary food preparation conditions uncovered by a series of exposes by national broadcasting networks. They uncovered broken refrigerators and freezers, rodents and roaches in school kitchens and spoiled food. Additionally, public schools have been criticized for serving students unhealthy lunches which may be contributing to the childhood obesity epidemic. In both cases school officials have vowed to toughen the standards and fix the problems.

A break down of the number of Ward 8 youths eligible for free/reduced lunch is located in Appendix H.

*School Lunch Facts: From the Food Research and Action Center Child Nutrition Fact Sheet*

- Any child at a participating school may purchase a meal through the National School Lunch Program
- Household Income determines if a child is eligible to receive free or reduced price meals, or must pay most of the cost. to receive free lunch, household income must be at or below 130 percent of the federal poverty level; for reduced price lunch income must be between 130 percent and 185 percent of the poverty level.
- For the 2003-04 school year, 130 percent of the poverty level is \$19,838 for a family of three; 185 percent for a family of four.
- The USDA, through its Food and Nutrition Service (FNS), administers the National School Lunch Program at the federal level
- the National School Lunch Program provides per meal cash reimbursements to public and non-profit private schools and residential childcare institutions that provide free and reduced price lunches to eligible children
- For the 2003-04 school year, school are reimbursed by the federal government \$2.19 per free lunch served, \$1.79 per reduced price lunch, and \$.21 per "paid lunch. Free students must not be charged and amount, and reduced price students must not be charged more than \$.40 for lunch.

### **WIC**

The Special Supplemental Nutrition Program for Women, Infants, and Children - better known as the WIC Program - serves to safeguard the health of low-income women, infants, & children

up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care. The WIC target population are low-income, nutritionally at risk:

- Pregnant women (through pregnancy and up to 6 weeks after birth or after pregnancy ends).
- Breastfeeding women (up to infant's 1<sup>st</sup> birthday)
- Nonbreastfeeding postpartum women (up to 6 months after the birth of an infant or after pregnancy ends)
- Infants (up to 1<sup>st</sup> birthday). WIC serves 45 percent of all infants born in the United States.
- Children up to their 5<sup>th</sup> birthday.

A breakdown of the number of Ward 8 residents utilizing WIC is located in Appendix I.

### **WIC Farmers' Market Nutrition Program and SFMNP**

According to the USDA, FMNP is associated with the Special Supplemental Nutrition Program for WIC which provides supplemental foods, health care referrals and nutrition education at no cost to low-income pregnant, breastfeeding and non-breastfeeding post partum women, and to infants and children up to 5 years of age, who are found to be at nutritional risk.

FMNP was established by Congress in 1992, to provide fresh, unprepared, locally grown fruits and vegetables to WIC recipients, and to expand the awareness, use of and sales at farmers' markets.

Women, infants (over 4 months old) and children that have been certified to receive WIC program benefits or who are on a waiting list for WIC certification are eligible to participate in the FMNP. State agencies may serve some or all of these categories. Eligible WIC recipients are issued FMNP coupons in addition to their regular WIC food instruments. These coupons can be used to buy fresh, unprepared fruits, vegetables and herbs from farmers or farmers' markets that have been approved by the State agency to accept FMNP coupons. The Federal food benefit level for FMNP recipients may not be less than \$10 and no more than \$20 per year, per recipient. However, State agencies may supplement the benefit level with its matching funds. The farmers or farmers' markets then submit the coupons for reimbursement.

### **Senior FMNP**

SFMNP provides low-income seniors with coupons that can be exchanged for eligible foods at farmers' markets, roadside stands, and community supported agriculture programs. Low-income seniors, generally defined as individuals who are at least 60 years old and who have household incomes of not more than 185% of the federal poverty income guidelines (published each year by the Department of Health and Human Services), are the targeted recipients of SFMNP benefits. Some State agencies accept proof of participation or enrollment in another means-tested program, such as the Commodity Supplemental Food Program or the Food Stamp Program, for SFMNP eligibility.

## **Food Stamps**

The Food Stamp Program serves as the first line of defense against hunger. It enables low-income families to buy nutritious food with coupons and Electronic Benefits Transfer (EBT) cards. Food stamp recipients spend their benefits to buy eligible food in authorized retail food stores. In 2000, over 77,000 district residents benefited from food stamps.

Thirty-three high school students were questioned about their eating habits and their health conditions. The students surveyed live east of the river, but not exclusively in Ward 8. They ranged in age from 15-18 and attended either Anacostia High School or Ballou High School. The surveys were anonymous and non-intrusive. They asked question such as whether they had health insurance; did they have break this morning; do they by food from vending machines at lunch; have they consumed any fruits and vegetable today.

Here are the results:

**Do you have health insurance?**

- 93.9% said Yes
- .03% said he didn't know

**Have you seen a doctor within the last year?**

- 100% said yes

**On average how many meals do you have per day?**

- 36.3% have 2 meals
- 36.3% have 2 meals
- 12.1% have 4 or more meals
- .03% were not sure

**Did you have breakfast this morning?**

- 63.6% said no

**Have you eaten any fruits or vegetables today?**

- 69.6% said no

**Do you suffer from any of the following illnesses? (Hypertension, sleep apnea, asthma, cholesterol, type II diabetes)**

- 24.2% suffer from asthma

**On a typical day at lunch time, do you (respondents were allowed to check all that applied):**

- 33.3 % Buy Lunch
- Bring Lunch
- 42.4% Eat Free Reduced Lunch
- 45.4% Buy Snack from Vending Machine
- None

**Have you visited a DC farmer's market?**

- 63.6% said yes

There is a margin of error to be accounted for. A couple students surveyed were not from east of the river. However their answers were not very different from those given by students who reported living east of the river.

*Summary:*

From the students surveyed, health insurance was not an issue. Although numbers from other studies have suggested that there is a serious problem with DC kids not having health insurance. However, proper nutrition is a problem. Of the students surveyed 63.3 percent had NOT eaten breakfast and nearly 70 percent had not eaten any fruits or vegetables that day. Of the students who had eaten breakfast, their meals varied greatly between McDonalds, Kool-Aid, waffles and cereal. Most had higher fat options. None reported having fruit with their breakfast. Almost half of the students reported that they regularly buy snacks from the vending machines at lunch. Most buy snacks in addition to buying lunch from the schools, which often serve heavy, high-fat meals.

Students need proper nutrition! Consuming calorie-laden junk food and meals is often a symptom of food insecurity. Youth who live in households without access to grocery store with fresh produce must eat higher fat alternatives that often come into the house. Moreover, more students need to start eating breakfast. Roughly 60 percent of the respondents reported that they had not eaten breakfast. Statistics have shown that people who skip breakfast in the morning are more likely to become overweight. Breakfast skippers are prone to snack on high-fat foods during the day; and at subsequent meals they consume more than they would if they were not ravenously hungry. The district does participate in the national school breakfast program. Those students that are eligible for free or reduced lunch qualify under the same guidelines for free or reduced breakfast. Apparently there is a significant number of youth who are not taking advantage of this program.

## **The Road to food Security**\_\_\_\_\_ *Conclusion*

From the information shown it is obvious that food security is indeed a problem in ward 8. Youths are consuming too many high fat processed foods, while other residents struggle to feed their families. The lack of grocery stores selling produce has pushed many residents to consume the calorie-laden options that are available at the local carryouts and convenience stores. This food insecurity epidemic which is hardest felt in Ward 8 but evident throughout the city has contributed to the health related illnesses which plague the city disproportionately to the rest of the nation.

The food insecurity that exists in Ward 8 has created a situation where both obesity and hunger coexist. There are undoubtedly residents are experiencing hunger as evident in the necessity of emergency food services as well as in the significantly higher usage of public assistance services. However there are also residents who are suffering from the effects of over consumption of unhealthy foods as a result of the lack of fresh nutritious foods. Additionally, high crime, unemployment, lack of health care and poor schools also contributes.

The recommendations that are offered in the next section address the issue on the community level.

### *Farmer's Markets*

Farmer's Markets are a great way to bridge the gap between growers and the community and they provide fresher alternatives for produce than typical grocery stores which ship produce from hundreds, sometime thousands of miles away. However in Ward 8 the farmer's markets there are not thriving as other markets around the city. These are few suggested improvements that could be made to address that issue

- AFM could be moved to a more prominent location such as further in Anacostia near the big chair or perhaps nearer a high-traffic area such as the metro station. This would attract passersby who otherwise had not planned to come to the market, but stop by anyway out of curiosity. Farmer's surveyed all agreed that the location is a problem and is negatively affecting business
- Consider changing the market days. Both markets operate on Saturdays only from early morning until early afternoon. Changing the market day to a weekday which contributes to the "passerby element." People who come to the area for work only are not around on the weekends. This is a suggestion supported by some of the farmers at AFM.
- Increase advertising both within and outside of Ward 8. Many people simply don't know about the market. *Community Gardens and Farmer's Markets should consider a cross-marketing effort.* Brochures for Urban Oasis and info about Barry Farms should be available to shoppers at the farmer's markets. Likewise the roughly 1500 volunteers who come to Urban Oasis may be interested in supporting a farmer's market in the same neighborhood.

### *Community Gardens*

Community Gardens are another fresh alternative, but they are even lesser known within the Ward 8 community than Farmer's markets. Of residents surveyed in the area most could not name a single community garden in the area. They simply were not familiar with them

- Promote the start up of more community gardens. Recruit churches, youth groups, after school programs and possibly schools in the area to start their own gardens. A start could be through suggestions to volunteers to Urban Oasis.
- Explore possible partnerships with CAFB. Julie Adkisson of CAFB has talked about encouraging kids café sites to start community garden projects.

### *Mobilize Allies for Food Security*

- Urban Oasis volunteers are a good place to start. Inform them that UO is not just about a couple hours of enjoyable gardening; it is a piece of the Ward 8 Food Security Puzzle—a puzzle which is missing a lot of pieces.

- City Officials need to recognize the need for food security in this ward. In years since Safeway closed its doors, other stores have been courted to fill the void but now six years later it has not happened. At this point creative thinking needs to take place. *Explore possible alternatives.* What about independent grocery stores? Currently, CAFB is discussing this option but it is at the beginning stages and there is no business plan or city government involvement.

### *Youth*

Although the survey sample for this study was small, it clearly demonstrated that youth in the area need better nutrition. From the foods they are consuming, they simply are not getting the nutrients they need.

- Consider integrating agriculture with science at local public schools, by combining gardening projects with school curriculums. Students can learn first hand about sustainable agriculture and learn about nutrition through a proper balance of fruits and vegetables.
- The issue of skipped meals needs to be addressed. The public schools in the district offer free/reduced breakfast on the same basis as they offer free/reduced lunch, however the survey suggests that many students are not taking advantage of the program. Further study needs to be done on this topic. Is it due to concerns about food safety? Is it the kinds of food offered? Perhaps focus groups on the topic of food choice and eating habits could reveal some useful information on this topic.

## Appendices

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### Appendix A

#### City Governing Officials

##### **Congressional Representation:** Eleanor Holmes Norton D-DC

The only congressional representation that the district has is Congresswoman Eleanor Holmes Norton in the House of Representatives. She has full speaking rights on the house floor, however she cannot vote. In 2004 Cong. Norton supported a non-binding democratic presidential primary in early January. It became the first primary in the nation. This was done to bring national attention to the district's lack of senate representation and voting rights.

##### **Legislative:**

2136 Rayburn House Office Building  
Washington, D.C. 20515  
Phone: 202 225-8050  
Fax: 202 225-3002  
(hearing impaired): 202 225-1904

##### **District Offices:**

National Press Building  
529 14th Street, N.W., Suite 900  
Washington, D.C. 20045  
Phone: 202 783-5065  
Fax: 202 783-5211

2041 Martin Luther King Jr. Ave., S.E.,  
Suite 300  
Washington, D.C. 20020  
Phone: 202 678-8900  
Fax: 202 678-8844

#### City Council Representation

##### **Councilmember Sandra C. Allen**

Chair, Committee on Human Services  
Council of the District of Columbia  
1350 Pennsylvania Avenue, N. W., Suite 408  
Washington, D.C. 20004  
(202) 724-8045  
(202) 724-8055 (Fax)  
E-mail: [cmallen@dccouncil.us](mailto:cmallen@dccouncil.us)

##### *Constituent Office*

3720 Martin Luther King Jr. Avenue, S.E., Room 2  
Washington, D.C. 20032  
(202) 645-0310  
(202) 645-3803 (Fax)

*Appendix B*

Local Officials

**Advisory Neighborhood Commission 8A**

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**Mailing Address:**

2100 Martin Luther King Jr. Avenue, SE  
Washington, DC 20020  
Phone: (202) 889-6600  
Fax: (202) 889-6602

**Meeting Location:**

The Professional Building  
2041 Martin Luther King Jr. Avenue, SE

Meeting Date: 1st Tuesday , 7:15 pm

ANC	Name	Address	Phone
8A01	Anthony Muhammad	P.O. Box 73878 Washington, DC 20020	889-5168
8A02	Barbara Clark	1620 Ridge Place SE Washington, DC 20020	
8A03	Fred Bradley, Jr.	1222 U Street, SE #4 Washington, DC 20020	
8A04	Yavocka Young	1673 W Street, SE Washington, DC 20020	
8A05	Juanita Jefferson	1421 Morris Road, SE Washington, DC 20020	
8A06	W. Dianne Glover	2712 Douglas Place, SE Washington, DC 20020	
8A07	Lendia Johnson	1512 Howard Road SE Washington, DC 20020	442-8150

**Advisory Neighborhood Commission 8B**

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**Mailing Address:**

1809 Savannah St., SE  
Washington, DC 20020  
Phone: (202) 889-9745  
Fax: (202) 678-4737

**Meeting Location:**

MPD 7th District Police Station  
Community Center  
Alabama and McGee Streets, SE

Meeting Date: 3rd Tuesday, 7:00 pm

ANC	Name	Address	Phone
8B01	Leonard Watson	2437 Wagner Street, SE Washington, DC 20020	
8B02	Karl Fraser	2704 Knox Terrace, SE Washington, DC 20020	889-7572
8B03	vacant	Washington, DC	
8B04	Constance Thomas	3042 Stanton Rd., SE #302 Washington, DC 20020	
8B05	Gladys General	1913 Alabama Ave, SE Washington, DC	
8B06	Kenneth Baker	2201 Savannah St, SE #118 Washington, DC	
8B07	Jacque Patterson	3521 21St Street, SE Washington, DC 20020	

## Advisory Neighborhood Commission 8C

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**Mailing Address:**

3125 MLK Jr. Avenue, SE  
Washington, DC 20032  
Phone: (202) 562-1188  
Fax: (202) 562-6038

**Meeting Location:**

Please call for location

Meeting Date: 1st Wednesday, 7:00 pm

ANC	Name	Address	Phone
8C01	Dorthea Ferrell	1159 Stevens Rd SE Washington, DC	
8C02	Dion Jordan	2820 2Nd Street, SE Washington, DC 20032	
8C03	Mary Cuthbert	3325 Mlk Jr. Ave., SE Washington, DC 20032	
8C04	R. Calvin Lockridge	121 Raleigh Street, SE Washington, DC 20032	562-4974
8C05	vacant	Washington, DC	

8C06 vacant

Washington, DC

8C07	Barbara Kemp	3845 Halley Terrace, SE Washington, DC 20032	
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## Advisory Neighborhood Commission 8D

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**Mailing Address:**

4601 Martin Luther King Jr. Ave SW  
Washington, DC 20032  
Phone: NA

**Meeting Location:**

Hadley Hospital (4601 Martin Luther King Jr. Ave SW)

Meeting Date: 4th Thursday, 7:00 pm

ANC	Name	Address	Phone
8D01	Alice Johnson	630 Brandywine St SE Washington, DC 20032	
8D02	O. Johnson	632 Elmira Street, SE Washington, DC 20032	574-5657
8D03	Absalom Jordan	4335 4th Street, SE #2 Washington, DC 20032	
8D04	Soisette Lumpkin	86 Galveston Place, SW Apt. A Washington, DC 20032	561-6529
8D05	Robin Ijames	4660 M.L. King Avenue, SW Apt B607 Washington, DC 20032	
8D06	Maria Powell	77 Elmira St SW Washington, DC 20032	
8D07	Theresa Jones	4020 1st Pl., SW Washington, DC 20032	

## Advisory Neighborhood Commission 8E

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**Mailing Address:**

P.O. Box 7080, Congress Heights Station  
Washington, DC 20032  
Phone: (202) 562-7951

**Meeting Location:**

701 Mississippi Ave. SE.

Meeting Date: 3rd Tuesday, 7:00 p.m.

ANC	Name	Address	Phone
8E01	vacant	Washington, DC	
8E02	Sandra Seegars	1107 Savannah St SE Washington, DC 20032	561-6616
8E03	Christopher Hawthorne	1922 Valley Terrace, SE Washington, DC 20032	
8E04	Melvin Sims	915 Savannah Street, SE Washington, DC 20032	
8E05	Leon Swain, Jr.	1202 Savannah Street, SE Washington, DC	
8E06	C. Johnson	718 Mississippi Avenue, SE Washington, DC 20032	
8E07	Sandra Williams	847 Barnaby Street, SE Washington, DC 20032	

*Appendix C*

Public Assistance Services

**Department of Human Services**

www.dhs.dc.gov

Phone: 202.279.6002

202.279.6014

801 East Building

2700 Martin Luther King Avenue, SE

Washington, DC 20032

Sets policy and provides social services for rehabilitation and self-sufficiency for DC residents including childhood development, youth services, public assistance, disability, and rehabilitation programs

### **WIC Offices**

Department of Health

WIC state Agency

2100 Martin Luther King Ave, SE Suite 409

Washington, DC 20020

202.645.5662

*To Apply for WIC*

Sattelite office:

Anacostia Service Center

2041 MLK Ave, SE

1.800.345.1WIC

## *Appendix D*

DCPS Ward 8

**District of Columbia Public Schools**

Ward 8

<b>School Type</b>	<b>School Name</b>	<b>Grade Levels</b>	<b>Phone Number</b>	<b>School Address</b>	<b>Zip Code</b>
ES	Birney	PK-6	698-1133	2501 M.L. King Ave., S.E.	20020
ES	Draper	PK-6	645-3309	908 Wahler Pl., S.E.	20032
ES	Ferebee-Hope	PK-6	645-3100	3999 8th St., S.E.	20032
ES	Garfield	PK-6	698-1600	2435 Alabama Ave., S.E.	20020
ES	Green	PK-6	645-3470	1500 Mississippi Ave., S.E.	20032
ES	Hendley	PK-6	645-3450	425 Chesapeak St., S.E.	20032
ES	King	PK-5	645-3440	3200 6th St., S.E.	20032
ES	Leckie	PK-6	645-3330	4200 M.L. King Ave., S.W.	20032
ES	Malcolm X	PK-6	645-3409	1351 Alabama Ave., S.E.	20020
ES	McGogney	PK-6	645-3320	3400 Wheeler Rd., S.E.	20032
ES	Moten	4-6	698-1144	1565 Morris Rd., S.E.	20020
ES	Patterson	PK-6	645-6297	4600 Livingston Rd., S.E.	20032
ES	Savoy	PK-6	698-1515	2400 Shannon Pl., S.E.	20020
ES	Simon	PK-6	645-3360	401 Mississippi Ave., S.E.	20032
ES	Stanton	PK-6	645-3255	2701 Naylor Rd., S.E.	20020
ES	Terrell, M.C.	PK-6	645-3740	3301 Wheeler Rd., S.E.	20032
ES	Turner	PK-6	698-1155	3264 Stanton Rd., S.E.	20020
ES	Wilkinson	PK-3	698-1111	2330 Pomeroy Rd., S.E.	20020
JHS	Johnson	7-9	698-1017	1400 Bruce Pl., S.E.	20020
MS	Hart	6-8	645-3420	601 Mississippi Ave., S.E.	20032
SHS	Ballou	9-12	645-3400	3401 4th St., S.E.	20032
SHS	Ballou STAY		645-3390	3401 4th St., S.E.	20032
Altern Ed	Choice Academy @ Douglass	SHS	698-1537	2600 Douglass Pl., S.E.	20020
Spec Ed	Moten Center @ Moten ES		698-1212	1565 Morris Rd., S.E.	20020

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*Appendix E*

Hospitals and Clinics

**Ward 8 Hospitals**

Greater Southeast Community Hospital  
1310 Southern Ave., SE, Washington, DC 20032

**Free Clinics (Wards 7 & 8)**

East of the River Clinic  
5929 East Capitol Street, SE  
202.582.7700  
Services: Serves Adults and Children in metro DC area  
Operates on a Sliding Fee Scale—Free for those who cannot pay

Congress Heights Health Center  
3855 8<sup>th</sup> Street, SE  
202.645.4151  
Hours: 8:15 am – 4:45 pm  
Free Services

Hunt Place Clinic  
4130 Hunt Place, NE  
202.727.0542  
Monday – Thursday 8:15 am – 4:45 pm

Good Hope Road Clinic  
1638 Good Hope Road, SE  
202.610.3880  
Mon, Tues, Thur, Fri 8:30 am – 4:00 pm  
Wed 8:30 am – 12:00 pm

## *Appendix F*

### Farmers Markets in Ward 8

**Anacostia Farmers Market**  
Allen Chapel AME  
2498 Alabama Ave, SE  
Saturdays 9 am – 1 pm  
June through early Nov  
(S)FMNP/EBT accepted

**Ward 8 Farmers Market**

MLK Ave, SE & Alabama Ave, SE

Saturdays 9AM-2M

May-November

(S)FMNP/ EBT accepted

*Appendix G*

Food Pantries and Soup Kitchens in Ward 8

**Directory of Emergency Food Services in Ward 8**

(Some services listed may be located in Ward 7, but are in close proximity and provide service to Ward 8 residents)

**Anacostia Community Outreach Center**

2443 Ainger Place, SE 20020

(202) 889-4193

- Food Pantry
- Clothing Distribution

**Hours:** M-F 9-11:30 AM 1:30-3:30 PM

**Note:** Mainly for residents of wards 6,7,8, however ACOC will help anyone in need. Walk-ins are permitted, but clients are strongly urged to call first.

**\*The Ambassador Baptist Church**

1412 Minnesota Ave, SE 20020

(202) 678-8669

- Food Pantry
- Fresh Vegetable Distribution (Sat Mornings)
- TEFAP commodities

**Hours:** Pantry available 24 hours,

**Note:** By referral only

**\*Chapel of Saint Philip Food Pantry**

2001 14<sup>th</sup> street, SE 20020

(202) 678-4300

- Food Pantry

**Hours:** Pick up Mon 11- 3 PM

**Note:** By referral only

**Shaw Methodist Church Food Pantry**

2525 12<sup>th</sup> PL, SE 20020

(202) 889-3660

- Food Pantry

**Hours:** Tues 10-12 PM, Wed 12-1:30 PM (When the mission members are available)

**Note:** Referrals are not necessary, but must call first.

**\*\*Assumption Church Outreach**

3401 Martin Luther King Ave, SE 20032

(202) 561-4178

- Food Pantry
- Special distribution for thanksgiving and Christmas holidays

**Hours:** M,W, F, 9 – 12:30 PM

**\*\*Bethlehem Baptist Church Outreach Center**

2458 Martin Luther King Ave, SE 20020

- Food Pantry

**Bread for the City**

4275 4<sup>th</sup> Street, SE 20032

(202) 561-8587

- Food Pantry

**Hours:** M-F 9-12 PM and 1-4 PM

**Note:** No referral necessary. Must bring proofs of residency, income and dependents under 18 (cannot bring birth certificates; must bring documents such as lease that establish that child is in household). Must live in SE/SW DC

**Paramount Baptist Church**

3924 4<sup>th</sup> street, SE 20032

(202) 562-6339

- Food Pantry

**Hours:** Wed and Thurs 7-8pm

**Note:** By referral only.

**\*Missionaries of Charity: Queen of Peace**

3310 Wheeler Road, SE 20032

(202) 562-6890

- Soup Kitchen
- Emergency food packages

**Hours:** Everyday except Thurs 9-11:30AM

**Note:** Closed Thursdays. Soup kitchen closes promptly at 11:30 AM

**Ralph Waldo “Petey” Greene Community Service Center**

2907 Martin Luther King, Ave, SE 20032

(202) 562-3800

- Food Pantry

**Hours:** M-F 9-5 PM

**Note:** For residents of the Congress Heights/Washington Highlands neighborhoods only. Call prior to visit. Proof of residency required.

*\*More information on this organization in the section on emergency food services*

*\*\*Unable to verify availability services. Call first*

*Appendix H*

**Ward 8 Free/Reduced Lunch Eligibility**

<b>School</b>	<b>Free Eligibility 11/02</b>	<b>Reduced Eligibility 11/02</b>	<b># of Students</b>	<b>% Free/Reduced SY 02-03</b>
Ballou HS	630	47	964	70%
Draper ES	249	8	312	82%
Ferebee-Hope ES	279	14	314	93%

Garfield ES	332	11	520	66%
Green ES	326	40	411	89%
Hart MS	344	20	578	63%
Hendley ES	361	14	405	93%
Johnson JHS	487	32	646	80%
King ES	299	25	464	70%
Leckie ES	203	54	377	68%
Malcolm X ES	396	4	562	71%
Mcgogney ES	367	32	434	92%
Moten ES	289	6	348	85%
Moten Center ES	78	3	87	93%
Patterson ES	245	12	324	79%
Savoy ES	252	12	385	69%
Simon ES	309	35	406	85%
Stanton ES	443	13	621	73%
Terrell ES	193	18	247	85%
Turner ES	454	20	513	92%
Wilkinson ES	384	15	508	79%

*Prepared by DCPS Division of Food and Nutrition Services*

### *Appendix I*

#### WIC Participation in Ward 8\*

#### **2003 WIC Participation By Women, Infants, and Children**

WIC Local Clinic	Women	Infants	Children	Total
Congress Heights Clinic	118	155	203	476

Hadley Memorial Hospital	163	276	393	831
Good Hope Road Clinic	142	185	258	585
BAFB	52	50	113	215

Total Participation in Ward 8: 2,107

Total Participation in DC: 15,444

% of total: 13.6

\* Participation levels are based on clinic locations and not participant's address

Source: DCDH Nutrition Programs Adm, WIC State Agency, Automated WIC Data Processing System, Agency Participation Report, as of 2003