

Verified Resources

Below are verified resources available in the DC, Maryland, and Virginia area to help bridge the gap until things stabilize.. Courtesy of Veterans Growing America.

1. Food Assistance

Capital Area Food Bank & Partner Sites

Serving DC, Maryland, and Northern Virginia federal workers with free groceries during furlough.

 [Capital Area Food Bank Distribution Info](#)

 Locations: Hyattsville MD, North Bethesda MD, Alexandria VA, and others.

2. Unemployment & Furlough Support

If you're furloughed (not working and not being paid), apply for Unemployment Compensation for Federal Employees (UCFE) through your state:

- DC: does.dc.gov/resources-impacted-federal-workers |  (202) 724-7000
- Maryland: response.maryland.gov/federalpublicservants/shutdown
- Virginia: vec.virginia.gov/resources-virginias-former-federal-employees-and-other-workers-impacted-federal-government

3. Financial Relief (Maryland Residents)

For "excepted" employees working without pay:

- MD Federal Shutdown Loan Program - No-interest loan (up to \$700).
- labor.maryland.gov/federalworkers/shutdownloan
- Tax Payment Deferrals - Contact the Maryland Comptroller.
- marylandcomptroller.gov/individuals/shutdown.html

4. National Assistance for Federal Employees

- FEEA (Federal Employee Education & Assistance Fund) - Emergency hardship loans & grants.
- feea.org/shutdown
- Partnership for Public Service - National list of shutdown resources.
- ourpublicservice.org/shutdown/resources-for-federal-employees

5. Local Relief & Utility Assistance

- Montgomery County, MD: montgomerycountymd.gov/OPI/fed-worker-resources-shutdown.html
- Utilities (BGE, Pepco, Dominion Energy, etc.) - Contact your provider to request "shutdown/furlough support" for payment deferral and fee waivers.
- Credit Unions & Banks - Many are offering low-interest relief loans; check with your local branch.

