

The Jewel Network Presents our List of DC local Helpful Services

Free Furniture, Televisions, Kitchen Accessories, Beds (Sniffed by Dogs that inspect for bedbugs) etc.,

Contact:

A Wider Circle

9159 Brookville Road Silver Spring, MD 20910

Free Housing

1. Become a Missionary: Not only will you be supporting a good cause but you get free meals, and free housing.

2. If you have immediate housing needs, are experiencing or at risk of experiencing homelessness, please find resources and information here: dhs.dc.gov/service/homeless-services. You can also contact the Department of Human Services (DHS) shelter hotline at (202) 399-7093.

Incarcerated Loved Ones Help For Their Children Contact:

Prison Fellowship

For all general inquiries call 1-800-206-9764 or email info@pfm.org.

For Angel Tree inquiries call 1-800-55-ANGEL (2-6435).

Where to get free food in DC:

So Others Might Eat

71 O St NW

Capital Area Food Bank

4900 Puerto Rico Ave NE

Bread For The City - Food Distribution

1525 7th St NW

Food For All DC

1810 16th St NW

Holy Foods Market-Food Pantry

920 11th St NE

Woodley Hse Food Pantry

2711 Connecticut Ave NW

North Capitol Collaborative Food Pantry

3230 Pennsylvania Ave. SE

Crowder Owens Food Bank

600 W St NE

Shrine of Sacred Heart -Dinner Program

3211 Sacred Heart Way

Sixth Church Food Closet - Food Distribution
5413 16th St NW

Bread For The City
1700 Good Hope Road SE

Bread for the City
1525 7th St NW

Bread for the City SE - Food Distribution Center
1640 Good Hope Rd SE

Salvation Army - Food Distribution Center
1434 Harvard St NW

International Hse Of Prayer - Food Pantry
1915 Rhode Island Ave NE

St. Stephen and the Incarnation Episcopal Church - Loaves and Fishes Food
Distribution
1525 Newton St NW

St Anthony's Bread-St. Vincent De Paul
1029 Monroe St NE

First Rising Zion Baptist Church-Helping
602 N St NW

Martha's Table Market at the Maycroft
1474 Columbia Rd NW

St Vincent de Paul - Food Pantry
14 M St SE

Food & Friends
219 Riggs Rd NE

Pope Francis Outreach Ctr - Food Pantry
3401 Martin Luther King Jr Ave SE

Cac Wosem Food Pantry
2130 24th Pl NE

4th St Friendship Seventh-day Adventist
1611 4th St NW

Father McKenna Center
19 I St NW

Capital Area Food Bank-Community
100 L St NW

Salvation Army - Food Distribution Center
1434 Harvard St NW

DC Central Kitchen
425 2nd St NW

International House Of Prayer - Food Pantry
1915 Rhode Island Ave NE

Galbraith Church Outreach - Food Distribution
1114 6th St NW

Brighter Day Ministries - Food Distribution
3209 5th St SE

Emmaus Services For The Aging - Food
1426 9th St NW

Food To You Mobile Food Pantry
1400 Independence Ave SW

Feed the Family
4225 Connecticut Ave NW

W.L. Bonner Love is Action Food Pantry
500 56th St NE

Miriam's Kitchen
2401 Virginia Ave NW

Jobs With Justice - Food Distribution Center
1325 Massachusetts Ave NW

Downtown Family Center - Food Distribution
924 G St NW

Coalition On Human Needs - Food Distribution
1120 Connecticut Ave NW

thrivedc
1525 Newton St NW

Congressional Hunger Center - Food Distribution
400-444 North Capitol St NW

Voices For America's Children - Food Distribution
1522 K St NW

The Alliance To End Hunger - Food Distribution
425 3rd St SW

Share Our Strength - Food Distribution
1730 M St NW

Edgewood Baptist Church-Bread Of Life
3408 C St SE

N Street Village - Food Distribution Center
1301 14th St NW

America The Beautiful Fund - Food Distribution Center
725 15th St NW

National Youth Employment Coalition - Food Distribution
1836 Jefferson Pl NW

Farmworker Health Services - Food Distribution
1221 Massachusetts Ave NW

Thrive DC
1525 Newton St NW

Coalition On Human Needs - Food Distribution
1120 Connecticut Ave NW

Voices For America's Children - Food Distribution
1522 K St NW

Economic Policy Institute - Food Distribution Center
1333 H St NW

Bread For The City - Food Distribution
1525 7th St NW

Bread for the City SE - Food Distribution Center
1640 Good Hope Rd SE

North Capitol Collaborative Food Pantry
3230 Pennsylvania Ave. SE

Allen Chapel Food Pantry
2439 Ainger Pl SE

Food For All DC
1810 16th St NW

OLPH LOC Food Pantry - Food Distribution
1600 Morris Rd SE

Salvation Army - Sherman Avenue Corp
3335 Sherman Ave NW

Holy Foods Market-Food Pantry
920 11th St NE

Ways to make extra money:

1. Go to a Grocery store and ask the customers may you help them to load their groceries into their car for a small convenience fee.
2. As a local store can you sweep the area keeping their business Front clean for a small fee.
- 3.

Other Help

Free Baby Diapers
DC Diaper Bank
8860 Monard Drive, Silver Spring MD

Center To Prevent Handgun Violence
1225 I St NW

The Michelle Obama Southeast Center
1700 Good Hope Road

Capital Area Food Bank Washington, DCA number of food assistance programs, groceries, and other aid is provided. Among them include Fresh Produce and hot meals. The site also operates a Mobile Pantry. Staff can assist residents with applying for EFAP, CACFP, Nutrition Education, Food Stamps, and Senior Brown Bag Programs. The non-profit works with local churches and charities in the region and provides those centers with food items. Call 202.526.5344

Community Harvest 2437 15th Street NW Washington DC, 20009 Phone number - 202-667-8875 This location serves free hot meals in the District of Columbia and operates a free pantry. Staff can refer the homeless to shelters or charities for other assistance.

Slow Food Address - 2713 11th Street, NW #1 Washington DC, 20001

From the Ground Up 645 Taylor St NE Washington DC, 20017 Main phone number - 202-526-5344

Washington DC Capital Area Food Bank 645 Taylor Street NE Washington DC, 20017 202-526-5344 Focuses on the greater Washington DC area. A variety of food assistance programs are administered. They partner with local churches, non-profits, food banks, and pantries to help provide food to the most needy as possible.

SOME (So Others Might Eat) 71 O Street Washington DC 20001 Meals, food, produce, groceries, and other food stuffs and commodities are distributed from this location.

DPHW (Dinner Program for Homeless Women) 309 E Street Washington DC, 20001 Phone number - 202-737-9311 The homeless can turn to this center for food and meals. They may even be able to refer homeless men or women to local shelters.

Washington City Church of the Brethren Nutrition Program 337 North Carolina Avenue SE Washington DC, 20003 202-546-8706 They provide food and/or a hot meal to anyone in need. Call them for more information on services provided.

First Helping 1328 - 16th Street Washington DC, 20036 202.387.2015 Another non-profit organization that is focused on providing food and other forms of assistance to the low income. Families and individuals can get help, and access information and other forms of support.

Garden Resources of Washington 1419 V Street NW Washington DC, 20009 202-234-0591

St. Stephen & the Incarnation Episcopal Church 1525 Newton Street NW Washington DC, 20010 202-232-0900 This is not a food pantry. However St. Stephen's and Thrive DC serve hot meals seven days a week to people in need. Monday through Friday, breakfast is served to all at 9:30am, and dinner is served to women and children at 5pm. Weekends lunch is served at Noon.

FRESHFARM Markets of Washington DC PO Box 15691 Washington DC, 20003 Phone - 202.362.8889

The United Church 1920 G Street Washington DC, 20006 Telephone - 202-331-1495 Call the church. Your local church or religious organization can often times provide food, groceries, meals, and other forms of support. Some may even have a limited amount of money for rent and/or utilities.

Survival Information

Step 1: You need an address...

In today's society, an address is really not hard to come by. People are creatures of habit, therefore people meet people. One thing you can do is meet someone, befriend them, not to live with them but to temporarily use their address so you can have important mail sent to you or for job related reasons. If that is too much for you to deal with, invest in a P.O. Box from the post office, or the UPS store now does personal mailboxes for as little as \$66.00 for 3 months at a time. Last option you may have, is finding a job that will let you use their address temporarily until you can afford alternate venues.

Step 2: Walmart is your friend...

Once you have an address established, I recommend getting a pre-paid credit card from Walmart. It's a Blue or Gold Walmart money card. Although it is not necessary to have an address right off the bat with a Walmart card, you can buy one for \$3.00/\$6.00 and it comes equipped with checking account information. This obviously is your bank account.

Step 3: Hygiene is a must..

As soon as you build up enough of a nest egg, get a membership to any gym.. Fitness centers all have showers which are free to use with membership. Memberships can be bought for great deals if you wait and listen for them.. just keep in mind, they all have an annual fee they will charge soon after membership is acquired.

Step 4: Transportation is always helpful..

If you dont have a car, squat somewhere where public transportation has easy access to all these places before mentioned. If you have a car, your in better shape then you think.. you can park your car in overnight public places, i.e. casinos, fitness center parking lots, Walmart lots or any other place open 24/7.

Step 5: Get a job..

If your a people person, find a job waiting tables at 1 or 2 restaurants.. if your body can keep up with it, 2 jobs waiting tables will get you out of a financial crunch quickly.. Find a good breakfast stop for your morning job, i.e. Waffle a house, Denny's, I.H.O.P. , Bob Evans... for the night time look at places like BWW, Applebees or any other restaurant that has a busy evening shift clientele..

Easy Hustles:

1. Offer to sweep a business grounds for extra change.
2. Offer to wipe a car down at a gas station car wash, you can also buy a bottle of tire shine to clean their rims for a few dollars.
3. Offer to help a person load their groceries in their car for a few dollars.
4. Offer to shovel snow or clean a persons leaves for a few dollars.
5. Sell water bottles you can make \$15.00 off of a 12 pack that costs only \$2.50.
6. Go to a job center and sign up for help.