

# Gunston Food Distribution

For the AFAC (Arlington Food Assistance Center)

NOVA volunteers distribute bags of nonperishable food, cereal, and perishable items such as eggs, milk, and meat that are picked up at AFAC warehouse on the night of distribution. Twice a month Eric Carroll buys fresh produce at the wholesale markets in DC, funded by the NOVA peace and social justice budget. They are added to the clients AFAC food those weeks.



The distribution takes place at the Gunston Middle School Recreation Center in Arlington. NOVA volunteers have been active in this project for many years. Having at least 3 volunteers is the best.

If you would like to participate, it is always possible to work with a “seasoned” volunteer. If you speak Spanish that is very valuable as many clients speak Spanish.

NOVA members bring cereal each Sunday to the liturgy to be given at the Thursday distribution. This ensures that each family gets cereal each week.

Children are happy to pick their cereal.

NOVA sometimes provides oil, flour, sugar, white bread, or pies at special times like Thanksgiving. Sometimes a food drive is held. AFAC information at: [www.afac.org](http://www.afac.org)

Volunteers now use a computer to check clients in to receive the food. Several have been trained to do this work on the NOVA distribution teams. AFAC will train new people anytime we have someone who would like the training.



AFAC is housed on S Nelson St. in Arlington not too far from the Gunston Rec Center. There is an AFAC van which can be used to transport the food. New volunteers are asked to fill out a volunteer information sheet and new volunteers are welcomed to help on a team.

If you are interested in volunteering, contact Dianne Carroll....

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