



Health and Nutrition Organizations

We Recommend...

Brainfood

Brainfood is a non-profit youth development organization in Washington, DC. Using food as a tool, Brainfood builds life skills and promotes healthy living in a fun and safe environment. Volunteers can help in the kitchen, garden, and at special events.

Contact: Amanda Kirsch (202) 615-1195 / amanda@brain-food.org / www.brain-food.org
Columbia Heights 1525 Newton St. NW / Chinatown 755 8th St. NW / Mt. Vernon Sq. 900 Mass. Ave NW

Kids Enjoy Exercise Now (KEEN)

KEEN provides one-to-one recreational opportunities for children and young adults with developmental and physical disabilities **at no cost** to their families and caregivers. KEEN's mission is to foster the self-esteem, confidence, skills and talents of its athletes through non-competitive activities, allowing young people facing even the most significant challenges to meet their individual goals. Volunteer opportunities take place at St. Coletta School (SE) on Saturdays from 12-3pm, accessible via the Stadium-Armory Metro.

Contact: Beth Wenger / (301) 770-3200 / volunteer@keengreaterdc.org / www.keengreaterdc.org

Nutrition and Food

Arcadia Center for Sustainable Food & Agriculture

Arcadia Center for Sustainable Food & Agriculture is dedicated to creating a more equitable and sustainable food system and culture in the Washington, DC area and a collaborative space for the many local efforts and initiatives around better food. The organization's mission is to improve the health of our community, the viability of local farmers, and preserve the environment for future generations by combining education about healthy food and its sources with better logistical connections between local farmers and the urban and suburban core of the region.

Contact: info@arcadiafood.org / 571-384-8845 / www.arcadiafood.org
9000 Richmond Hwy., Alexandria, VA 22309

Bread for the City

Bread for the City offers programs for low-income residents of Washington DC which include food and clothing distribution, primary medical care, legal advice and representation, and comprehensive social services. Specifically, the Medical Clinic offers free primary health care to patients who are uninsured, members of the DC Healthcare Alliance or recipients of Medicaid.

Contact: volunteer@breadforthecity.org / www.breadforthecity.org
(202) 265-2400 / 1525 7th St. NW, Washington DC 20001
(202) 561-8587 / 1640 Good Hope Rd, SE, Washington, DC 20020

Common Good City Farm

Common Good City Farm is an urban farm and education center growing food with and for low-income residents in Washington, DC and providing educational opportunities for all people that help increase food security, improve health,

and contribute to environmental sustainability. Farm Volunteers are asked to do anything from planting seeds and weeding to painting or building. There are also opportunities to assist with office work.

Contact: (202) 559-7513 / info@commongoodcityfarm.org / www.commongoodcityfarm.org
On V St NW, between 2nd & 4th St., NW Washington, DC 20001

Community Foodworks

Community Foodworks is dedicated to creating market opportunities for local farmers and food producers in the mid-Atlantic region while increasing access to good, healthy, local food. Community Foodworks operates farmers markets across Wards 1, 2, 4, 5, & 7, and also runs educational programs.

Contact: Dalila Boclin, Food Access Director / dboclin@cfwdc.org / volunteer@cfwdc.org
Office location: 810 7th Street NE, Washington, DC 20002

EcoCity Farms

Established in 2010, ECO City Farms is an educational, non-profit organization located in Prince George's County, Maryland designed to serve as a prototype for sustainable local urban farming. We envision a just, vigorous and sustainable food system in the Chesapeake foodshed with ample fertile soil, quality environments and sustainable incomes for farmers, and access to nutritious high quality food for all. ECO City Farms seeks to enhance food security, safety and access, to improve nutrition and health, to preserve cultural and ecological diversity, and to accelerate the transition to an economy based on preservation, recycling and restoration. We amplify community voice and engagement to reinvigorate the Chesapeake foodshed with sustainable ways of making food and money.

Contact: Kayla Agonoy / kayla@ecocityfarms.org / www.ecoffshoots.org/get-involved/volunteering/
Office: 6010 Taylor Road, Riverdale, Md., 20737

So Others Might Eat (SOME)

SOME moves the men, women and families we serve from crisis to stability, despair to hope, and dependence to self-sufficiency. Our model has three levels of care and support: Emergency, rebuilding, and stability. Volunteer opportunities include administrative work, professional services, elderly services, tutoring, food services, landscaping, and special occasion planning.

Contact: (202) 797-8806x2109 / www.some.org / volunteer@some.org
Dining Rooms: 71 O St, NW
Family Services Volunteer Coordinator: Rachel Green / rgreen@some.org

Fitness

Back on My Feet

Back on My Feet is a national non-profit organization that combats homelessness through the power of running, community support and essential employment and housing resources. The organization provides a community that embraces equality, respect, discipline, teamwork and leadership. At Back on My Feet, all members – regardless of race, education or socioeconomic status – join together to move their own lives forward as well as the lives of their teammates.

Contact: (202) 258-0832 / dc.backonmyfeet.org
122 C St., NW Suite 240 Washington, DC 20001

DC Scores

DC SCORES bridges the academic and athletic development of youth by providing them with creative writing and soccer activities each day after-school and for five weeks during the summer. Beginning with only 5 schools in 1994, DC SCORES has quickly expanded to 21 participating schools within the District. Operating in Wards 1, 4, 5, 7 and 8, DC SCORES has worked with more than 3000 8-12 year olds and over 300 coaches and writing instructors in the D. C. Public Schools.

Contact: Chloe Doto (202) 393-6999x310 / cdoto@americascorers.org / www.americascorers.org/affiliates/dc
1224 M Street NW, Suite 200, Washington, DC, 20005

Education for Sharing

Education for Sharing is a civic education program that forms better citizens from childhood through four programs: Sports for Sharing, Initiatives for Sharing, Science for Sharing, and Art for Sharing. By encouraging children ages 6 to 12 to

participate in their community, and to become change agents at a local level, we believe that they can transform their world: local action triggers global effects. This projects their role as holders of rights and obligations to develop relations of mutual respect and tackle shared problems to promote social understanding. Their comprehensive methodology incorporates teachers, families and professional athletes in the experience. Thus, children are able to improve the living conditions of their communities in different contexts, becoming vehicles of a profound social transformation.

Contact: (240) 516-6983 / info@educationforsharing.org / en.educacionparacompartir.org
641 S Street NW, Floor 3, Washington, DC, 20001

Teens Run DC

Teens Run DC empowers at-risk youth to envision and work towards the achievement of personal goals through an adult mentoring and distance running program. Students learn greater responsibility, discipline, perseverance, and goal-setting skills as they train for progressively longer distance races. They become healthier and feel better about themselves. Volunteers include running leaders and individual mentors who serve as positive role models.

Contact: Steve Hocker / (202) 818-8600x3 / steve@teensrundc.org / www.teensrundc.org
2607 Bowen Road SE, Washington, DC 20020

Clinics, Hospitals, and Treatment Centers

Children's National Medical Center

Plan activities and play games with children and teenagers who are hospitalized in the in-patient units or awaiting surgery in the Emergency Room. CHAMP (Children's HIV and AIDS Model Program) is one of the largest providers of support and services for children infected with HIV.

Contact: (202) 476-5000 / www.childrensnational.org
111 Michigan Ave, NW Washington, DC 20010

Clínica del Pueblo

La Clínica offer is a nonprofit agency offering a variety of health services in the Latino community including primary care, mental health, interpreter service, social services as well as health education and outreach. Volunteer opportunities include providing general support for medical and patient services, fundraising and supporting events.

Contact: Alicia Santana / 202-464-0159 / asantana@lcdp.org
2831 15th St. NW, Washington, DC 20009 (Columbia Hts Metro or H buses are nearby)

Columbia Road Health Services

Offers medical, dental, mental health and social services regardless of ability to pay. Also advocates for patients on a personal and community basis, instilling hope through encouragement and guidance for positive change.

Contact: (202) 469-4699 / www.crhs.org
1660 Columbia Road, NW, Washington, DC 20009

Family Health & Birth Center-Community of Hope

The Family Health and Birth Center (FHBC) is a full scope birth center providing prenatal, birth, postnatal, gynecological and primary health care to women and their families in NE Washington D.C. Volunteers assist with child care, translation services, administrative health clinic tasks and gardening.

Contact: (202) 407-7747 / www.communityofhopedc.org/volunteer@cohdc.org
4 Atlantic St., SW, Washington, DC 20032

Mary's Center

Mary's Center is a federally qualified community health center that has provided services to thousands of people in the past 29 years of operation. Their services include medical/dental, mental health and education. Volunteer needs range from educating our participants about our patient portal, administrative duties within different departments, event planning in development and whatever else is needed at the time of volunteer placement.

Contact: Magali Ceballos/Development Coordinator mceballos@maryscenter.org /202-420-7014
<http://www.maryscenter.org/> 2333 Ontario Rd, NW Washington, DC 20009

MedStar Health

It works with chronically ill and hospitalized pediatric patients. The organization offers grade students an opportunity to pursue academics. The site needs someone who loves children and the service consists of tutoring

Contact: (202) 444-5545 / VolunteerServices@gunet.georgetown.edu
3800 Reservoir Road, NW, Washington, DC 20007
<http://www.medstargeorgetown.org/ways-to-give/volunteer/#q={ }>

Mautner Project of Whitman-Walker Health

Mautner Project improves the health of lesbians, bisexual and transgender women who partner with women (WPW) and their families by providing direct services, offering support to individuals with cancer and other life-threatening illnesses, as well as health & wellness groups, including: smoking cessation, nutrition, etc.; Educating lesbian, bisexual and transgender individuals about important health issues; Educating health-care providers about the needs and concerns of their lesbian, bisexual and transgender clients; Working in coalition with other health organizations on lesbian, bisexual and transgender health; Conducting primary research about lesbian, bisexual and transgender individuals health; Promoting lesbian, bisexual and transgender health advocacy and activism at the national, state and local levels; Advocating for public & private sector research on lesbian health

Contact: (202) 745-7000 / www.whitman-walker.org/mautnerproject
1701 14th St. NW, Washington, DC 20036

Neighbors' Consejo

Established in 1994, Neighbors' Consejo is the only Latino, bilingual, and multicultural agency specializing in the prevention of homelessness in the Washington, D.C. metropolitan area. Neighbors' Consejo is committed to helping homeless men and women who suffer from addiction, alcoholism and mental health problems. Volunteers are needed for outreach, mental health, substance abuse, administrative assistance, finance, and events.

Contact: Sonia Rubio / srubio@neighborsconsejo.org / www.neighborsconsejo.org
6323 Georgia Ave. NW, Suite 206, Washington, DC 20011

Planned Parenthood

Planned Parenthood of Metropolitan Washington's (PPMW) mission is to provide high quality, affordable reproductive health care; promote education programs that empower all individuals to make informed and responsible reproductive choices and to protect the right to make those choices. PPMW is also starting a new Health Center Advocacy Program (HCAP) that provides PPMW patients an opportunity to share their stories and advocate for reproductive justice! Storytelling is one of the most powerful advocacy tools, and many other Planned Parenthood Affiliates across the country have implemented this program. We are recruiting volunteers interested in participating in the pilot of this advocacy project. As an HCAP volunteer, you will first attend trainings on advocacy in the health center and talk with our patients in the waiting room who would like to share their healthcare stories. We are looking for volunteers who are willing to come into the health center on a periodic basis.

Contact: Lauren Valentine, Volunteer and Engagement Coordinator / lauren.valentine@ppmw.org
www.ppmw.org / (202) 347-8500 x7251
1108 16th Street, NW, Washington DC, 20036

Ronald McDonald House

Ronald McDonald House Charities of Greater Washington DC works to create and support programs that directly improve the health and well-being of children. Each Ronald McDonald House offers a home-away-from home for seriously ill children and their families. The Houses are a haven for families who live too far away from the hospital to go home each night. Most volunteers commit to a two-hour or four-hour shift each week

Contact: Leanne Rinne, (202) 529-8204 leanne@rmhcdc.org / www.rmhc.greaterdc.org
3727 14th St. NE Washington, DC 20017

Second Genesis

Second Genesis is a drug and alcohol rehabilitation program with residential and outpatient treatment centers in Maryland, Virginia, and Washington, DC. The program treats men and women, including pregnant women, women with their children, and adolescents with their families. The program incorporates interventions for addictions, vocational services,

educational services, social skill building, relapse prevention, and life skills.

Contact: Katie Garriott, (301) 563.1545 / info@secondgenesis.org / www.secondgenesis.org
8611 Second Avenue, Ste. 300., Silver Spring, MD 20910

Ability/Disability Programs

Columbia Lighthouse for the Blind

Offers programs that enable individuals who are blind or visually impaired to obtain and maintain independence at home, school, work and in the community. Services include: Early intervention services, Career placement services, Rehabilitation services, among others.

Contact: Eilanna Edwards / eedwards@clb.org / (240) 737-5179 / www.clb.org
1825 K Street NW Suite 1103 Washington, DC 20006

The Arc DC

The Arc works to improve the quality of life of all persons with intellectual and developmental disabilities and their families through supports and advocacy. As a lynchpin in the District, The Arc of D.C. relies on an army of volunteers to help out at fundraisers, mail letters, organize donations, advocate in sessions, and work one-on-one with our constituents.

Contact: (202) 636 - 2950 / www.arcdc.net / arcadc@arcdc.net
1825 K St NW, Suite 1200, Washington, DC 20006

The Special Olympics

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of gifts, skills, and friendship with their families, other Special Olympics athletes, and the community.

Contact: Maria-Nelly Johnson (202) 408-2640 x10 / mjohnson@specialolympicsdc.org
www.specialolympicsdc.org / 900 2nd St. NE Suite 200, Washington, DC 20002

Policy and Education

CMS Health Initiatives

CMS Health Initiatives (CMS) is one of Washington, D.C.'s premier 501(c) 3 organizations. Formerly known as the Center for Minority Studies, Inc., CMS meets the health awareness and educational needs of the community. Their mission is to provide quality health-related support services to underprivileged, disadvantaged, low socioeconomic status clients in Washington, DC and its surrounding metropolitan area. CMS is looking for students that would like to volunteer for general office work and we are looking for students that would like to volunteer to help the organization write grants.

Contact: (202) 396-5404 / info@cms-dc.org / www.cms-dc.org
1307 1/2 H Street, NE Suite 302, Washington, DC 20002

Food, Research, Action Center (FRAC)

This is a leading national organization working to improve public policies to eradicate hunger and malnutrition in the United States. FRAC is a nonpartisan research and public policy center that serves as the hub of an anti-hunger network of thousands of individuals and agencies across the country

Contact: (202) 986-2200 / jadach@frac.org / www.frac.org
1200 18th Street NW, Washington, DC 20036