



2020 Year in Review



2020 has been the most catastrophic year of this century, with thousands of lives lost, unemployment at its highest, poverty rampant, and food insecurity increasing exponentially. As we near the end of this year, we want to thank all our supporters for generously donating to us and allowing MCMF to serve our community during these dark times. We also want to acknowledge our hardworking volunteers for their time, dedication, and service to our community.

The following is a brief overview of what we achieved in 2020. Thanks for all your tremendous support!

We distributed 211,540 pounds of food and served 3,370 meals in 2020!



- THE MCMF FOOD PANTRY PROGRAM SERVED 122,190 POUNDS OF NON-PERISHABLE FOOD INCLUDING FRESH PRODUCE AND POULTRY TO 2,000 FAMILIES. SERVING 8,000 INDIVIDUALS IMPACTED BY COVID-19.
- MCMF AND MCPS FOOD ASSISTANCE PROGRAM PROVIDED 58,500 POUNDS OF NON-PERISHABLES AND FRESH PRODUCE TO MCPS LOW-INCOME FAMILIES.
- THE RAMADAN BASKET DISTRIBUTED 14,700 POUNDS OF FOOD IN MONTGOMERY, PRINCE GEORGE'S, AND BALTIMORE COUNTIES SERVING 1,000 REFUGEE FAMILIES FACING JOB AND FOOD INSECURITY DURING THE PANDEMIC.
- THE RAW MEAT DISTRIBUTION PROGRAM (ZABIHA) DISTRIBUTED 5,750 POUNDS OF MEAT TO MOCO LOW-INCOME FAMILIES IN COLLABORATION WITH LOCAL CHURCHES AND NONPROFITS.
- THE HOLIDAY THANKSGIVING AND CHRISTMAS BASKET PROGRAMS DISTRIBUTED 260 FOOD BOXES WITH TURKEYS TO LOW-INCOME FAMILIES. TOYS WERE ALSO DISTRIBUTED TO THE 135 FAMILIES.
- FEED THE HOMELESS PROGRAM SERVED 1,855 FRESHLY COOKED MEALS AT THE INTERFAITH WOMEN'S SHELTER.
- THE MEAL DISTRIBUTION PROGRAM DISTRIBUTED 1,000 PREPARED FROZEN MEALS TO LOW-INCOME FAMILIES AND SERVED 315 MEALS TO THE SHELTERLESS. 200 MEALS WERE ALSO SERVED TO HOSPITALS, FIRE AND RESCUE, AND POLICE DEPARTMENTS DURING FIRST RESPONDERS APPRECIATION WEEK.
- THE YOUTH CODING PROGRAM COACHED 43-45 STUDENTS WEEKLY SINCE JAN 2020.
- THE SAT YOUTH PROGRAM HELD 2 SESSIONS OF FREE SAT CLASSES AND BENEFITTED 28 STUDENTS. PUBLIC SPEAKING AND COLLEGE ADMISSION WORKSHOPS WERE ALSO HELD THROUGHOUT THE YEAR.
- THE WOMEN EMPOWERMENT GROUP STITCHED OVER 1,000 MASKS FOR HOSPITALS, NURSING HOMES, AND LOW-INCOME FAMILIES IN MOCO. THE GROUP HAS INITIATED THE EMPLOYMENT AND TRAINING PROGRAM FOR WOMEN.
- THE MCMF AFRICAN AMERICAN EQUITY FUND RAISED OVER \$48,544 FOR AFRICAN AMERICAN YOUTH SCHOLARSHIPS AND VOCATIONAL TRAINING.
- MCMF LAUNCHED THE YOUTH SCHOLARSHIP PROGRAM THAT WILL BENEFIT MARYLAND HIGH SCHOOLERS GOING TO COLLEGE.
- THE MCMF SENIORS GROUP HELD YOGA AND EXERCISE CLASSES THREE TIMES A WEEK BENEFITTING 30-40 SENIORS PER SESSION. NOW STARTING ZOOM MEETUPS.



Ramadan Basket



Served Food at the Shelters



Zabiha Distributions



Food Pantry Volunteers Loading Cars



Holiday Gift Basket Program



Holiday Gift/Toy Distribution



Packing food for MCPS



Coding Classes



Public Speaking Seminar



Volunteering



Free SAT Classes



Launched Refugee Youth Scholarship Program



Launched African American Equity Fund for Youth Scholarships



Pre-COVID Senior Trips to Parks, Museums, and Galleries



Senior Yoga and Exercise Classes (Now on Zoom)



Appreciation Week - Meals to First Responders



Summer Refugee Clothing Drive in PG County



MLK Day of Service- Bags for NIH Children's Inn



Masks for Hospitals and MOCO Low-Income Families

Thank You for Volunteering!

COVID 19 Relief - Youth Volunteers of the Year

Thank you to Nasratullah Noorzai, Shoab Noorzai, Noorain Sheikh, Abdullah Sheikh, Zayan Khan, Alisha Siddique, Iman Shanavas, Azhar Alvi, Halle Berry, Nelly Win, Nguy Tran, Naba Syed, and Zain Syed for volunteering with MCMF during the pandemic.



Nasratullah Noorzai, Shoab Noorzai with team



Volunteers with County Executive Marc Elrich



Volunteers with Council Member Will Jawando



Naba Syed with Ms. Aruna Miller



Noorain and Abdullah Sheikh and Zayn Khan with Ms. Aruna Miller

MCMF is thankful for the support of our County Executive Marc Elrich, County Council members, MOCO Food Security Council, Capital Area Food Bank, Diana Tato-Niktash, Health and Human Services, Marla Caplon of MCPS, Adileh Shareef from ICM, and the Gaithersburg and MOCO Police Departments.

MCMF would also like to recognize Mumtaz Khan and Qamar Khan as our senior volunteers.

Special thanks to Mr. Shahab Qarni and Nargis Zahra of Channel 95, Khurram Shahzad, President of the Pakistan American Press Association, Yousaf Chaudhry of Dunya TV, PJ Fienstine of Bethesda Magazine, and Sarah Bailey of Washington Post for their coverage of MCMF during this pandemic.

MCMF Board and Council Members volunteered for over 10,000 hours at MCMF.

To help us continue serving our community, please log on to mcmfmd.org and donate today!



HAPPY NEW YEAR!

MCMF wishes everyone a very
happy, healthy, and safe New Year.