

# MCMF NEWSLETTER

SEMI-ANNUAL ISSUE JAN 2020-JUNE 2020



## **MCMF DISTRIBUTED 69,400 LBS. OF FOOD AND 3,035 MEALS**

### **RAMDAN REFUGEE PROJECT- April 24 to May 8, 2020**

MCMF distributed 14,700 lbs of food to 210 refugee families new to the area and to families whose members had lost jobs due to the COVID-19 crisis. This project served 1,000 refugees in Prince Georges, Baltimore, and Montgomery County. Food packages contained rice, pasta, oil, dates, bread, sugar, tea, onions, dry lentils, and other non-perishable goods.

### **MCMF SCHOOL FEEDING PROJECT - May 1st, May 26th, 2020**

MCMF collaborated with MCPS to provide food to low income families in predominantly African American and Hispanic neighborhoods. The project distributed about 25,900 lbs of food to 600 families in MCPS school districts. This included 12,000 lbs of non-perishable food and 2,500 lbs of fresh produce to Green Castle Elementary School; 8,000 lbs of non-perishable food, 2,500 lbs of fresh produce and 200 dozen eggs to the Takoma Park Middle School cluster; and 900 lbs of food, including bread, eggs and fresh milk to Gaithersburg Elementary School.

### **FOOD PANTRY**

The monthly food pantry distributed 23,100 lbs of non-perishables and perishables to 330 families (1188 individuals). MCMF food pantry also started an ongoing emergency food pantry program to serve families in need in Montgomery County. This program serves families on a daily basis.

**MCMF PARTNERED WITH EDUCARE AND PENTECOASTAL CHURCH TO DISTRIBUTE 5,700 LBS. OF FOOD**

MCMF, in partnership with Educare, provided 140 boxes of food to Montgomery County residents living in Silver Spring and Takoma Park. The donation included 5,700 lbs. of non-perishables and perishable food. MCMF also donated 600 lbs of food to 20 Hispanic families in collaboration with the Pentecostal Church.



**MCMF PARTNERED WITH CITY OF GAITHERSBURG TO SERVE MEALS TO SHELTERLESS**

MCMF, in collaboration with the City of Gaithersburg, served 315 packaged breakfast meals to shelterless people in Montgomery County.



**FEED THE HOMELESS PROGRAM SERVED 1020 MEALS TO 35 RESIDENTS FOR 25 DAYS AT THE INTERFAITH WOMEN'S SHELTER**



**MCMF PROVIDED 1500 MEALS TO ICM AND ADVENTIST SOCIAL SERVICES TO DISTRIBUTE TO LOW INCOME AFRICAN AMERICAN FAMILIES IN MOCO.**



# MCMF HEALTH CARE WORKERS, POLICE AND FIRE AND RESCUE APPRECIATION MONTH

MCMF recognizes our heroes fighting in the frontline of the COVID-19 pandemic. We served 200 meals to Holy Cross Hospital, Adventist Hospital in Silver Spring, and Shady Grove Hospital; and to the Gaithersburg and Rockville Police and Fire and Rescue Departments.



**MCMF SERVED 50 COVID- 19 PATIENTS IN COLLABORATION WITH GREAT SENECA CREEK CHURCH. PACKAGES WERE PACKED AT MCMF OFFICES AND DELIVERED TO THE CHURCH FOR DISTRIBUTION.**

## MCMF SENIORS STAY FIT VIRTUALLY

Our senior program switched to virtual exercise classes for 18-20 seniors twice a week to help our seniors stay fit.



**MCMF DONATED 400 MASKS TO LOCALS HOSPITALS AND LOW INCOME FAMILIES**

MCMF Women Empowerment Group volunteers stitched 400 masks for area hospitals and refugees, and donated to Black Rock Center for Arts to distribute to low income families.

# MCMF YOUTH PAGE

## MLK DAY OF SERVICE

The MCMF Youth Program Participated in the MLK day of Service at the Bethesda Convention Center on Jan 20, 2020. The project was coordinated by Amina Rashid, Mrs. Nadia Choudry, Cyrus and Shoaib Choudry, and volunteers. Members of our youth program decorated 32 tote bags with rainbows for the NIH children's Inn.



## TECH WORKSHOPS

MCMF and the Youth Tech Club, led by Fadil Abdullah Shaikh and team, held 8 live coding sessions at the MCMF office and 20 virtual sessions that benefitted 25 students in each session. Two classes (in Python and Scratch) were held simultaneously. Our MCMF youth group also held a Robotics Workshop for 14 students on February 17, 2020. The class was coordinated by Anum Khan.



## PUBLIC SPEAKING WORKSHOP

The MCMF Youth Program organized a virtual public speaking seminar on June 22, 2020. The program was conducted by Mr. Umar Hameed, the CEO of No Limit Selling. The hour and a half interactive webinar had 24 attendees (parents and students) and focused on developing public speaking strategies, presentation skills to address specific audiences, speaking topics, and techniques for becoming a more engaging, memorable, and effective speaker. Most of the participants rated the webinar as 5 on a 5-point scale.

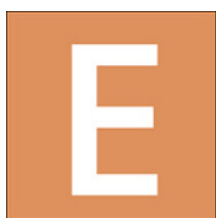
## ZAKAT COMMITTEE

The Zakat Committee donated \$4,000 for rental assistance, clothing, and other essentials to refugees.

## OUR PARTNERS



MONTGOMERY COUNTY  
FOOD COUNCIL



Islamic Center of Maryland  
Paving the Way to Enlightened Hearts!



For the most updated events and news please visit MCMF website at [mcmfmd.org](http://mcmfmd.org)

Facebook - <https://www.facebook.com/mcmfmd/>

Twitter - [https://twitter.com/mcmf\\_md](https://twitter.com/mcmf_md) (@mcmf\_md)

Youtube - <https://www.youtube.com/channel/UCOmGJm0HUT7YiNSJgl1OTsw>

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