

NEED HELP? CALL 211

Say: "I need shelter, food or treatment near me."
No phone? Ask a library or outreach worker to help call.

FOLD & FEED

This food is yours. Help is your choice.

Keep food in sealed or food-safe inner packaging.

Contents: _____

Packed on: _____

Keep ingredient and allergen labels with the food.

Washington, DC / Local contacts on the lid / Build a test box first

NEED HELP? CALL 211

Say: "I need shelter, food or treatment near me."
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TAPE TAB

Call or text 988
Emotional support / 24 hours a day
988lifeline.org

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TAPE TAB

02 / LID - fold the walls, tape the tabs, then slide over the tray

TAPE TAB	You deserve care. / Keep these contacts.	TAPE TAB
	FOLD & FEED / WASHINGTON, DC Need help? Start here. Call a number below. Keep this lid. foldandfeed.com/?city=washington-dc#help  Scan for help	
	SHELTER REFERRALS / Downtown Day Services Center 202-383-8810 1313 New York Ave. NW Washington, DC 20005 Day center: Mon-Fri 9-5, Sat 10-3. Shelter transport: 202-399-7093 (8 am-midnight).	
	FOOD & MEALS / SOME - Dining Room 202-797-8806 71 O St. NW Washington, DC 20001 Free meals, open to all. Daily: 7:30-8:30 am and 11:30 am-12:30 pm.	
	DRUG & ALCOHOL HELP / DC Assessment & Referral Center 202-727-8473 75 P St. NE Washington, DC 20002 Walk-in substance use assessment Mon-Fri 7 am-6 pm, or call for an appointment.	
	More options: 211 / Crisis: call or text 988 / Emergency: 911 / Web check: 2026-09-30	
TAPE TAB	Food and a next step. Shared with respect.	TAPE TAB

—| This line must measure 50 mm (1.97 in). Print at 100%.

Washington, DC / Print. Fold. Share.

The tray and lid make the box; keep the lid for all three local contacts.

————— CUT: solid - - - - - FOLD: dashed

1 PRINT AT ACTUAL SIZE

Print this city's tray and lid on clean, printer-compatible cardstock. Use single-sided landscape, 100% / Actual size. Do not use Fit to page. Check that the ruler on the lid measures 50 mm.

2 CUT THE NETS

Cut the solid outside outline and four short solid corner slits on each sheet. Keep the tabs. Do not cut the dashed fold lines.

3 CREASE & FOLD

Set the unprinted side face up. Crease each dashed line. Fold walls toward the unprinted side so the contacts stay outside.

4 TAPE & CLOSE

Fold tabs inside the long walls and tape them to the unprinted face. Make the lid the same way, then slide it over the tray.

5 PACK & OFFER

Test an empty box, then its carrying strength with a small load. Use sealed, ready-to-eat food or a food-safe inner container. Keep ingredient and allergen labels. Ask what is welcome and respect a no.

LOCAL ACCESS DETAILS

Downtown Day Services Center

For shelter transportation, call 202-399-7093 (8 am-midnight daily; 24 hours during hypothermia season).

Provider details: dhs.dc.gov

SOME - Dining Room

Open to all. Call if you need accommodations or current entry information.

Provider details: some.org

DC Assessment & Referral Center

Walk in or call for an appointment. Ask about eligibility and documents; interpretation services are available.

Provider details: dbh.dc.gov

Before sharing a batch, call providers to confirm these details. Printed cardstock is an outer carrier; prepared meals need proper food-safe packaging and handling.

Tray: 180 x 125 x 35 mm / Two sheets per box.

Prototype: physical fold, lid fit and carrying strength need testing.

Sources checked online 2026-09-30; providers have not been called.

Food ideas: foldandfeed.com/#packing / Crisis: call or text 988