

# Newborn and Infant Supply Resources in Virginia

## Diapers

### Action in Community Through Service

- Food pantry and diaper distribution with Spanish-speaking staff. Families can sign up after the 1st of the month and will receive food, 50 diapers, cleaning supplies, formula and more. If there is an urgent need between monthly pickups, there are emergency bags of 25 diapers. Larger size diapers (5 and 6) are often in limited supply.
- 3901 Acts Ln., Dumfries, VA 22026
- Eligibility: have a picture ID and reside in Eastern Prince William County (Dale City, Woodbridge, Triangle, Quantico, Lake Ridge, etc.). Must have transportation to pick up supplies and complete registration paperwork.
- **Monday:** 9–11:30 a.m., 1–3 p.m.  
**Tuesday:** 1–3:30 p.m., 5 – 7 p.m.  
**Wednesday:** Closed  
**Thursday:** 9–11:30 a.m., 1–3 p.m.  
**Friday:** 9–11:30 a.m.
- 703-441-8606
- <https://www.actspwc.org/services/food-assistance>

### Food for Others Fairfax

- Primarily a food bank; families must receive food if seeking diapers. There is sometimes formula available. When available, diapers are for children under 3 years old. Larger sizes (5 and 6) are in short supply. Complete your profile on site and receive food the same day.
- 2938 Prosperity Ave., Fairfax, VA 22031
- Eligibility: Food Bank: Picture ID with address or Picture ID and something with name and address (bill, bank statement, lease, etc.) Income limits of the USDA food bank program.
- Emergency Food: (3–5 day's worth): Must have a referral from a Social Worker or Medical Professional (<https://foodforothers.org/get-help/make-a-referral/>) and must come from organization's email address; recipients can be served a maximum of 8x/year, must have ID with address.
- Monday–Friday: 9:30 a.m.–5 p.m.
- 703-207-9173
- [info@foodforothers.org](mailto:info@foodforothers.org)

To reach the Children's National Hospital Department of Social Work call **202-476-3070** or visit our website at **[childrensnational.org/visit/resources-for-families/family-services/social-work](https://childrensnational.org/visit/resources-for-families/family-services/social-work)**

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*Last Revised: June 2023*

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## Diapers

### Grace Ministries

- Centerville, VA
- Provides food, clothing, diapers and wipes, toys and children's books.
- Eligibility: Financial eligibility; if over income will still receive assistance.
- Food is distributed the 2nd Saturday of each month from 7:30-9:30 a.m. One pack of diapers and wipes per family; can visit once per month.
- Line up at 7 a.m. to get registered; a number will be assigned to determine the order for food distribution.
- Contact Phil Mohr: pmohr@centreville-umc.org or 703-830-2684
- <https://centreville-umc.org/serve-outreach/food-ministries/grace-ministries/>

### Northern Virginia Diaper Bank

- Dedicated to the distribution of free diapers to families in crisis in Northern Virginia through partner agencies, including the local public school systems.
- <https://novadiaperbank.org/local-resources-for-help>

### SERVE Northern Virginia

- Food pantry, formula and diaper distribution
- 10056 Dean Dr., Manassas, VA 20110
- Eligibility: proof of address and valid identification, bring proof of all family members.
- Sign up for resources by appointment only on Wednesdays and Fridays 1-2:30 p.m.
- Once registered, walk-in hours are Tuesdays and Thursdays 1-2:45 p.m.
- 571-748-2680
- <https://www.nvfs.org/assistance/food-assistance/>

### Women Giving Back

- Provides a month supply of diapers, baby wipes and period products.
- 20 Export Dr. Sterling, VA 20164
- Eligibility: Must have a child under 3 years old, parent delivering within one month or proof of financial hardship. Must have ID and ID for baby such as birth certificate, verification of birth, hospital discharge paperwork.
- Once approved, pickup appointments are Thursday: 9 a.m.-2 p.m.
- <https://womengivingback.org/programs-services/>
- Diaper Request form: <https://womengivingback.org/getdiapers/>

## Books

### Imagination Library

- Children in eligible zip codes from birth to age five receive one free book each month.
- Check eligibility: <https://imaginationlibrary.com/check-availability/?#selectedCountry=US>

## Clothing and Baby Supplies

### Car Seats

- Voucher: Free child safety seats and booster seats are available for income eligible children.
- Eligibility: Parents, foster parents and legal guardians of children who reside in Virginia may apply.
- Find local distribution and education program sites: Virginia Department of Health, Child Passenger Safety Information Line: 1-800-732-8333
- Installation: Free hands-on help installing a car seat from a Certified Child Passenger Safety Technician: <https://www.vdh.virginia.gov/child-passenger-safety/safety-seat-checks/>

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### Freecycle

- Trade and gift items for free.
- <https://www.freecycle.org/>

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pmohr@centerville-umc.org or 703-830-2684
- <https://centerville-umc.org/serve-outreach/food-ministries/grace-ministries/>

### Groveton Baptist Church

- Clothes closet and food pantry.
- 6511 Richmond Highway, Alexandria, VA 22306
- Eligibility requirements: Must be resident of Alexandria City, Arlington County or Fairfax County
- Clothes Closet: Friday 10 a.m.–2 p.m.
- Food pantry: Friday 10 a.m.–3 p.m.
- 703-768-9084
- <http://grovetonbaptistchurch.org>

### Our Lady Queen of Peace–Gabriel Project

- Provides baby clothes, supplies and diapers. No appointment required.
- 200 South 19th St., Arlington, VA 22204
- Wednesdays 9:30–11:30 a.m.
- 703-979-5580

### Rhonda Gillam Clothing Bank

- Baby clothes, no appointment needed.
- 716 S. Glebe Rd., Arlington, VA 22204
- Wednesday: 1–3 p.m.
- Saturday: 9:30 a.m.–12:30 p.m.
- 571-274-7901 (text only)
- rgclothing.bank@gmail.com
- <https://www.fpcarlington.org/mission>

## Lactation

### East of the River Lactation Support Center

- Provides lactation support and guidance during pediatric appointments at Children's Health Center Anacostia.
- Consultations with a lactation consultant can be requested by providers at any Children's Pediatrician Office, any community providers or a caregiver can self-refer. Consultations can occur by phone, virtual or in person. All services are free.
- 2101 Martin Luther King, Jr. Ave. SE  
Washington, DC 20020
- Breastfeeding Classes are available on the 2nd and 4th Thursday of each month (virtual).
- Request services by phone: 202-476-9641 (preferred method)
- lactationsupport@childrensnational.org
- <http://www.dcbfc.org/eastRiverLactation.php>

### La Leche Chapters in Virginia

- **Fairfax:** <http://lllfairfaxcity.blogspot.com/>
- **Ft Belvoir:** <https://www.facebook.com/LaLecheLeagueofFortBelvoir/?eid=ARA2fQsUiaFvJMd0TCnoVc9jTDIR2oeCMumm61bhbe7tkGmZunM1SpE5LnidJar3L1qVwvVQ5BZSOPe>
- **Herndon/Reston:** <http://www.lllherndonrestonpm.org/>
- **Old Town Alexandria:** <https://www.facebook.com/lalecheleagueofoldtownalexandria/>
- **Springfield:** <https://www.facebook.com/groups/888478277933081/>
- **Woodbridge:** <https://www.facebook.com/groups/1413223842300350/>

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## Lactation

### La Leche League USA

- Provides free meetings led by volunteer Leaders who are experienced with breastfeeding and are accredited by La Leche League International.
- Services: Offers support between meetings for breastfeeding challenges, such as positioning and latch, soreness, pumping and milk storage; Helps parents learn about the ages and stages of breastfeeding; Creates a community of support by bringing breastfeeding families together.
- Helpline: 1-877-452-5324
- La Leche League of Virginia and West Virginia [www.lllvawv.org](http://www.lllvawv.org)

### National Breastfeeding Helpline, Office of Women's Health

- Trained breastfeeding peer counselors are available by phone in English and Spanish to provide information and support about breastfeeding and pumping.
- Monday-Friday: 9 a.m.-6 p.m.
- 1-800-994-9662
- <https://www.womenshealth.gov/breastfeeding>

### The Breastfeeding Center for Greater Washington

- Provides one on one prenatal, lactation and follow-up consultations with IBCLCs (International Board of Lactation Consultant)
- In person, home, virtual and phone consultations in English and Spanish. Provides a variety of classes on topics including breastfeeding, childbirth, infant sleep, baby care, nutrition and much more. There is also an online and telehealth support group in English Only.
- Most classes are free or insurance-covered; Accepts insurance: Aetna, Blue Cross and Blue Shield, Carefirst, DC Medicaid and United/GEHA insurance. <https://www.breastfeedingcenter.org/classcalendar>
- <https://www.breastfeedingcenter.org/>

### VA Loves Breastfeeding

- Educational resources and lists of local support groups: <https://valovesbreastfeeding.com/support-groups>
- More info: <https://valovesbreastfeeding.com/>

### Virginia Breastfeeding Coalition

- Breastfeeding Support Groups: <https://vabreastfeedingcoalition.org/find-breastfeeding-support/>

### WIC

- Provides food vouchers, breastfeeding support and breast pumps to eligible parenting people.
- Apply: <https://www.myvawic.org/>
- Breastfeeding support: <https://www.vdh.virginia.gov/wicbreastfeeding/> <https://wicbreastfeeding.fns.usda.gov/>

## Portable Cribs and Safe Sleep Education

- Education:
- **Safe Sleep 365:** <https://www.dss.virginia.gov/safe-sleep/>
  - **Safe Sleep National Institutes of Health and Prevention:**  
English: <https://safetosleep.nichd.nih.gov/>  
Spanish: <https://espanol.nichd.nih.gov/actividades-proyectos/sts>
  - Eligibility: Education about Safe Sleep is provided once a portable crib is provided.

### Portable Cribs

- Some health departments, hospitals, Medicaid Managed Care Organizations and home visiting programs provide portable cribs (Pack N' Play).
- Contact your local health department: <https://www.vdh.virginia.gov/health-department-locator/>
- Call the Member Services number on the back of the Medicaid card and ask to speak with Case Management.
- Contact your local Social Services Department: <https://www.dss.virginia.gov/localagency/index.cgi>

For more information, please contact the **Department of Family Services-Social Work Services** at 202-476-3070 or visit our resources page by scanning the QR code.

