This video is a great illustration of the good work that both the Capital Area Food Bank and Boys and Girls Club do helping many local children get good, nutritious meals over the summer while school is out of session. On a hot afternoon, I enjoyed visiting with the kids and the devoted staff working with them in this important endeavor. It was another reminder of the importance of federal support for our local food banks, which are vital to the well being of thousands of our neighbors. To watch a video of my visit, please click here .