



## THE MAN IN THE HAT

**Sharp dressed with a clear sense of purpose — that’s Theophilus Taylor.**

No matter the day, the weather or what’s going on in the world, he comes ready to help his neighbors at the Prince George County Outreaches Food Bank in Disputanta.

After retiring from his landscaping business, Mr. Taylor, 81, saw the burgeoning need in his community, so for the last 12 years, he’s volunteered handing out food and occasionally making deliveries to his homebound neighbors.

Mr. Taylor shared at a recent distribution **“I love doing it. Now I don’t care what kind of position you are in, a need is a need, and it needs to be taken care of.”**

Mr. Taylor is our hero. He inspires us all to be our best self, at any age. And to show up, stand up and help our neighbors when they need us most.

To give or get help, please visit [FeedMore.org](https://FeedMore.org).



Brandi and her dog Petey, receive food at Cumberland Community Cares in Cumberland County.

# BETTER & WORSE

**This economy is a puzzle. Grocery and gas prices are normalizing, but other household expenses have jumped – and we see how it affects the neighbors we serve.**

During the first quarter of this year, total visits to pantries across Central Virginia were up by more than 10% when compared to the same period in 2022. Most of these neighbors work one or more jobs, but when an unexpected medical expense hits or their rent or mortgage rises, it can quickly deplete their savings, forcing tough choices between feeding their families and paying the bills.

In response to new levels of need, our network is expanding service offerings to better meet our neighbors where they are. In some cases, providing extra distributions for seniors and new food deliveries for homebound clients.

**Feed More's Direct Store Pickup Program and our other regional food sourcing strategies help.** We're connecting agencies and nonprofits with food retailers to source grocery products in their neighborhood, increasing access to healthy food and reducing our carbon footprint.

These are some of the many ways Central Virginia is coming together to meet the ever-changing needs of our neighbors.

**SOME PRICES ARE DOWN**

**-3%**

OVERALL INFLATION

**-6.6%**

USED CARS & TRUCKS

**-16.5%**

UTILITY GAS SERVICE

**-18.2%**

EGGS

**WHILE OTHERS ARE UP**

**+7.8%**

HOUSING

**+19%**

CAR INSURANCE

**+20%**

CHILDCARE

# +10% IN NEED

More neighbors (who've never asked for help before) face tough choices between groceries, housing, transportation and utilities. Because of you, we can help.



**Bill, 77, is a retired food distribution manager and a lung cancer and stroke survivor.**

He says it can be difficult to manage his diet with his limited income, and is thankful for the variety of healthy options that he receives at Cumberland Community Cares, a food pantry serving a community where grocery stores are few and far between.

"I was very sick," he says. "[If it weren't for Cumberland Community Cares] I'd be spending money I don't have to drive back and forth to Farmville and pay those high prices [for food and gas]. Since I'm on social security, those high prices just knock you out on everything. It's been a lifesaver."



**Zenoba, 57, is a student at Liberty University training to become a chaplain.**

She's faced her share of tough times in recent years, including her home flooding and a hip injury, but says the the caring pantry volunteers at Prince George Churches Outreach in Disputanta ensure that she and her husband can access the food they need.

"God gives me what I need," she adds. "I get a disability check, but most of the time it's for gas, it's not enough to cover everything. But the food [that I get here], it'll last you... you come here and everyone treats you so respectfully."



**Ashton, 22, is a nursing student at a local community college, and lives with liver issues and acute kidney failure.**

He's attended the weekly food pantry at First Union Baptist Church in South Richmond for the past two months, and says the Tuesday evening distributions fit his class schedule and provide the food he needs to manage his chronic health conditions.

"[The food pantry] has been very helpful, being a college student and also being disabled, not being able to work... since I was a kid, I've always had stomach issues going on, so I'm just constantly in pain," he says. "[The food] is just the perfect amount. This is going to last for a good bit and I appreciate that, because sometimes I don't know where my next meal's going to come from."

# CORNERSTONE IN KING WILLIAM

## From India to Aylett – and it wasn't a direct path.

Sheila Iswariah and her husband James Iswariah, co-founded CornerStone Community Development Center in Aylett.

Originally from India, Sheila and James moved from Western Australia in 1999 to minister at the local church. “We moved out here believing that we had something to do here, but we never knew that it would be a food bank,” she says.

“To us, there was no reason to move out of Western Australia, but I think the Lord had this [pantry] on his mind ... it's neighbors helping neighbors, really.”

One of the only food pantries in the area, CornerStone has served King William County since 2000, and now helps more than 600 registered client families. In addition to the pantry's well-attended weekly drive-thru food distributions, CornerStone's team of around 10 regular volunteers offer a clothing closet for neighbors, free healthcare clinics and food deliveries to elderly and homebound neighbors.

Sheila and James Iswariah are the founders of CornerStone Community Development Center food pantry, which serves hundreds of families in King William County.



# KING WILLIAM

Former pantry recipients Flor Baires and Daniel Perez now give back to those in need as volunteers at CornerStone food pantry.



## Flor Baires and Daniel Perez make it happen.

Today, they live in Hanover and operate their own home cleaning business – but not so long ago, Flor and Daniel were attending weekly food distributions at CornerStone. Originally from El Salvador, the couple would share the food they received with other Spanish-speaking neighbors living in King William who were struggling to make ends meet during the COVID lockdown.

“Coming back to this pantry, it's very nice, because we can do what we feel in our heart, which is to give back and help others,” Flor says. “It's the best thing that you can do, and that makes us feel happy. It doesn't matter if we're out in the heat or the rain, our desire is to help however we can.”

They make the regular 30-mile trip back to Aylett to volunteer at the pantry, and do a little bit of everything, from unloading trucks to loading up clients' cars with fresh produce, proteins, nonperishables and more on busy distribution days. These kind neighbors, and so many others, are the people that make our mission possible.



# A SUMMER WELL SPENT

From creating financial dashboards for our accounting team to leading our Meals on Wheels recruitment efforts in the Tri-Cities, we had yet another incredible class of summer interns!

Yeva Rokhmanyuk, who came to the U.S. from Ukraine when she was 12, is a junior at VCU studying financial and urban studies. “Seeing the logistical side of Feed More was

truly fascinating to me, because I personally never expected this level of complexity,” she says.

Caden Haney, a recent VCU Masters graduate, shared how his experience with food insecurity growing up led him to start volunteering at food pantries and ultimately, his internship with Feed More. “Food insecurity is something that I grew up with and have experienced personally,” he added. “That [experience] catapulted me into working more with food and getting into food pantry services, and just helping people with an educational approach to understanding and learning more about food. It’s important, we need it.”

For others, like Kelsy Atkins, a junior at William & Mary studying marketing, the experience grew her competencies and confidence for future job opportunities. “I’ve never been in a business environment,” she says. “But I think it helped me gain a sense of autonomy and competence in order to be able to do those things for myself.”

A huge, heartfelt thank you to these folks, along with Grace Killius and Will Siverson, for all your work – we loved having you! And if you’re interested in our intern program, look out postings early next year at [FeedMore.org/careers](https://FeedMore.org/careers).



Our interns, left to right:  
 Will Siverson – University of Richmond  
 Yeva Rokhmanyuk – VCU  
 Kelsy Atkins – William & Mary College  
 Grace Killius – George Mason University  
 Caden Haney – VCU

## PARTNERING FOR THE FUTURE

At Feed More, we’re dedicated to advancing collective impact in Central Virginia. One way we do this is by partnering with local schools, colleges and universities to provide hands-on, real-world experience. From high school students to budding chefs and interns, we’re powering workforce development right here in our community!

### CRISTO REY RICHMOND HIGH SCHOOL

For the second year, four select students from Cristo Rey will join Feed More for the entire school year, supporting our Volunteer Services and Programs teams. With their rigorous college preparatory curriculum, we’re thrilled to provide the work study component of Cristo Rey’s innovative program!

### ECPI CULINARY ARTS PROGRAM

This summer, our Bayard Community Kitchen team mentored 10 culinary students enrolled in ECPI’s Retail Production course. During their 6-week stint these students gleaned valuable insight around preparing and packaging more than 12,000 meals every week. The program was so successful another cohort of students are coming back to the Kitchen this fall!

### UNIVERSITY OF RICHMOND BONNER SCHOLARS

The Bonner Scholars Program supports students working to bring about positive community change through service, research and action. Our Bonner Scholars Isabella will work alongside our Volunteer Services team, focusing her efforts on volunteer recruitment.

### VCU SOCIAL WORK INTERN

Our Health Initiatives team is hosting their first VCU Social Work intern this school year. This intern will play an integral role in helping connect our neighbors with the food and resources they need.

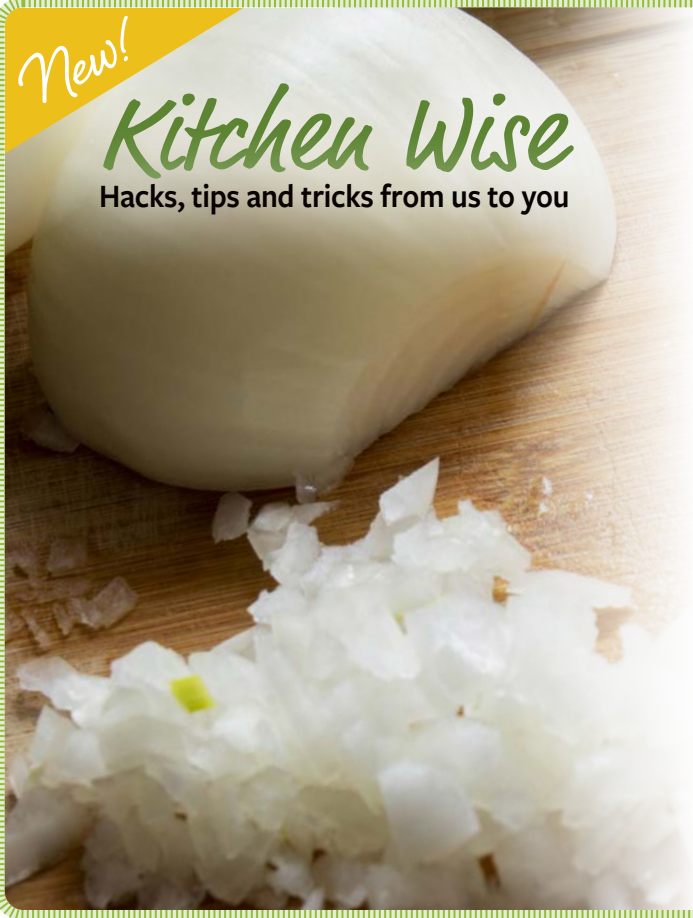
**Thank you to each of our community partners for making these opportunities possible!**



New!

# Kitchen Wise

Hacks, tips and tricks from us to you



We all love a good hack! They make life a lot easier, and fun! So, from our Bayard Community Kitchen to yours, here's some tips:

*Put lemon juice on your cutting board before chopping onions to reduce that chemical reaction that brings all of us to tears.*

*Did you know the average cost of salad dressing is around \$3.50 for 16 fluid ounces? Save some money and make it yourself with what you have in the fridge.*

## Balsamic Vinaigrette

*From RVA-er Brittany Mullins, creator of Eating Bird Food*

- ½ cup balsamic vinegar
- ¼ - ½ cup olive oil
- 1 teaspoon maple syrup
- 1 teaspoon dijon mustard
- 1 teaspoon minced garlic
- ½ teaspoon sea salt
- 1 Tablespoon herbs. Use whatever you have (but we like thyme and oregano)

Shake, then serve — and it lasts about a week!

## REAL LIFE ROCKSTARS!

**A BIG, BIG thank you to our retail grocery partners for all that you do!**

From food and funds to countless volunteer hours and working directly with our agency partners to enable our Direct Store Pickup Program, your impact can't be overstated.

**Thank you for all that you do for our neighbors in need!**

**HERE'S A SHOUT-OUT TO A FEW OF OUR PARTNERS AND ALL THEIR ASSOCIATES:**

- BJ's Wholesale Club
- Costco
- Food Lion
- Fresh Market
- Good Foods Grocery
- Kroger
- Publix
- Walmart
- Wegmans
- Whole Foods

## SCALE IT



Every dollar you donate, every hour you give has outsized impact.

- 1 DOLLAR helps provide 4 meals
- 1 HOUR can mean hundreds of meals
- 1 FOOD DRIVE can help hundreds of families across Central Virginia

Learn more about all the simple ways you can give help at [FeedMore.org](https://FeedMore.org)



**CALL OR VISIT US**  
(804) 716-3249  
[FeedMore.org](https://FeedMore.org)

