

NEIGHBORS HELPING NEIGHBORS

When you're looking for kindness, look local.

Take Dorenda, pantry coordinator at First Union Baptist Church in Richmond. Her community comes together, without question or reservation, to serve. "Our volunteers really make it happen ... they give selflessly and are extremely dedicated," said Dorenda.

Or Inez, from Project Care For in Clarksville, who sees 40+ volunteers from seven different congregations show up and help anyone in need.

"The people here in Clarksville – which is a small community – they're very giving and they're very willing to do what needs to be done to help their fellow man," shared Inez.

It's the same with those who give funds. Often they'll share why they donated ... "Donated by Luke and Ellis (ages 9 and 7) from one year of their combined allowance." "From my son's lemonade stand last weekend." "I met a hungry child in Blackstone. I sincerely hope that this donation can help that community." "Because no one in this country should go hungry."

Isn't this proof positive that we can make a difference right where we live? And that neighbors helping neighbors is what Central Virginia is all about? We think so.



For the past four years, sisters Liesl and Leyns have been holding an apple cider sale benefiting Feed More.

FOOD FOR THOUGHT

Episodic food insecurity can affect anyone. You might be a neighbor with unreliable access to nutritious food due to age or health. Or maybe you skip meals because you just can't afford to pay the bills. Or maybe you eat what's cheap (and processed) because your kids need shoes, and a backpack too. No matter the cause, food insecurity impacts more than your physical and mental health – it also influences community well-being.

Food insecurity is on the rise in Central Virginia. The USDA says 10.2% of U.S. households wrestle with episodic food insecurity. While helpful, this data isn't actionable. So, we use intake tools across our diverse network of food pantries and nonprofit partners to capture

foot traffic and visits. We aggregate food sourcing and retail distribution data, and constantly analyze economic, state and Central Virginia-specific statistics. We also utilize advanced data models that integrate income, bankruptcy rates, education, age, regional employment trends and other factors. This comprehensive approach enables us to track food insecurity down to the zip code level – and study what's driving demand.

What is driving neighbor need? A variety of factors contribute to food insecurity, and they're constantly evolving. For example, every day, 10,000 people in America turn 65. This demographic shift means more individuals are on fixed incomes and more are facing age-related

health issues. Economic instability also plays a role. The rising cost of living puts a significant strain on household budgets and forces tradeoffs. Homeowners' insurance is only up 2% this year – but that's an 18% increase compared to five years ago – and car insurance is up 26% compared to last year. And while food prices have dropped from an all-time high, they're 20% higher than 2021.

Our data shows that all of this leads to more neighbors needing help and visiting pantries. But because of your kindness and generosity, they can find nourishment and hope. **Thank you for believing that no one in Central Virginia should go hungry – and that thriving communities start with full plates.**

Data tells the story (Fiscal Year 2023 vs. Fiscal Year 2024)

Pantry visits
+24.7%

- Tracked via our neighbor-intake management software
- At 250+ partner agencies across Central Virginia
- Helps us understand where and when people are visiting food pantries

Hunger Hotline referrals
+44.2%

- Anyone in need of emergency food assistance can walk in, call or visit FeedMore.org
- We also take referrals from healthcare organizations and community partners
- We support 50 different languages through a cost effective third-party translation service

Food distributed
+7.6%

- Through our network of 400+ distribution sites (including pantries) and programs
- Across 29 counties and 5 cities

What we're
SEEING

We diligently monitor food insecurity rates across the 198 zip codes we serve and at a city and county level.

Amelia	10.3	Halifax	12.9	Northumberland	10.8
Brunswick	14.6	Hanover	4.5	Nottoway	13.6
Charles City	12.3	Henrico	7.9	Petersburg City	14.8
Charlotte	13.6	Hopewell City	14.1	Powhatan	4.8
Chesterfield	6.9	King and Queen	11.9	Prince Edward	10.2
Colonial Heights	9.3	King William	6.4	Prince George	7.7
Cumberland	10.2	Lancaster	10.5	Richmond	12.3
Dinwiddie	8.2	Louisa	9.4	Richmond City	13.8
Emporia City	16.5	Lunenburg	13.1	Sussex	11.9
Essex	13.6	Mecklenburg	13.0	Westmoreland	13.2
Goochland	5.8	Middlesex	9.0		
Greensville	6.4	New Kent	5.3		

* Food insecurity rates are percentages based on data from Q2 2024 calendar year.



STACK IT

UP



Economic volatility and random acts of kindness. We must be prepared for both. Feed More's new warehouse, refrigeration and kitchen are designed with these realities in mind.

This purpose-built space holds 1/3 more food, enables 18% more dry food storage capacity and creates 5X the freezer space. Plus, it's completely climate controlled (which keeps everything fresh longer).

These efficiencies, and so many more, are critical to helping ensure the ever-evolving needs of this community are met and that healthy food is there when our neighbors need it most.

Brrrrr

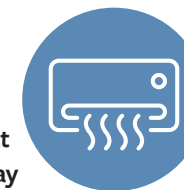
At -5° F below zero, our ability to store healthy protein and opportunistic donations has just expanded – a lot.

And our reliance on outside storage has been eliminated. That was a big expense that nearly quadrupled during the pandemic, and again during the supply chain disruptions.



It's chilly in here

We love our new chill receiving room. It ensures cold things that are getting unloaded stay cold. With dedicated dock doors, this space allows 18 wheelers to back right up and unload donated produce and refrigerated goods right into a climate-controlled room. This means better product for our neighbors, and less food waste.



Getting a move on

10 dock doors (vs. two in the old space) allow us to quickly turn produce and protein and get it into the hands of the neighbors who need it. And for this mission, that's what it's all about.





Carlton

IN THEIR WORDS

“Thank you for the personal acts of kindness you've shown me. They brighten my life and warm my heart. Nobody can change the whole world, but what they can do can make a world of difference for one person, and that's what Meals on Wheels does for me.”

– Carlton

Things haven't been easy for Carlton, who is living with chronic obstructive pulmonary disease (COPD). A few years ago, his wife passed away from COVID and he recently lost his beloved dog.

Despite this, he keeps a positive attitude and is very appreciative of our Meals on Wheels volunteers and Client Services team. From holiday boxes to handwritten cards, the thoughtfulness of our Meals on Wheels staff and volunteers has helped this Hopewell native weather some really tough times and keep smiling.

After his wife of 42 years suffered multiple strokes and became homebound, James faced some difficult decisions. He retired from his long career as a truck driver to be her primary caretaker. Now on a fixed income, his budget was stretched and he needed help. Thankfully he found help, nourishment, hope, relief and a friend in the good folks at the Colonial Heights Food Pantry, a partner agency of Feed More.

“With everything going up, it's hard for a family that don't have a lot to survive. These guys do a great job. Even if you don't need food, you come on down and they'll talk to you about your problems.”

– James

“It has been a blessing because for a while we were going through a financial crisis and I was really torn up. And when I first put the application in, I had to just cry and cry because they said, ‘Yeah, I can help you.’ I was on top of the world!”

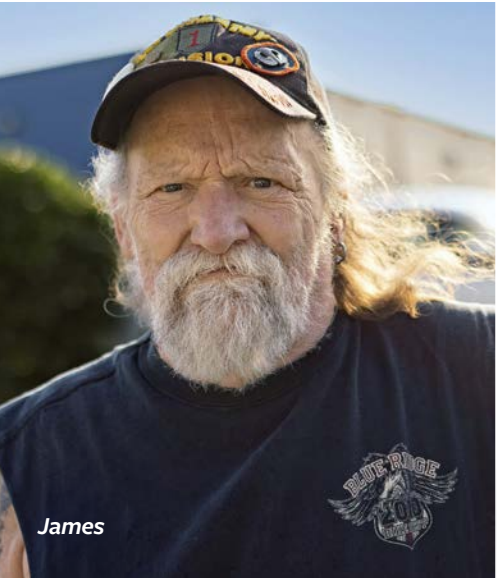
– Janie

As Janie knows, anyone can experience food insecurity. Now retired, Janie cares for her husband who is disabled and uses a wheelchair. When her rent and utilities drastically increased, she knew they needed help.

Thankfully a member of Janie's church connected her with Project Care-For. Located in Clarksville, the food pantry at Project Care-For has been life changing, providing Janie and her husband with nourishing food and a good helping of love and hope.



Angel



James



Rodrigo and Janie

Kitchen Wise

Soup season is here, but did you know veggie scraps can make a delicious stock while cutting down on your food waste?

Save those scraps

- Designate a plastic bag or container
- After preparing your veggies, drop the stuff you don't use into the container and store in the freezer
- Keep adding scraps to the bag/container; when full, use it to make stock

Veggies to save

- Onions, scallions, garlic
- Carrots, celery, fennel
- Turnips, tomatoes, mushrooms
- Ginger and delicate herbs, like parsley and thyme

Cook it up

- Add scraps to pot & cover with water
- Drop in a bay leaf or two
- Cover and cook on medium-low heat for 3-ish hours, adding water as necessary
- Remove from heat, pour into a fine-mesh strainer over a large bowl
- Refrigerate up to 4 days or freeze up to 3 months



A TAX-SAVING WAY TO HELP

If you're 70½ or older, you can take advantage of a simple way to help your neighbors and receive tax benefits in return! This popular option - which allows you to give as little as \$100 and as much as \$100,000 a year from your IRA directly without having to pay income tax - is called an IRA charitable rollover or qualified charitable distribution (QDC).

- When you turn 72, you can use your gift to satisfy all or part of your required minimum distributions.
- It may help lower your Medicare premiums and decrease the amount of Social Security subject to tax.

For more information about making a gift from your IRA, contact our Development Office at give@FeedMore.org.

STEADY SUPPORT

For more than two decades, Genworth has helped our neighbors. Since 2004:

- They've enabled more than 4 million meals.
- Employees have donated more than 16,000 hours of their time and talents to our mission.

Genworth can always be counted on to help and we're humbled, and inspired, by their generous giving spirit.



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(804) 521-2500
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