

STRENGTH IN EVERY STORY

“We’re blessed to be in America, but sometimes you just need help.” For John, 55, hard work is nothing new. He’s spent nearly four decades as a full-time roofing and painting contractor. But like many Central Virginia neighbors, he feels the pinch of high grocery prices and the rising cost of household necessities. “Meat’s high. Milk’s high. Eggs? Forget it.”

That’s why he makes the 35-minute drive to Promise Land Storehouse, a Feed More partner serving Charles City. There, he can find fresh produce, lean proteins and nonperishable goods. Charles City County is a vast area of 204 square miles without a full-service grocery store. And our data modeling shows that over 14% of those neighbors struggle to find reliable access to nourishing food.

Deeply grateful for the caring and committed volunteers who make Promise Land’s weekly distributions possible, John makes sure none of the food he receives goes to waste.

Whether it’s dropping off canned goods for a family in need down the street, or cooking up a chicken to share with friends, he does his part to make sure his community is nourished too.

John’s tenacity and sense of optimism reinforces why your support is so important. And reminds us of the joy and connection that’s found when neighbors care for neighbors.



Over the last decade, we’ve doubled the amount of fresh, healthy produce distributed to our neighbors.



FOOD *for* THOUGHT

Every neighbor story is different.

“Life is what happens when you make other plans,” says Patricia. At 79, she’s endured a shattered shoulder, a partial hip replacement, cataracts and now diabetes. Her son Robert, 59, broke his back in 2022, affecting his ability to drive and forcing him out of work.

Nutritious food is often out of reach for these two, after paying costly medical expenses, rent and utilities. **“We pay our bills, but most often there’s more month left than money. But we work together,”** Patricia says while pushing her walker down the aisle of Promise Land Storehouse in Charles City.

They heard about Promise Land from a friend at church, and like John, they’re deeply grateful for the support they’ve found there. From canned beans and hearty soups to milk and fresh cherry tomatoes, mother and son have access to the healthy food they need to thrive.

Patricia has her own way of expressing her appreciation to the selfless volunteers that make this possible. An avid knitter, she crochets scarves and sweaters to keep them warm during the cold winter months, praying over every project as she works. Each handmade gift is a token of gratitude and a quiet act of love.

In a world that she says has become too individualistic, Patricia finds comfort in the sense of community at Promise Land. **“When life knocks us down, it’s kindness that picks us up with the strength that carries us through.”**

OUR CENTRAL VIRGINIA STATS

1.2M increase in pounds distributed

- Comparing 2024-25 to 2023-24
- Through our network of **400+** distribution sites (including pantries) and programs
- Across **29** counties and **5** cities

17.1% kids and teens experience food insecurity

- **1.8%** increase over the previous year
- Programs like our School Market and our kids mobile market, Feed More Freddie, deliver nourishing kid-friendly food where it’s needed most.

OTHER STATE-LEVEL FACTS WE PAY ATTENTION TO:

By tracking policy changes, along with state and local data, we’re working to meet the shifting needs of our neighbors and put your support to work where it matters most.

- **70%** of Virginia residents on Medicaid work
- **9%** of Virginians receive SNAP
- **12.5-15%** of Virginians receive disability benefits (the national average is 12.7%)

THIS IS HOW WE DO IT

Helping rural neighbors has unique challenges. But your support, and people like Corey, help us go the distance.

For these folks, access to grocery stores – not to mention schools and healthcare – is often 20 to 30 miles each way. That means higher fuel costs and more wear and tear on vehicles. In fact, 6-10% of their household income goes toward vehicle related expenses. **This is one of the reasons 1 in 8 rural households face food insecurity.**

That’s why we’re constantly working with our network of distribution partners to find the best ways to get food where it’s needed most. And no one knows that better than Corey Bass, our South Hill Distribution Center Manager.

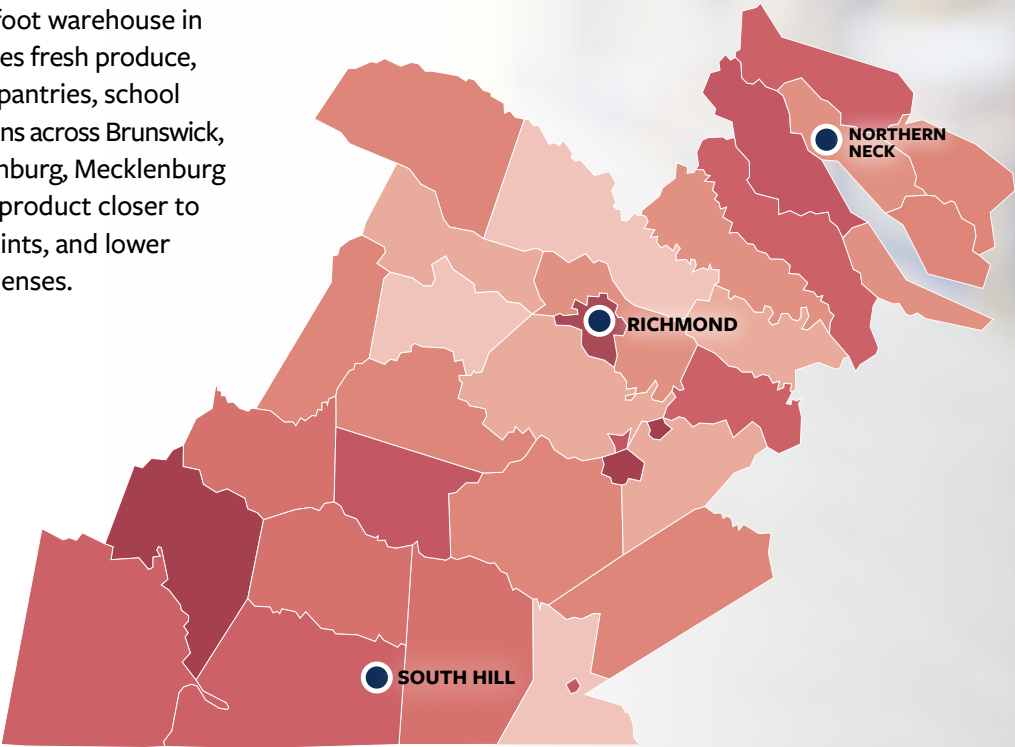
Corey manages our 1,000- square-foot warehouse in South Hill. Opened in 2019, it provides fresh produce, proteins and other staples to rural pantries, school markets and mobile pantry distributions across Brunswick, Charlotte, Greenville, Halifax, Lunenburg, Mecklenburg and Emporia. By placing nutritious product closer to our neighbors, we reduce touch points, and lower transportation and distribution expenses.

FOOD INSECURITY (%)

Based on FM’s food insecurity model, June 2025



Leveraging local and national data sets, we’re able to monitor food insecurity quarterly at a zip code level across the 29 counties and 5 cities we serve. This helps us better orient our services to where they can do the most good.



This is important for partners like The People’s Pantry, serving South Boston. Year to date, they’ve fielded more than 4,400 visits from neighbors experiencing food insecurity and distributed over 88,000 pounds of food.

South Hill and our food rescue program, leveraging local retail partners like Dollar General, Food Lion, Sheetz and Walmart, help keep their shelves stocked and their many neighbors nourished.

Together, this network of caring partners, local pantries and folks like Corey (and team) ensure healthy food makes its way to the tables of those who need it most.



Devone, from South Boston, knows about hard work. “I grew up on a tobacco farm. Started working at 17 and never stopped working, until my body gave out,” she shared. Now, it’s tough to manage the rising cost of food, rent and \$600 a month in medical bills with Social Security alone. Though life’s gotten harder, Devone stays close to her family, her community roots and now, the local pantry that helps her make it through.





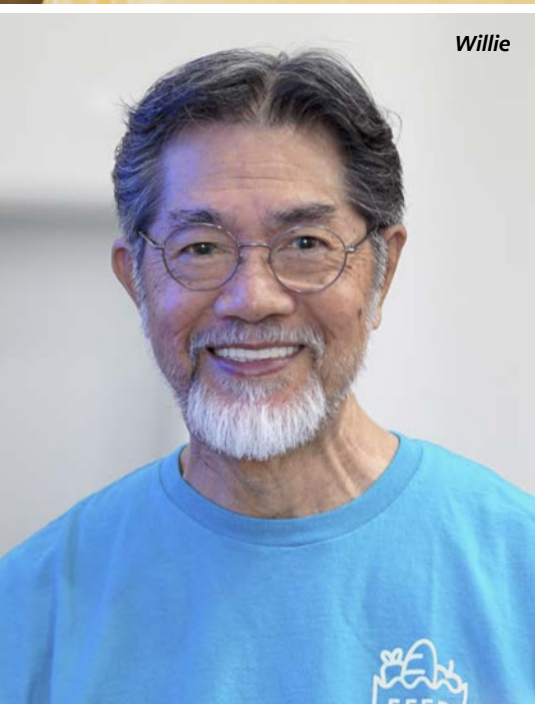
Tyler



Kathy



Raymond



Willie



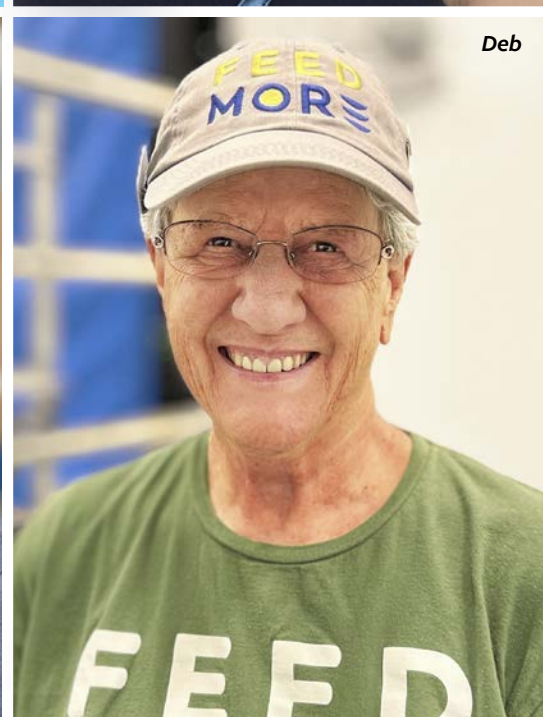
Tanita



Flor



Jason



Deb



Hossein

NEIGHBORS HELPING NEIGHBORS IS WHAT CENTRAL VIRGINIA IS ALL ABOUT.

You know that, and so do these kind folks. Sharing why they give in their own words.

“There’s not many jobs here in Aylett. If it weren’t for the pantry, a lot of people would be in trouble, for sure. I see people out here every Saturday, and being here for the first time, I’ve enjoyed helping my community out. I’ll definitely be back.”

— Tyler

“I worked for 40 years. I came from the Philippines, and I’ve been blessed by this country. I’ve been blessed with a wonderful wife, two kids, a home, and I just wanted to give back to the community. I thought this could be a way to do that, and I really love the organization.”

— Willie

“I started volunteering with FACES 10 years ago when I was a student at Hampden-Sydney, and I’ve just kept coming back.”

— Jason

“There are so many beautiful people that I’ve met as a volunteer. When I come to the door, they are smiling. They can’t wait to see me, and I can’t wait to see them. I’ve learned their birthdays and I bring them flowers, and they always greet me with a smile. It’s just wonderful.”

— Kathy

“Feeling connected to the community is amazing. I think just meeting the people that I know that volunteer here as well, along with the clients — just being able to have that family here away from my family, that’s definitely kept me coming back.”

— Tanita

“It brings me back to my childhood. My mom would always say, ‘nobody goes hungry in my house.’ And that’s just always stuck with me. I don’t want anybody to go hungry in my community. I want to know that our neighbors are taken care of.”

— Deb

“Some people don’t have. Some people do. We give what we can to the community. I’ve seen big fires, people in buildings... I’ve seen a lot. But this work feels just as important.”

— Raymond

“Coming to this pantry, it’s a very nice place because we can do what we feel in our heart, which is to give back and help others. 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 sun or the rain, our desire is to help out.”

— Flor

“Everybody that I deliver to is in need of help, and it’s great to learn more about them. I would encourage anyone looking for volunteer opportunities to consider Feed More. It’s one of the most important organizations that I think you could volunteer your time for.”

— Hossein

Kitchen Wise

We're spilling the beans! Packed with protein, fiber and flavor, dried beans are one of the cheapest, healthiest pantry staples. Here are some helpful tips so you can get the most out of this hard-working, endlessly versatile kitchen essential.

No-soak method – hands off, just takes time

- Rinse beans well, removing any debris
- Put them in a pot, cover with water (3–4 inches above beans)
- Bring to a boil, then reduce to a gentle simmer
- Cook until tender (usually 1.5–3 hours, depending on bean type)
Black beans: ~1.5 hours / Pinto beans: ~2 hours / Chickpeas: 2–3 hours
- Add salt only in the last 30 minutes so skins don't toughen

Flavor boosting while cooking

- Add onion, garlic, bay leaf, celery, carrot or dried chili
- Swap some water for broth for richer taste
- After cooking, season with salt, olive oil, fresh herbs or a splash of vinegar/lemon juice to brighten

Storage & flexibility

- Cooked beans keep 5–6 days in the fridge or up to 3 months frozen
- Use in soups, stews, tacos, grain bowls, salads, dips or as a side



WAWA AND SHEETZ FILL IT UP!

Wawa and Sheetz may be friendly rivals on the road, but when it comes to fighting hunger, they're fueling the same mission! Both companies are steadfast in their support of Feed More. Whether through donations of food and funds, volunteerism or cause marketing campaigns, their dedication is a reminder that when local businesses invest in people, our entire community grows stronger.

We're grateful to have Wawa and Sheetz by our side. Together, we're making sure that hope and nourishment are always within reach for our neighbors when they need it most.



FALL FUN!

If you're looking for fun ways to get your kiddo(s) involved in giving back this fall, here are a few ideas:

- Host a neighborhood food drive
- Set up a Facebook fundraiser
- Make holiday cards for our neighbors
- Take a family-friendly tour of Feed More



Learn about more ways you can give help at FeedMore.org.

