For many children, summer is the hungriest time of year. At school, they have access to reduced-price or free breakfast, lunch and snacks. But come June, that nutritious food disappears. As a result, studies show that they’re more likely to get sick and their academic and physical development often regresses.

But thanks to our Summer Programs, any kid or teenager in need can access the healthy meals they deserve while school is out. From healthy fruits and vegetables to brain-building lean proteins, we help our young people thrive.

Please help us spread the word about our Summer Programs and ensure every kid has the food they need. Visit Feed More.org for more information.
### Food Insecurity Today

<table>
<thead>
<tr>
<th>Statistic</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 in 9 Central Virginians are food insecure</td>
<td>111%</td>
</tr>
<tr>
<td>1 in 6 Kids in Central VA are food insecure</td>
<td>166%</td>
</tr>
<tr>
<td>70,000 of the neighbors we serve face tough choices everyday: pay bills, buy groceries or eat</td>
<td>100%</td>
</tr>
<tr>
<td>63% of seniors visiting food banks say they have to choose between food and medical care</td>
<td>100%</td>
</tr>
<tr>
<td>Only 42% of seniors receive SNAP benefits for monthly grocery assistance out of the millions who qualify for benefits</td>
<td>58%</td>
</tr>
<tr>
<td>10,000 people turn 65 every day in the U.S.</td>
<td>166%</td>
</tr>
</tbody>
</table>

### The Rising Cost of Inflation

We have all seen, and felt, the impact of rising prices on essentials. And for our neighbors in need, life is getting even tougher.

With budgets stretched, hard choices are being made between basic necessities. Thus the need for nutritious food is once again on the rise.

As the cost of food and gas increase, your continued support is even more critical to our mission.

### Cost Data

- **Fruits & Vegetables**: +8.5%
- **Milk & Dairy Products**: +7.0%
- **Meat, Poultry, Fish & Eggs**: +13.7%
- **Food Away from Home**: +6.9%

*Source: New York Times article, April 13, 2022

* Source: 2021 Feed More Data and 2019 Feeding America State of Senior Hunger

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**FOOD SECURITY TODAY**

1 IN 9 CENTRAL VIRGINIANS ARE FOOD INSECURE

1 IN 6 KIDS IN CENTRAL VA ARE FOOD INSECURE

THAT’S OVER 165,000 NEIGHBORS STRUGGLING WITH HUNGER

+15% MORE CENTRAL VA NEIGHBORS FACING FOOD INSECURITY SINCE 2019

+15% MORE CENTRAL VA NEIGHBORS FACING FOOD INSECURITY SINCE 2019
Central Virginia is a community that takes care of one another. From young givers to senior volunteers, our hunger-fighting supporters make a difference in every way, every day. We continue to be inspired, and humbled, by the kind-hearted folks of all ages who help bring our mission to life! Recently, Keyshawn introduced her sweet kids to our mission by bringing them along to donate pretzels and other goodies. Alex celebrated his 9th birthday by getting friends and family together to raise $500 via a Facebook fundraiser and collect 155 pounds of nonperishable goods for his neighbors in need. And sixth-grader Isa prepared heart-shaped cookies, chocolate-dipped strawberries and other sweet treats for a Valentine’s Day bake sale that raised more than $500 to support Feed More. Seriously impressive work by these wonderful young people!

With big hearts and helping hands, our senior community is back in full force! When Mary Frances, a resident at Lakewood Retirement Community, heard that Feed More needed volunteers, she signed up — and brought a friend. And then another friend. Within a few weeks, Lakewood residents, eager to get back to doing good in our community, had rallied to help address our volunteer shortages. What began as a small group volunteering in our Bayard Community Kitchen quickly became over a dozen Lakewood residents regularly preparing and packaging our Meals on Wheels for homebound neighbors and weekend BackPacks for food-insecure students.

Our sincerest thanks to Lakewood and their generous residents for their many hours volunteered, meals prepared and thousands of BackPacks assembled. You are our hunger-fighting heroes!

“I felt I really was making a contribution. Whether I was putting food in bags or tying up the filled bags, some child’s life was going to be a little brighter because I made the effort to go.”
— CHERYL ROTHSCHILD, Lakewood resident and Feed More volunteer

Generosity Across the Generations

Baking extraordinaire Isa Keyshawn and her children Keyshawn and her children

Isa (in hat) and his buddy Cooper

Alex (in hat) and his buddy Cooper
Our corporate partners make a big difference. These organizations demonstrate their commitment to the wellbeing of the communities that they live and work in each day. And thanks to their generosity, we’re able to address a most pressing need — food insecurity.

“We're investing in the health, safety and wellbeing of our teammates while also providing funds to help local organizations support our neighbors and fight food insecurity.”
— VICTOR BRANCH
Bank of America Richmond President

Bank of America has been by our side fighting hunger for more than two decades. Over the years, their support has helped us distribute more than 17 million meals to Central Virginia neighbors in need. And they are deeply committed to finding new and more impactful ways to help us nourish communities and empower lives.

As an example, earlier this year, Bank of America launched a national COVID-19 booster shot campaign, where Bank of America agreed to donate $100 to their local hunger-relief organization for every bank employee who received their COVID vaccine or booster. After the month-long campaign, Bank of America donated $100,000 to help us take care of the most vulnerable in our communities. Initiatives like these demonstrate how Bank of America is committed to their associates keeping our community safe and helping us get healthy food on to the tables of those in need.

We are also continuing to grow relationships across our service area with new partners like Riverfront Investment Group. Giving back is central to the local investment firm’s ethos — through their Charitable Giving Partner program, Riverfront commits to impactful partnerships with area nonprofits each year.

Riverfront associates nominate nonprofits that they feel are making an impact in their community, and Feed More couldn’t be prouder to be selected as Riverfront’s Charitable Giving Partner for 2022. Thanks to Riverfront’s support, we’ve been able to purchase 100,000 meals for those who face hunger.

“We’re investing in the health, safety and wellbeing of our teammates while also providing funds to help local organizations support our neighbors and fight food insecurity.”
— VICTOR BRANCH
Bank of America Richmond President

“We the impact our partnership could make, through this grant and volunteering with their numerous programs, made this an easy decision for Riverfront associates.”
— KAETLIN COLLINS
Riverfront’s Charitable Giving Committee Chair

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“We’re eternally grateful for the steadfast and generous support that we’ve received from our caring community partners and look forward to welcoming more businesses, big and small, to our hunger-fighting team!”

— VICTOR BRANCH
Bank of America Richmond President
STAFF HIGHLIGHT:
MADELAINE HINIYE

So many amazing individuals quietly working behind the scenes to bring our mission to life! This past fall, Madelaine, a valuable member of our Operations team, won an academic scholarship from the Grammy-award winning band, Imagine Dragons. Born in a refugee camp in Tanzania, Madelaine works full-time at Feed More while pursuing her bachelor’s degree in paralegal studies at the University of Richmond. We’re beyond proud of Madelaine and so very grateful to have her on our team!

JOIN OUR MEALS ON WHEELS TEAM:
• Are you at least 18 and have you own vehicle?
• Can you volunteer from 10:30 a.m. - 12:30 p.m.?
• Are you able to commit to two shifts per month?

“Meals on Wheels has improved my health physically, mentally, and allowed me to stay in my home. And it’s something and someone to look forward to.”

“Meals on Wheels is great. Their kindness makes bad days bearable.”

TO START YOUR VOLUNTEER JOURNEY visit FeedMore.org/volunteer