



Who we are

Feed More collects, prepares and distributes food to neighbors in need throughout Central Virginia. With a service area that stretches across 34 cities and counties, Feed More's comprehensive programs and network of nearly 300 agencies helps ensure our communities have access to healthy meals year round. Feed More is a proud member of [Feeding America](#) and [Meals on Wheels America](#).

Where we came from

Feed More has had a presence in Central Virginia for close to five decades. Meals on Wheels was established in 1967, where it served just eight clients, and the Central Virginia Food Bank has been in operation since 1980. The Central Virginia Food Bank was created by 60 local churches and charities that were concerned about growing hunger and poverty in the region.

In 2005, the Central Virginia Food Bank and Meals on Wheels came together to build a joint kitchen, named the Community Kitchen, to cost effectively create cooked-from-scratch meals for children, families and seniors across Central Virginia. This led to the formal merger of the Central Virginia Food Bank and Meals on Wheels and on July 1, 2008 Feed More, Inc. was born.

Hunger in Central Virginia

There is a lot of need in Central Virginia – 1 in 7 Central Virginians struggle with hunger, meaning that close to 200,000 of our neighbors don't have enough to eat. And of that, nearly 50,000 children, or 1 in 6, in Central Virginia aren't receiving the necessary nutrition.

While Feed More's lines have not gotten longer, the need of the folks we help has gotten greater. Most of the people we help come to us in emergency times and are the working poor, who are struggling to make ends meet. Often times, these neighbors are forced to make tough decisions – pay the bills or buy healthy groceries.



How we help

Our comprehensive programs distribute nutritious meals and wholesome food directly to our neighbors who need it.

- **Hunger Hotline**
 - Feed More's Hunger Hotline, which is part of the Food Referral program, helps connect individuals who call in and need food with a local agency in their neighborhood.
 - The Food Referral teams responds to online requests and calls and also assists individuals who come to Feed More directly for emergency food assistance.
 - The Food Referral team provides these individuals with an emergency box filled with a variety of nonperishable food items to hold them over until a pantry in their zip code is identified.
- **Kids Cafe**
 - Our Kids Cafe is dedicated to improving the nutritional status of children who face hunger, targeting to fill the gaps year-round when school meals are not available.
 - Kids Cafe sites are located in some of the most impoverished communities in our service area and offer students mentoring, tutoring, cultural enrichments and social activities; Feed More's Kids Cafe program provides the nutritional component to these programs.
 - During the school year, Feed More provides a nutritious snack and/or a hot healthy evening meal at more than 60 afterschool programs that operate across Richmond and the Tri-cities.
- **Weekend BackPacks**
 - The Backpack program provides children who don't have reliable access to food with healthy and easy-to-prepare meals at times when other resources are not available, such as weekends and school vacations.
 - Backpacks filled with food that is nutritious, child-friendly and nonperishable are distributed every Friday, and on the last day before a holiday, so the children will have food over the weekend and return to school on Monday morning ready to learn.



- **School Market**
 - A pilot program launched in September 2017 at South Boston Elementary School, Feed More's School Market helps fight weekend hunger by distributing wholesome food for healthy meals to students and their families.
 - The program has expanded to other elementary schools in surrounding communities.
- **Mobile Pantry**
 - Feed More's Mobile Pantry distributes a variety of food items for healthy meals to underserved communities or areas where there is limited access to food and grocery stores.
 - The Mobile Pantry travels to food deserts in urban neighborhoods and rural communities throughout Feed More's service area and works closely with local partners to arrange recurring distributions.
 - Our commitment is to provide families with a variety of perishable and non-perishable food items for well-balanced meals at every distribution.
 - Typical distribution amounts are 6,000-8,000 pounds of food or about 35 pounds per household.
- **Summer Food Service Program**
 - With thousands of children and teens receiving free or reduced lunch, when school ends, so do these vital programs and the impact is felt massively throughout our community.
 - Feed More's Summer Food Service Program is a major effort to ensure children at risk of hunger during these critical months receive healthy and reliable meals.
 - Meals are prepared from scratch in our Community Kitchen and served to children and teens 18 years and younger free of charge.
- **Commodity Supplemental Food Program (CSFP)**
 - The Commodity Supplemental Food Program (CSFP) supports the nutritional needs of low-income individuals by providing wholesome food to supplement their diet, while helping stretch their food budget.
 - CSFP support staff and volunteers distribute the nutritious, pre-packaged, shelf-stable boxes monthly to low-income seniors at least 60 years of age who are at risk of and vulnerable to malnutrition.

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- Each contains nutrient-rich food that helps improve the overall health status of these individuals and includes a variety of canned items (e.g., fruit, vegetables, meat or fish), bottled juice, shelf-stable and instant dry milk, cheese, pasta or rice, dry beans or peanut butter and cereal.
- **Meals on Wheels**
 - Meals on Wheels is dedicated to improving the quality of life of homebound individuals by providing support through nutritious meal deliveries, daily social interactions and safety checks.
 - Our caring volunteers pack and deliver the nutritious, diet-specific meals to 14 localities – four cities and 10 counties – throughout our community.
 - This program is more than just a meal for our homebound neighbors and helps keep them independent and in their own homes for as long as possible.
- **Distribution Center/Food Bank**
 - Our Distribution Center purchases fresh produce, healthy proteins, nonperishable food and other grocery items to distribute through our Agency Network, which includes food pantries, soup kitchens, emergency shelters and child and adult care centers.
 - We distribute a variety of perishable and nonperishable items to our agencies, such as canned and packaged foods, as well as bakery items, fresh produce, refrigerated products, frozen foods and household grocery items.
- **Agency Network**
 - Feed More's Agency Network is made up of more than 300 nonprofits and community organizations, including food pantries, emergency shelters, rehab centers, soup kitchens and adult and childcare centers throughout our 34 city and county service area.
 - This network helps us further extend our reach to our neighbors in need.
 - The members of our Agency Network are pretty diverse.
 - From small church-based organizations that rely solely on volunteers to more sophisticated operations that include a formal Board of Directors and employees, we appreciate the support of all our Agency Network members.



How to join the Feed More movement

1. **Food** – A food drive is a great way to help us keep our shelves stocked.
2. **Funds** – At Feed More, more than 96 percent of each gift supports our programs and services. Each \$1 donated helps Feed More provide 4 healthy meals to our neighbors who need it.
3. **Time** – Feed More relies on hundreds of volunteers every single day. We are always looking for compassionate friends to help us fight hunger.

Please visit FeedMore.org to learn how you can help today.