



Who we are

FeedMore is Central Virginia's core hunger-relief organization dedicated to providing healthy meals and hope for a better tomorrow to Central Virginians who struggle with hunger. Through our network of close to 300 agencies and comprehensive programs, we provide our neighbors in need with one of the most basic necessities: nourishment.

Where we came from

FeedMore 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 FeedMore, 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 more than 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 FeedMore'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.



FeedMore's Programs

From the Northern Neck to Louisa County and south to the North Carolina border, our service area stretches across 29 counties and five cities in Central Virginia. In total, during our most recently completed fiscal year (July 1, 2016 – June 30, 2017), we distributed 22.9 million meals.

Feeding Children

• Backpack Program

- 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.

• Kids Cafe Program

- Our Kids Cafe program 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; FeedMore's Kids Cafe program provides the nutritional component to these programs.
- During the school year, FeedMore 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.

• School Market

- A pilot program launched in September 2017 at South Boston Elementary School, FeedMore'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.

• 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.
- FeedMore'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.



Feeding Families

- **Distribution Center/ Central Virginia 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.
- **Hunger Hotline**
 - FeedMore'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 FeedMore 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.
- **Mobile Pantry**
 - FeedMore'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 FeedMore'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.
- **Agency Network**
 - FeedMore'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.



Feeding Seniors

- **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.
 - 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 Serving Central Virginia**
 - 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.

How to join the FeedMore movement

Here are three ways you can get involved with hunger relief and take action:

1. **Food** – A food drive is a great way to help us keep our shelves stocked.
2. **Funds** – At FeedMore, more than 96 cents of every dollar donated goes directly back into our programs. For every \$1 donated, FeedMore can provide 4 healthy meals to our neighbors who need it.
3. **Time** – FeedMore 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.