

**FREDERICKSBURG
REGIONAL FOOD BANK**

Locust Grove • Stafford • Caroline
Spotsylvania • King George • the
City of Fredericksburg

MEMBER OF
**FEEDING
AMERICA**



**2023
ANNUAL REPORT**

The mission of the Fredericksburg Regional Food Bank is to unite the Central Rappahannock River Region in our commitment to fight hunger and your support brings us one step closer to our vision of turning food scarcity into food security.



MESSAGE FROM OUR PRESIDENT & CEO



Dear Friends,

In a typical corporate annual report, the financial bottom line tells the story of how good the year was for that corporation. While fiscal stewardship is important to our sustainability, too, our bottom line is measured a bit differently. For us, we prioritize metrics like how many people were able to be served, how much food was received and distributed, or the nutritional value of our inventory.

For us, the fiscal year that ended on June 30, 2023, was a year characterized by the word “more.” A few of the year’s highlights expressing that concept were:

- We served nearly 5,000 more people than the previous year
- We distributed 1.5 million more meals than the previous year and 626,000 more than any year in our history
- We supported the enrollment of 60% more Supplemental Nutrition Assistance Program (SNAP) benefits recipients, yielding 134% more meals for SNAP recipients than the previous year
- We benefitted from 761 more hours of volunteer service than the previous year

This data points to a good year in many ways because it shows increased service to our community. The data also highlights the challenges faced in the year, though. That increased level of service demonstrates an elevated need within the community that we had to respond to, meaning tens of thousands of our neighbors face the stress caused by economic pressures. That increased service also comes at a cost to the organization, driving up our annual expenses and putting a strain on staff and volunteers. An example of this is that the audited value of our donated and purchased food inventory climbed almost \$3.1 million over the previous year, a significant jump in expenses.

Sustaining the levels of service that we achieved in the past fiscal year will not be easy, but if community circumstances demand it, we want to be able to respond. People like you power our ability to respond, so I hope you will unite with us to ensure our response remains consistently strong.

As I look back on this year of extraordinary service, I know it was made possible by the concerted effort and generous support of extraordinary people. Thank you for being among those who invested your resources, heart, and soul in our mission. Simply put, you helped us feed more people who turned to us in their time of need. I hope you agree with me that ensuring we feed those neighbors is a very satisfying bottom line!

Sincerely,



Dan Maher
President & CEO

2023 Board of Directors

Carol Garland <i>Chair</i>	Jackie Palmer <i>Vice Chair, Secretary</i>	Jeremy Bullock <i>Treasurer</i>	
Frank Cirioni <i>Member</i>	Allen Bareford <i>Member</i>	Paul Covill <i>Member</i>	Duke Storen <i>Member</i>
Leslie Martin <i>Member</i>	Steve Rollins, Sr. <i>Member</i>	Adam Eidson <i>Member</i>	Calvin Taylor <i>Member</i>
Betsy Mason <i>Member</i>	Johnny Powell <i>Member</i>	Tamara Robinson <i>Member</i>	Brian Williams <i>Member</i>

WHO WE ARE & WHAT WE DO

The Fredericksburg Regional Food Bank is the largest organization in the Central Rappahannock River Region, working to solve hunger. We do this by partnering with 235 community organizations operating 338 food assistance programs in Caroline County, the City of Fredericksburg, King George County, Locust Grove, Spotsylvania County, and Stafford County – and distributing food directly into hard-to-reach areas. **Last year, the FRFB helped more than 46,000 people access healthy food.** That's 11% of our region's mothers, fathers, sons, daughters, sisters, brothers, and grandparents.



WHERE OUR FOOD COMES FROM

Government - 22%

Surplus food that is subsidized by the government and distributed to children and families in need.

Producers - 7%

Truckloads of food donated directly by companies that have excess product available.

Farmers - 2%

Farm fresh foods donated by local growers.

Purchased - 22%

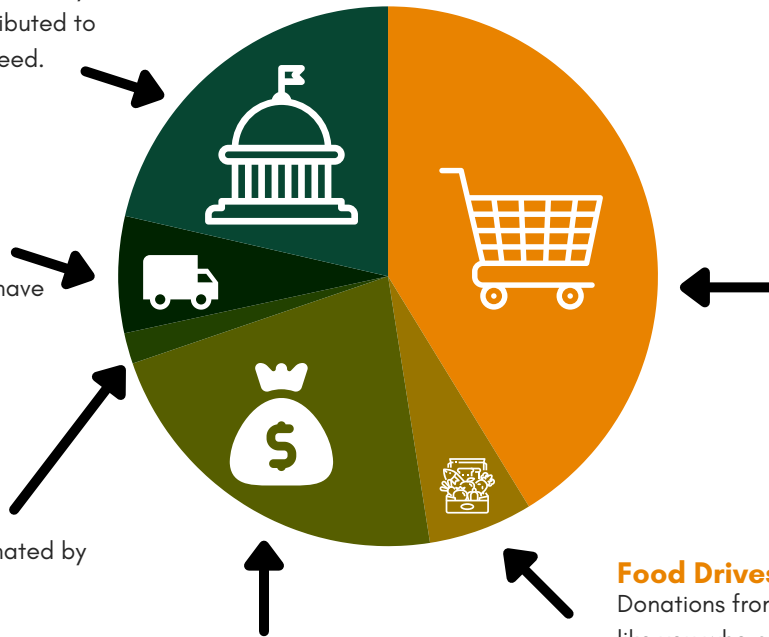
Food purchased by FRFB to ensure a consistent supply of items our partners most want and need.

Food Drives - 6%

Donations from community members like you who collect nutritious food for those who need it.

Retailers - 41%

Food that no longer meets stores' strict guidelines for peak freshness, but is still good to eat.



HOW WE DO IT



FOOD ASSISTANCE PARTNERS

Our Food Assistance Partners work across the region to offer food from the FRFB to neighbors in need; these partners include faith-based organizations, food pantries, schools, group homes, emergency shelters, senior programs, and meal centers.

FEEDING FAMILIES



MOBILE PANTRY

We distribute nutritious food directly from a refrigerated truck in rural and low food access areas.



ORDER AHEAD

OrderAhead is the newest program of the FRFB. It provides the convenience of online ordering and choice from a menu of options.



FRESH MARKET

Fresh produce and other highly perishable foods are distributed to families in high need areas.

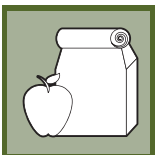
FEEDING SENIORS



CSFP BOX

We provide income-qualified seniors with a box of groceries each month, along with recipes and nutrition education materials.

FEEDING CHILDREN



SUMMER FEEDING

We provide healthy meals and snacks in the summer at sites that include faith-based organizations, libraries, and community centers.

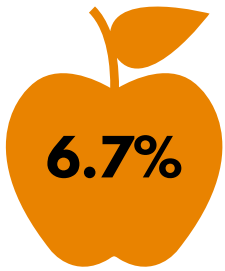


SCHOOL PANTRY

School-based pantries provide convenient access to nutritious food for children and their families.

FOOD INSECURITY

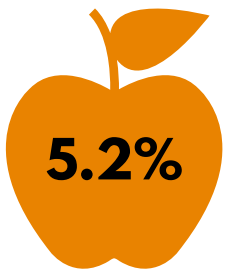
Food insecurity is defined as a lack of consistent access to enough food for every person in a household to live an active, healthy life. This can be a temporary situation for a household or can last a long time. Food insecurity is one way we can measure how many people cannot afford food.



**CAROLINE COUNTY
FOOD INSECURITY RATE**



**CITY OF FREDERICKSBURG
FOOD INSECURITY RATE**



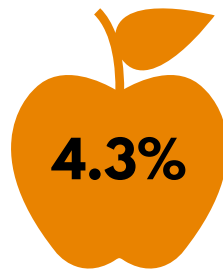
**KING GEORGE COUNTY
FOOD INSECURITY RATE**



**ORANGE COUNTY
FOOD INSECURITY RATE**



**SPOTSYLVANIA COUNTY
FOOD INSECURITY RATE**



**STAFFORD COUNTY
FOOD INSECURITY RATE**

POST-PANDEMIC CAPACITY GROWTH



One of the contributing factors to our increased service within the community during the past fiscal year was the infusion of pass-through grant funding through the Virginia Department of Housing and Community Development's Block Grant. These resources are an outcome of COVID relief funds being administered by VDHCD that were designated for food distribution and capacity building for food banks. In aggregate, we were granted \$2.25 million to be expended between 2022 and 2024.

These significant funds provided a powerful impact on us and our network of community partner pantries by helping us add needed infrastructure enhancements for our facilities and food supplies for our warehousing. Once the funds are fully expended, we will have purchased nearly \$850,000 worth of food commodities for distribution and spent approximately \$1.4 million on equipment to solidify our infrastructure and the infrastructure of our network of pantries.



Among the enhancements these funds provided that will have long-term effects is purchasing two box trucks and two vans engaged in transporting food products. These additions to our fleet have both given us extra capacity and allowed us to replace older vehicles which in turn were able to be shared with pantries in need of a vehicle for food transport.



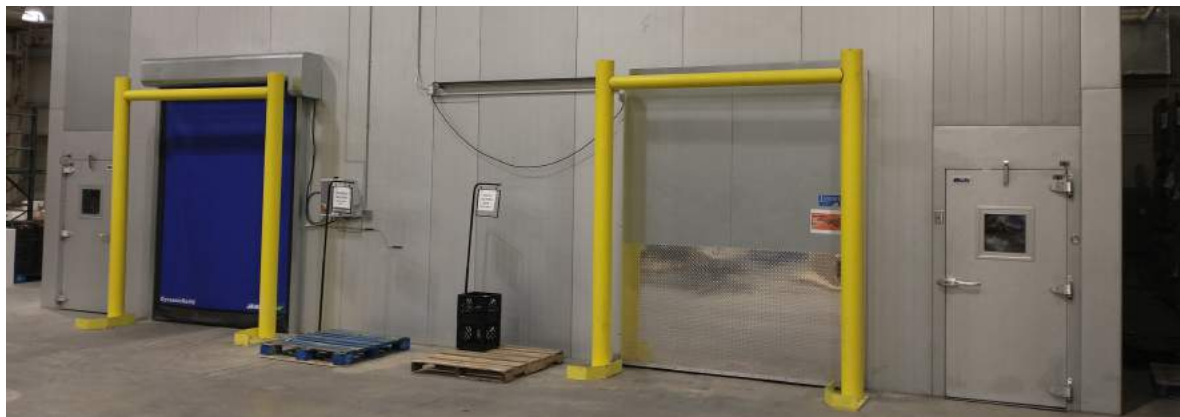
These funds also allowed our network of pantries to benefit from purchasing 94 refrigerator and freezer units that enable them to receive additional chilled and fresh food commodities from us. Through that enhancement, they can provide healthier food to those they serve and contribute even more to community health. Similarly, we have been able to apply funds toward the installation of two walk-in freezers and two walk-in refrigerators in our warehouses that allow us to store much greater volumes of fresh and frozen commodities than we previously had been able to do. This enhancement allows us to source and store highly desired commodities such as proteins, produce, and dairy.

POST-PANDEMIC CAPACITY GROWTH



Another enhancement provided by VDHCD's funding is the addition of a generator at our leased warehouse to ensure that during power outages, especially any long-term outages in the event of a natural disaster, the chilled and frozen commodities there would be maintained at proper temperatures and not allowed to spoil. Warehouse equipment such as pallet jacks and cleaning equipment are also welcome additions made possible by VDHCD's funding, situating us well for our future.

In our post-pandemic world, we continue to evolve due to the innovation and investment initiated during the height of the COVID-19 pandemic.



NUTRITION POLICY AND ADVANCEMENT OF HEALTH EQUITY



Trying to acquire the healthiest food options possible when we purchase food is an important goal of our food sourcing that we defined with greater clarity during the past fiscal year. In conjunction with the other six Feeding America network food banks across Virginia, we committed to developing a nutritional policy to guide our food purchasing and even our collaboration with commercial food donors to encourage them to help us acquire healthy foods through their donation practices.

Our nutritional policy focuses on the application of what is called the Healthy Eating Research (HER) guidelines which rate foods as “green,” “yellow,” or “red” based on their nutritional value, with green foods suggested as foods to be chosen frequently, yellow foods as foods to be chosen occasionally, and red foods as foods to be chosen rarely. Our goal is to ensure that at least 80 percent of the foods that comprise our inventory have green or yellow nutritional value.

By prioritizing the acquisition of healthier foods, we are helping promote the concept of health equity in our community. Many of those we serve have difficulty purchasing healthy foods or do not appreciate the overall lifestyle benefits of healthy foods, so our commitment to acquiring and distributing healthy foods is helping offer those neighbors access to healthier eating habits than they may ordinarily have. Helping people choose healthier food options is one way to advance their well-being and promote good community health.



IMPACT BY THE NUMBERS



7,549,462

pounds of food were distributed by the FRFB and its network of community partners and direct distributions



1,535,431

pounds of the food distributed by the FRFB network were fresh fruits and vegetables



46,524

neighbors received food through the FRFB's network of community partners and direct distributions



235,330

meals were served to children facing hunger in our community through our Feeding Children programs



11,921

boxes of food seniors need to stay strong were distributed through the Commodity Supplemental Food Program (CSFP)

COMMUNITY PARTNERS

Food Assistance Partners & Direct Distribution Partners by Region

CAROLINE COUNTY

10-7 Farms
Bethel United Methodist Church
Beulah Baptist Church
Bowling Green Baptist Church
Bowling Green Elementary School
Bowling Green Properties
Caroline Community Services Center
Caroline High School
Caroline Middle School
Caroline's Promise
Concord Baptist Church
Crossroads 30/301
Fresenius Kidney Care
Frog Level Fire Department
Lake Land 'Or
Lewis & Clark Elementary School
Lotus Academy
Madison Elementary School
Meadow Event Park
New Liberty Baptist Church
Oxford Mt. Zion Baptist Church
Port Royal Library
Praise Temple Apostolic Faith Church of Virginia
R&D Family Campground
Rehoboth United Methodist Church
Saint Mary of the Annunciation
Second Baptist Church
Second Mt. Zion Baptist Church
Third Mt. Zion Baptist Church
Virginia Cooperative Extension
Wright's Chapel United Methodist Church

CITY OF FREDERICKSBURG

ACT
Barbara Carroll Community Outreach & Development
Christ Lutheran Church
CVHS Fredericksburg
Downtown Greens
ERI (Employment Resources Inc.)
Fairview Baptist Church
Forest Village Apartments
Fredericksburg Baptist Church
Fredericksburg Department of Social Services
Fredericksburg United Methodist Church
Hazel Hill Apartments
Heritage Park
Highway Assembly of God
Hillcrest United Methodist Church
Hugh Mercer Elementary School
Hurkamp Park
James Monroe High School
Kenmore Club
Kings Crest Senior Community
Lafayette Upper Elementary School
Lloyd F. Moss Free Clinic
Madonna House
Mayfield Community Center
Micah Ecumenical Ministries
Mill Park Terrace Apartments
RACSB
Shiloh Baptist Church (Old Site)
St. George's Episcopal Church
Teach to Reach Teens
The Phoenix Center for Innovative Learning
The Salvation Army
Thurman Brisben Center
Trinity Episcopal Church
University of Mary Washington
VFW Post 3103
Walker-Grant Middle School
Youth of Promise
Zion Church of Fredericksburg

KING GEORGE COUNTY

Cedell Brooks Jr Park
Dahlgren Harbor Apartments
First Baptist Ambar Church
King George Church of God
King George Department of Social Services
King George Elementary School
Little Ark Baptist Church
Love Thy Neighbor
Round Hill Baptist Church
Sealston Elementary School
St. Anthony of Padua Catholic Church
St. Stephen's Baptist Church

ORANGE COUNTY

Lions Wilderness Food Pantry
New Hope Baptist Church

PRINCE WILLIAM COUNTY

Concordia Lutheran Church
Triangle Baptist Church

COMMUNITY PARTNERS

Food Assistance Partners & Direct Distribution Partners by Region

SPOTSYLVANIA COUNTY

Asbury Manor
Battlefield Elementary School
Battlefield Middle School
Belmont Foundation
Berkeley Elementary School
Brightview
Brock Road Elementary School
Calvary Chapel of Spotsylvania
Cedar Forest Elementary School
Chancellor Baptist Church
Chancellor Elementary School
Chancellor High School
Chancellor Middle School
Christ Episcopal Church
Christian Brothers Transition Program
Community Ministry Center
Courthouse Road Elementary School
Courtland Elementary School
Courtland High School
Eastland United Methodist Church
Encounter Church of God
Fredericksburg Christian Health Center
Freedom Middle School
Fresh Wind Outreach
Germanna Community College
Graninger Mobile Home & RV
Harrison Road Elementary School
Healthy Families
Hematology-Oncology Associates of Fredericksburg
Here 2 Serve
Hideaway Townhomes
Indian Acres
Keswick Park
Keswick Senior Apartments
Lee Hill Elementary School
Livingston Elementary School
Loriella Park
Massaponax Baptist Church
Massaponax High School
Mt. Hope Baptist Church
New Post Apartments

SPOTSYLVANIA COUNTY

New Post Church
New Vision Ministry
Ni River Middle School
Overlook Terrace Apartments
Parkside Elementary School
Partlow Ruritan Building
Peace United Methodist Church
Post Oak Middle School
Rappahannock Goodwill
River Club
Riverbend High School
Riverview Elementary School
SECA (Spotsylvania Emergency Concerns Association)
Salem Church Library
Salem Elementary School
Smith Station Elementary School
Snow Library
Spotswood Baptist Church
Spotswood Elementary School
Spotsylvania Center for Family & Preschool Services
Spotsylvania Elementary School
Spotsylvania Farmers Market
Spotsylvania High School
Spotsylvania Middle School
Spotsylvania Sheriff's Office
St. Jude Roman Catholic Church
St. Matthew Food Pantry
St. Patrick Church
Super Value Inn
Sylvania Heights Baptist Church
Teen Challenge Beauty for Ashes
The Garden Inn
The Lisa Pitts Eley Cancer Foundation Inc.
The Meadows at Salem Run
Thornburg Middle School
Tractor Supply
Treasure House
UCAN Club
Unmasked Inc.
Welcome Home
Wilderness Community Church
Wilderness Elementary School
Zion Hill Baptist Church
Zion United Methodist Church

STAFFORD COUNTY

A.G. Wright Middle School
Agape Fellowship Ministries
Anthony Burns Elementary School
Antioch United Methodist
Outreach Pantry
Aquia's Pantry
Better Tomorrows (Garrison Woods Apartments)
Brooke Point High School
Colonial Forge High School
Conway Elementary School
Dixon-Smith Middle School
Ebenezer United Methodist Church
Edward E. Drew Middle School
Emmanuel AME Church
Falmouth Elementary School
Ferry Farm Elementary School
Fire Station 7
Garden of Delight
Iglesia Jardin de Delicias
Garrisonville Elementary School
Germanna Community College SAC
Grafton Village Elementary School
H.H. Poole Middle School
Hampton Oaks Elementary School
Hartwood Elementary School
Hartwood Presbyterian Church
Healthy Generations An Area Agency on Aging
Hollywood Church of the Brethren
Howell Library
Islamic Center of Stafford
Kate Waller Barrett Elementary School
Lucha Ministries, Inc.
Mountain View High School
New Hope Christian Ministries
North Stafford Church of Christ
North Stafford High School
Oak Grove Baptist Church
Park Ridge Elementary School
Patawomeck Museum & Cultural Center

STAFFORD COUNTY

Ramoth Baptist Church (Refugee Ministry Center)
Real Life Community Church
Rising Star Early Education
Rockhill Elementary School
Rocky Run Elementary
Saint Clair Brooks Park
SERVE (Stafford Emergency Relief through Volunteer Efforts)
Shirley Heim Middle School
St. Matthias United Methodist Church
St. Peter's Lutheran Church
Stafford Church of God
Stafford Community Initiative
Stafford County Head Start
Stafford County McKinney-Vento
Stafford Elementary School
Stafford High School
Stafford Junction
Stafford Middle School
Stafford School Center
Strong Tower Church
Teen Challenge of Fredericksburg
The Gardens of Stafford
The Harvest Ministry at Richland Baptist Church
United Nations Church International
Widewater Elementary School
Winding Creek Elementary School
YMCA Community Health & Wellness Fair

COMMUNITY PARTNER SPOTLIGHT

ZION UNITED METHODIST CHURCH

The Zion United Methodist Church Food Pantry in Spotsylvania Courthouse is a testament to the power of a few to make a big difference for many. It is also a place where resilience and recovery are highly valued and embraced.

Like all impactful organizations, it has taken vision and commitment to see Zion's pantry through the challenges and opportunities it has faced since its founding in 2007. At that time, its founder, Christine Braxton, imparted that vision and began to work with a few volunteers to address the food insecurity that became more evident due to the housing market downturn.

On the pantry's first day of service, it helped 13 neighbors but quickly saw the turnout grow to more than 100 as word spread that the pantry was open and serving in the community. It began in a tiny 200-square-foot Sunday school room and used a shed for storing supplies. Because the Food Bank had not yet developed a process for its agencies to order online in advance of their pickup of supplies, volunteers went to the Food Bank shortly before the pantry's distributions to pack up boxes of shelf-stable food along with whatever bread and meat was available.

A giant leap forward for Zion's pantry came in 2018 when the church was gifted with an 800-square-foot double-wide trailer that turned into the pantry. That energized the pantry and the congregation and allowed them to be ready to serve through a critical time again. When the COVID pandemic isolated so many, the pantry remained faithful to its distribution schedule as need once again spiked around the community.

By mid-2021, though, the number of neighbors served had dipped to less than 10 per distribution, and its pantry leaders, Lisa and George Hockman, considered closing the pantry. They credit the Food Bank's Agency Relations team for helping them rebound and find a new path forward. More household items, fresh food offerings, and a new refrigerator, freezer, and shelving enhanced the pantry's physical space. A new pool of volunteers from the Rappahannock Juvenile Detention Center provided youthful energy and a renewed sense of purpose for those youth.

Now, the pantry is back to serving about 70 neighbors per month, emphasizing proper food preparation and healthy eating, sharing recipe ideas, and cooking demonstrations with neighbors.

Through the ups and downs experienced by the community and the pantry, Zion's pantry continues to be a model of evolution and creative impact!



FINANCIAL REPORT

Statement of Financial Activities July 1, 2022, through June 30, 2023

SUPPORT	Without Donor Restrictions	With Donor Restrictions	2023 Total	2022 Total
Donated materials	\$10,851,158		\$10,851,158	\$9,207,884
Federal grants	\$2,611,209	\$532,562	\$3,143,771	\$617,210
Contributions	\$2,693,980	\$239,938	\$2,933,918	\$3,453,071
Change in value of split interest agreement		\$(49,906)	\$(49,906)	\$(52,339)
Total Support	\$16,156,347	\$722,594	\$16,878,941	\$13,225,826
REVENUE	Without Donor Restrictions	With Donor Restrictions	2023 Total	2022 Total
Program service fees	\$108,719		\$108,719	\$159,199
Interest and dividends	\$21,820		\$21,820	\$12,983
Other fees	\$5,278		\$5,278	\$3,993
Fundraisers	\$65,409		\$65,409	\$52,050
Gain(Loss) on investment	\$146,088		\$146,088	\$(181,188)
Gain(Loss) on disposal of asset				\$(45,567)
Net assets released from donor restrictions	\$205,174	\$(205,174)		
Total Revenue	\$552,488	\$(205,174)	\$347,314	\$1,470
Total revenue & other support	\$16,708,835	\$517,420	\$17,226,255	\$13,227,296
EXPENSES	Without Donor Restrictions	With Donor Restrictions	2023 Total	2022 Total
<i>Program Services:</i>				
Food Distribution	\$16,284,699		\$16,284,699	\$13,206,209
<i>Supporting Services</i>				
Management & General	\$442,273		\$442,273	\$395,893
Fundraising	\$781,816		\$781,816	\$700,003
Total expenses	\$17,508,788		\$17,508,788	\$14,302,105
Change in Net Assets	\$(799,953)	\$517,420	\$(282,533)	\$(1,074,809)
Net Assets Beginning of Year	\$8,119,957	\$314,254	\$8,434,211	\$9,509,020
Net Assets End of Year	\$7,320,004	\$831,674	\$8,151,678	\$8,434,211

Platinum
Transparency
2023

Candid.



Fredericksburg Regional Food Bank
(540) 371-7666 | 3631 Lee Hill Dr, Fredericksburg, VA 22408
www.fredfood.org | info@fredfood.org | FredFoodVA   