



FEDERATION OF  
VIRGINIA FOOD BANKS



## 2025 LEGAL FOOD FRENZY RULES AND ORIENTATION

Legal Food Frenzy Campaign Dates: April 14 - April 25, 2025

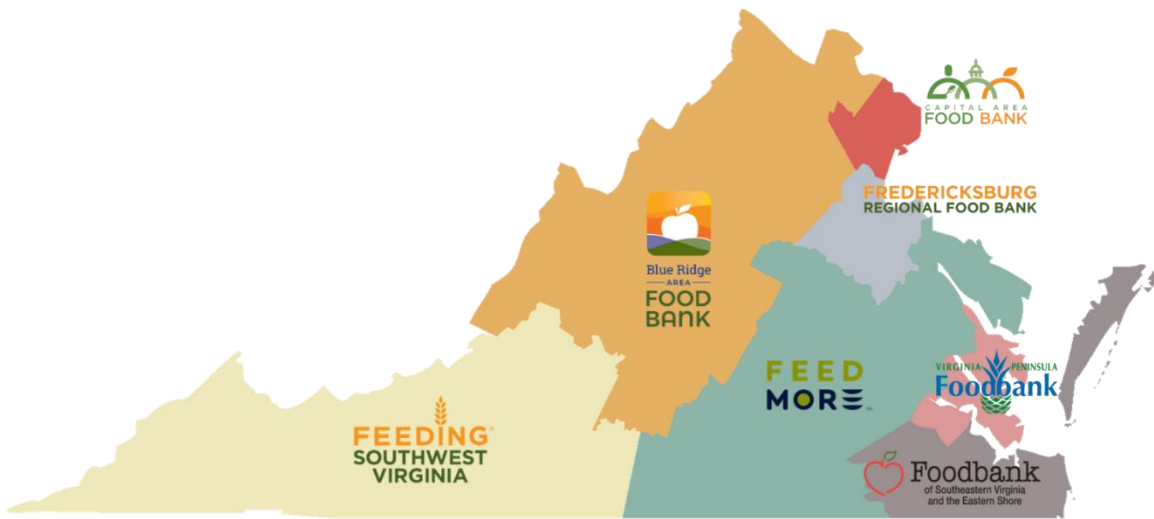
### **What is Legal Food Frenzy?:**

Legal Food Frenzy (LFF) is an annual statewide fundraising competition between members of the legal community in hopes of winning the coveted Attorney Generals Cup, and bragging rights, while simultaneously helping to support our neighbors experiencing food insecurity. LFF was created in partnership with the Virginia Attorney General, the Young Lawyers Division of the Virginia Bar Association, and the Federation of Virginia Food Banks. 2025 is the 19th year of the official LFF Competition.

Part campaign, part competition, the purpose of Legal Food Frenzy is for members of the legal community to give back in tangible ways to support hunger reduction efforts directly in their regions, in whatever ways are possible. **Over the years, this effort has raised millions of pounds of food to support our neighbors experiencing food insecurity across the Commonwealth.**

### **Who does Legal Food Frenzy Support?**

The Federation of Virginia Food Banks is a collaborative network of regional food banks dedicated to eliminating hunger and enhancing nutrition equity for Virginians. Your contributions of funds, donated food, and volunteer hours support one of the seven Federation of Virginia Food Banks members that serves your neighborhood. The location of your physical office and/or BAR registration address determines the Food Bank you support and should select during registration. If you are unsure which Food Bank serves your community, you can check this helpful graphic or check out <https://vafoodbanks.org/virginia-food-bank-locator/>.



## **Competition Rules**

Your firm and/or office location will compete as a *team* to earn points. There are four main ways for your team to earn points towards Legal Food Frenzy awards.

- 1) **Monetary Donations** – All monetary donations made to your Food Bank in honor of your team earn points for you at a rate of \$1 = 4 points. ***Anyone can donate on behalf of your team, not just attorneys or staff.***

Ways to donate money include:

- a. Online donation through your designated Legal Food Frenzy link that will be provided to your team by your local Food Bank.
- b. Checks or cash donated during the competition, provided all money is turned in before the competition deadline, and any cash or checks that clearly identify the donation as belonging to your team as part of LFF.
- c. Gifts from IRA, Donor Advised Fund, Stocks, or other asset type is acceptable if your food bank has verification that you have sent / requested the funding before the close of the competition. Please contact your local Food Bank Rep for more details.

- d. Matching gifts can be counted towards your team total as long as you send proof that a matching request was submitted to your company before the end of the competition.
- 2) **Food Donation** – Any food items collected and donated earn points at a rate of 1 pound = 1 point. All donations must be collected during competition dates. Please contact your local Food Bank for a list of acceptable / needed items.
- 3) **Volunteering** – Any firm that signs up a group (even just one person) from their work to volunteer at their local food bank or with an agency partner will earn 500 points, one time. The volunteer sign up must occur during the competition time frame, but the actual date of volunteering must be before June 27<sup>th</sup>, 2025.
- 4) **Bonus Points** –
  - a. **100** bonus points for registering your team by March 31<sup>st</sup>.
  - b. **500** bonus points for volunteering with us. Schedule by April 25<sup>th</sup> to be completed by June 27<sup>th</sup>.
  - c. **1,000** bonus points for referring another team to the competition, as long as that team has never competed in Legal Food Frenzy before and provided that they participate in LFF by donating food or money, and/or volunteering in the same year's competition period.

***New for 2025: Stay tuned for additional opportunities for bonus points during the competition!***

### **Calculating Final Scores**

- 1) All online donations made by 11:59 p.m. on April 25<sup>th</sup> and cash, checks and food received by each food bank by COB on April 30<sup>th</sup> will count towards your final score.
- 2) The totals of cash, checks, on-line and food donations plus early registration bonus points, referral bonus points and volunteer points will be your grand total of points.

- 3) Total points divided by your team headcount will determine per capita Giving.

### **Awards and Prizes**

***Past participants, please be sure to review carefully as some categories have changed for 2025.***

- 1) **Regional Winners:** All Participating Teams will compete within their respective Food Bank's service area. ***This category will have two prizes per region – one based on highest grand total points, the other for per capita points.***
- 2) **Law School Statewide Winners:** Includes all staff and students. Teams in this category will compete against other schools from across the Commonwealth. ***This category will have one prize based on per capita points.***
- 3) **The Attorney General's Cup:** The AG's Cup has the name of all past winners engraved and resides with the winning firm for the following year. All teams with a headcount of five or greater are eligible to compete for the AG's Cup, which is given to the team with the ***highest per capita score in the Commonwealth.***
- 4) **Other Awards and Prizes:** Your local Food Bank may have other \*unofficial\* award categories or recognition for participants at the regional level. Contact your local rep for more info.



### **What Do Award Winners Get?**

All statewide Legal Food Frenzy award winners will receive a plaque or other token for display, and will be invited to a special awards ceremony with the Office of the Attorney General.

## **How Does Registration Work?**

- 1) Beginning March 3, 2025, you can register your team at [www.legalfoodfrenzy.com](http://www.legalfoodfrenzy.com) or by contacting your Food Bank Rep.
  - a. Registration is free!
  - b. You will be asked to provide some details about your office name, location and headcount, including staff and attorneys. Remember to answer accurately and for ***your office location only***, as this will be used to calculate scores for awards.
  - c. Please note if you are a law school.
  - d. If your firm or organization has ***regional offices in multiple food bank regions, please register each office location separately*** with respective headcounts.

## **ADDITIONAL FAQs**

### **1) What's new this year?**

- a. We've made slight adjustments to award categories to keep LFF fun, fresh, and competitive.
- b. Additional opportunities for bonus points will be available throughout the competition. Stay tuned for updates from your Food Bank Rep about giving challenges and more.

### **2) If we give money, how do we make sure it gets counted for our team?**

- a. Before the start of the competition, your local food bank representative will be in touch to give you a link to an online donation page which is ***specific to Legal Food Frenzy***.
- b. Any physical checks or cash that are mailed or turned into the food bank should be marked clearly on the envelope and/or memo line with "Legal Food Frenzy" or "LFF" PLUS your team name.

### **3) Can we give before or after the competition dates?**

- a. Your support is always needed and appreciated throughout the year – however any gifts of food or money can only be counted towards your firm totals during the competition. For those that are collecting food and funds up until the last day, please turn into your Food Bank Rep by COB on April 30<sup>th</sup>.

4) **Can we participate in Legal Food Frenzy without “competing?”**

- a. The competition element of Legal Food Frenzy is optional, and while it can be fun for teams that want to challenge themselves, there is no “right” way to be a part of Legal Food Frenzy and *all* levels of participation are welcome and needed. If you’re not interested in competing, simply focus on the different ways to help – you might be surprised where that gets you in the end!

5) **Where can we check our score during the competition?**

- a. Scores will be updated across the state throughout the campaign, and those updates will be reflected on the official Legal Food Frenzy Leaderboard. ***It is important to take leaderboard standings with a grain of salt, as no scores will be finalized until the week after the competition once all final donations are accounted for.***

- b. Statewide and regional leaderboard links:

<https://vafoodbanks.org/legal-food-frenzy-leaderboards/>

6) **How do we sign up for volunteering / what if we have other questions?**

- a. Your local / regional Food Bank Rep can help you with this. Here is a list of your regional Legal Food Frenzy points of contact:

- i. **Capital Area Food Bank** – Caroline Sillars  
[CSillars@capitalareafoodbank.org](mailto:CSillars@capitalareafoodbank.org)
- ii. **Fredericksburg Regional Food Bank** – Atiye Chappell  
[achappell@fredfood.org](mailto:achappell@fredfood.org)
- iii. **Blue Ridge Area Food Bank** – Sarah Mallan  
[smallan@brafb.org](mailto:smallan@brafb.org)
- iv. **Feed More** – Christy Dalton  
[cdalton@feedmore.org](mailto:cdalton@feedmore.org)
- v. **Foodbank of Southeast Virginia and the Eastern Shore** –  
Jeremy Rodden [jrodden@foodbankonline.org](mailto:jrodden@foodbankonline.org)
- vi. **Virginia Peninsula Foodbank** – Christina Bosco  
[cbosco@hrfoodbank.org](mailto:cbosco@hrfoodbank.org)
- vii. **Feeding Southwest Virginia** – David Dantzler  
[ddantzler@feedingswva.org](mailto:ddantzler@feedingswva.org)

Legal Food Frenzy, above all else, is about serving our community. 100% of Legal Food Frenzy depends on you, and we want you to have a great time helping to raise awareness and provide food assistance for your neighbors. That said, please reach out to your Food Bank Legal Food Frenzy representative with any questions, concerns, or even just to ask about different ways you can make a difference this year.

***Thank you for your participation in the 19<sup>th</sup> Annual Legal Food Frenzy. We could not do this without you!***