

**FREDERICKSBURG  
REGIONAL FOOD BANK**

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

MEMBER OF  
**FEEDING  
AMERICA**



# 2024 ANNUAL REPORT



*When you support our mission to unite the Central Rappahannock River Region in our commitment to reduce hunger, you bring us one step closer to our vision: Full Plates. Full Lives.*

# MESSAGE FROM OUR PRESIDENT & CEO



Dear Friends of the Fredericksburg Regional Food Bank,

This brief annual report does not give the full picture of how our dedicated staff, volunteers, community partners, and committed donors united to try to improve food access and nutritional health for the tens of thousands of regional residents who sought our services. It is impossible to share all the stories of those who were helped and the challenges they faced, but national, local, and organizational data tell the story of what a challenging year it was for many and why our services are so vital.

In 2023, food insecurity reached its highest level in nearly a decade, with 1 in 7 Americans—about 45 million people—struggling to access adequate nutrition (USDA). Locally, our service area fared slightly better but still faced significant challenges, with 1 in 11 residents—nearly 38,000 people—experiencing food insecurity (Feeding America). To meet this growing need, we distributed more food than ever in our 42-year history, providing enough to supply over 7.4 million meals to individuals and families in crisis.

Your willingness to rally around your neighbors and help us have resources to respond to their challenges is admirable and encouraging. Though every person your support helped has a unique story, an expression of gratitude we received shortly before I drafted this message is a perfect demonstration of the powerful impact your support produces.

That message of gratitude came from a woman who, a year ago, had her marriage end, resulting in significant financial hardship. She was referred to us for food assistance. She told us that the help she received and the affirmation she was offered turned a challenging moment into a reminder of her dignity and worth. Regaining her bearings, she opened a food service business, and she contacted us to inform us that she intends to “pay it forward” by donating catered meals to families in need and making monthly monetary contributions to support our mission.

One exercise we engaged in during the past year was updating and refining our strategic plan to prepare for the future and adapt our programs and operations to the changing economic, cultural, and political climate. During that planning process, we redefined our vision for the future in simple terms: *Full plates, full lives*.

The uplifting story shared here is one example of a person you helped overcome barriers to success. Your engagement with our mission has filled plates and contributed to full lives.

Throughout the pages of this report, I hope you will see the power of your engagement and be motivated to continue filling plates and lives for many years to come!

Sincerely,

Dan Maher  
President & CEO

## 2024 Board of Directors

Jackie Palmer <i>Chair</i>	Jeremy Bullock <i>Vice Chair, Secretary</i>	Paul Covill <i>Treasurer</i>	Betsy Mason <i>Secretary</i>
Iwalani Camacho <i>Member</i>	Frank Cirioni <i>Member</i>	Adam Eidson <i>Member</i>	Carol Garland <i>Member</i>
Jonny Powell <i>Member</i>	Tamara Robinson <i>Member</i>	Calvin Taylor <i>Member</i>	Keith Wampler <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 207 community organizations operating 277 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 51,000 people access healthy food.**



MEMBER AGENCY OF



# FRFB'S NEW STRATEGIC DIRECTION

During the past year, our board and staff collaborated on a strategic planning process to envision our future. Gathering input and insight from members of the community was an important part of that process as well. Through the various steps of that planning process, priorities for our short-term future were agreed upon and set into action. We share some of that vision with you as we renew our commitment to creating full plates and full lives.

Our strategic plan focuses on three key areas: *expanding food accessibility, increasing access to healthy food, and ensuring long-term sustainability.*

## Expand Food Accessibility - Full Plates

### Establish neighbor advisory groups and processes

There is no better way to understand what our neighbors need or want than to consult with them, so we have committed to learning more from those we serve about how our services can improve to serve them better.

### Expand senior programming

As Baby Boomers age, we must respond to a growing senior population and the barriers to food security faced by those with limited mobility and fixed incomes.

### Expand direct deliveries and technology applications

Though costly for a nonprofit, it is clear that our society has growing expectations that even nonprofit services will become more convenient and immediately available. Our implementation of an OrderAhead pre-order grocery pickup program is an example of how we will continue to evolve to increase food accessibility for those we serve



# FRFB'S NEW STRATEGIC DIRECTION

## Expand Healthy Food - Full Lives

### → Implement a health equity plan

The concept of health equity is a commitment to ensuring that a person's economic or cultural circumstances do not inhibit their access to food that can keep them healthy. We are committed to removing barriers to healthy food access where they exist.

### → Expand farm partnerships

Food is freshest if we can access it directly from local farms that are willing to donate or sell their commodities, so we will pursue additional locally grown resources to try to increase our food supply.

### → Expand nutrition education

A key step toward improving community health is encouraging the right food options to be chosen. We want those we serve to be motivated to use healthier foods, so we see education as crucial to their ability to make wise food choices.



## Focus on Sustainability - Here When Neighbors Need Us

### → Establish stable and sustainable revenue streams

Because we rely on significant infrastructure like warehouse space, vehicle fleets, food commodities, cold storage, and staff, it is essential that we use tactics to cultivate strong, continuous donor relationships and constantly pursue new funding sources to maintain our viability.

### → Create a long-term facility plan

We currently operate out of two facilities, neither of which is large enough to fully serve our community or ideally suited to our work. We know that we must pursue new facility options that better align with how a contemporary, vibrant food bank should be structured.

### → Create staff career pathways to retain & recruit quality staff

Like any business, good people engaged with our work are our greatest asset. Though volunteers are key to our mission, rewarding and developing hard-working and talented paid staff is the best path to stability and excellence.

# 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 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.



### SNAP ASSISTANCE

SNAP reduces food insecurity by up to 30% and improves health outcomes by enabling healthier diets.

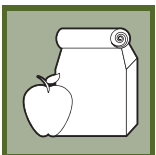
## FEEDING SENIORS



### 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.

# WHERE OUR FOOD COMES FROM

## Government - 28%

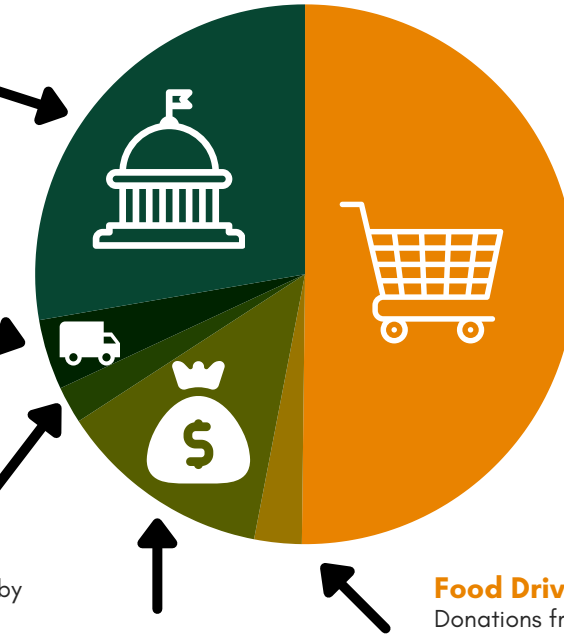
Surplus food that is subsidized by the government and distributed to children and families in need.

## Producers - 4%

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

## Farmers - 2%

Farm fresh foods donated by local growers.



## Retailers - 50%

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

## Purchased - 13%

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

## Food Drives - 3%

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





# 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**



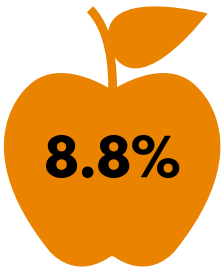
**CITY OF FREDERICKSBURG  
FOOD INSECURITY RATE**



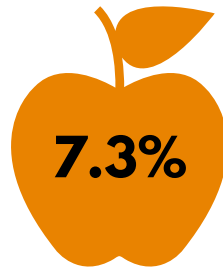
**KING GEORGE COUNTY  
FOOD INSECURITY RATE**



**ORANGE COUNTY  
FOOD INSECURITY RATE**



**SPOTSYLVANIA COUNTY  
FOOD INSECURITY RATE**



**STAFFORD COUNTY  
FOOD INSECURITY RATE**

# FOOD INSECURITY FACTORS

Each year, our Feeding America network neighbor to the north, the *Capital Area Food Bank (CAFB)*, which serves Washington, D.C. and its surrounding counties, commissions an in-depth study related to hunger.

While the study's geography does not encompass our service territory of Caroline, King George, Spotsylvania, and Stafford counties, the city of Fredericksburg and the community of Locust Grove, we can learn something about the face of hunger in our region because of some economic similarities between their service region and ours.

The results of the CAFB's study released in September 2024 helped show that hunger does not exist just among one or two socio-economic groups but has a broader societal impact than many people realize. Still, there are certain social and economic conditions that tend to be more predictive of whether someone may be directly affected by food insecurity (the inability to self-provide adequate daily nutrition).

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## Factors Related to Food Insecurity

### Race

One's race can significantly correlate to the likelihood of food insecurity. According to the CAFB study, 66% of those directly affected by food insecurity are Black or Hispanic, while only 18% of those categorized as food insecure are White. That rate of food insecurity for Blacks and Hispanics is twice the level of food security for those races (33%), while the food insecurity rate for Whites is about 1/3 of the food security rate for Whites (51%).

### Education

Among those considered food secure in the CAFB study, 83% have either a college degree or some college education, so higher levels of education can help position one to have a greater likelihood of food security. Even among those deemed food insecure, 58% did have a college degree or some college education. The completion of a college degree (66% for those deemed food secure versus 29% for the food insecure) seems to have a higher correlation to promoting food security.

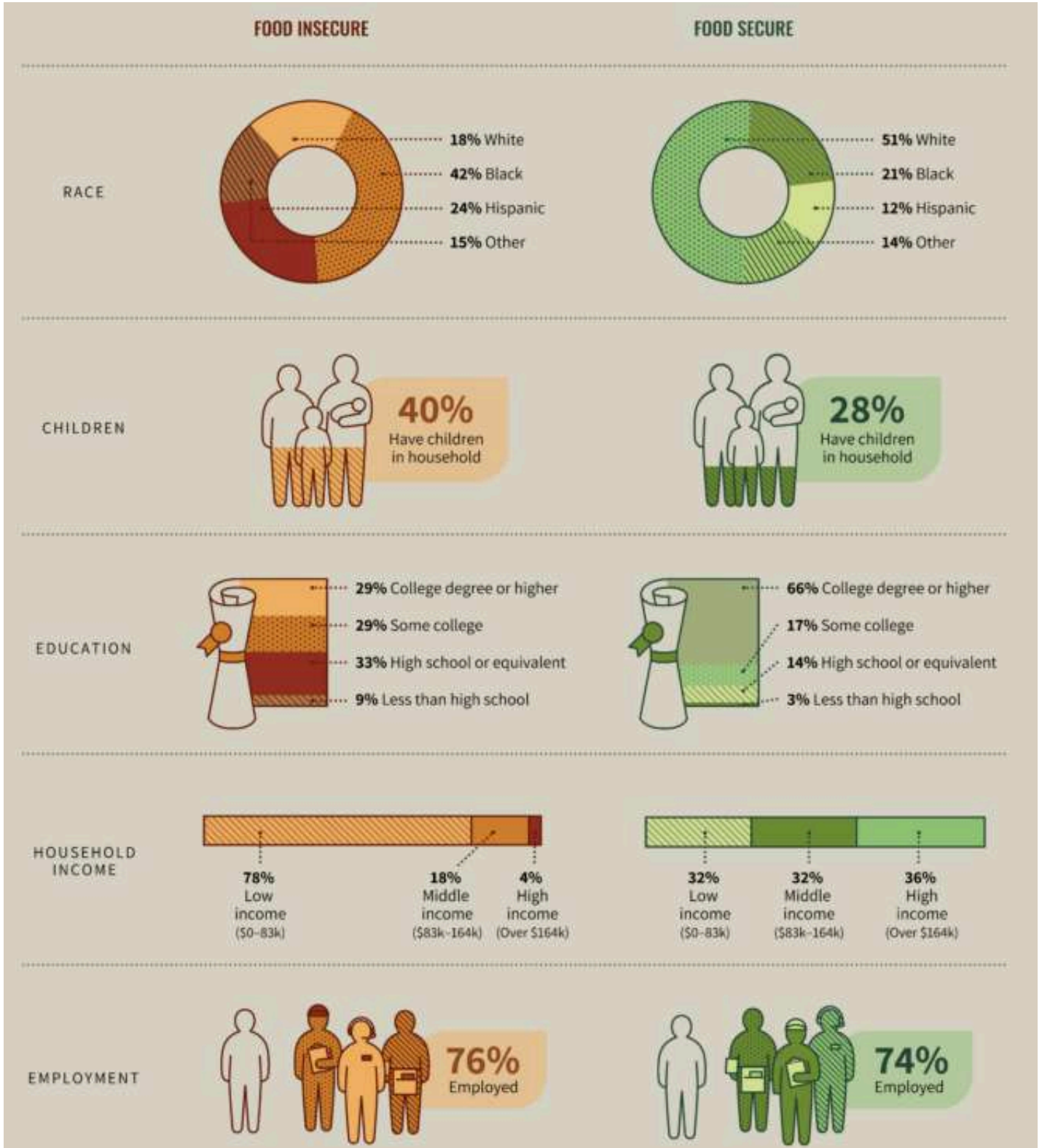
### Household Income

Income is a large factor in food security, with 78% of those categorized as food insecure also categorized as low-income (defined as an income up to \$83,000 annually in the CAFB study), compared to just 32% of the food secure population. Still, the data shows that food insecurity can affect those across different economic categories, with 22% of the food insecure reporting incomes over \$83,000 per year, including 4% who report incomes in excess of \$164,000 annually.

### Employment

Levels of employment among those who are food secure and food insecure are almost identical, with 76% of those who are food insecure employed compared to 74% of those who are food secure. The biggest factor within employment conditions seems to be related to the pay rates and opportunities for upward mobility among the population. The CAFB study showed that 20% of those who are employed and food insecure have more than one job, compared to just 7% of those who are food secure.

# CHARACTERISTICS OF FOOD INSECURE & FOOD SECURE POPULATIONS



# COMMUNITY PARTNERS

## Food Assistance Partners & Direct Distribution Partners by Region

### CAROLINE COUNTY

10-7 Farms  
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  
Lewis & Clark Elementary School  
Lotus Academy  
Madison Elementary School  
Mt. Tabor Baptist Church  
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 Mt. Zion Baptist Church  
The Meadow Event Park  
Third Mt. Zion Baptist Church  
Wright's Chapel United Methodist Church

### CITY OF FREDERICKSBURG

Barbara Carroll Community Outreach & Development  
Christ Lutheran Church  
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  
Kings Crest Senior Community  
Lafayette Elementary School  
Lloyd F. Moss Free Clinic  
Madonna House  
Mary Washington Cancer Care  
Micah Ecumenical Ministries  
Mill Park Terrace Apartments  
Rappahannock Area Community Services Board (RACSB)  
Shiloh Baptist Church (Old Site)  
St. George's Episcopal Church  
St. Mary Catholic Church  
Teach to Reach Teens  
The Phoenix Center for Innovative Learning  
The Salvation Army  
Thurman Brisben Center  
Trinity Episcopal Church  
University of Mary Washington  
Walker-Grant Middle School  
Zion Church of Fredericksburg

### KING GEORGE COUNTY

Dahlgren United Methodist Church - From the Heart Ministry  
First Baptist Ambar Church  
God's Holy Temple - Making a Difference Food Pantry  
Good Hope Baptist Church  
King George Church of God - Bountiful Blessings  
King George Department of Social Services  
King George Parks & Rec Community Center  
Little Ark Baptist Church  
Love Thy Neighbor  
Potomac Elementary School  
Sealston Elementary School  
St. Anthony of Padua Catholic Church  
St. Paul's Episcopal Church  
St. Stephens Baptist Church

### ORANGE COUNTY

Germanna Community College  
Locust Grove Campus  
Lions Wilderness Food Pantry  
New Hope Baptist Church  
Walmart Supercenter (Germanna Hwy)

### PRINCE WILLIAM COUNTY

Concordia Lutheran Church  
Triangle Baptist Church

### CITY OF DANVILLE

God's Pit Crew, Inc.



# COMMUNITY PARTNERS

## Food Assistance Partners & Direct Distribution Partners by Region

### SPOTSYLVANIA COUNTY

Asbury Manor  
Battlefield Elementary School  
Battlefield Middle School  
Berkeley Elementary School  
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 Academy  
Courthouse Road Elementary School  
Courtland Elementary School  
Courtland High School  
Craig's Baptist Church  
Eastland United Methodist Church  
Encounter Church of God  
Fawn Lake Mens Christian Fellowship  
Freedom Middle School  
Germanna Community College Fredericksburg Campus  
GIG & HOPS, Inc.  
Harrison Road Elementary School  
Hebron Baptist Church  
Hematology-Oncology Associates of Fredericksburg  
Hideaway Townhomes  
Humanities Foundation - New Post Apartments  
Islamic Center of Fredericksburg  
John J. Wright Educational Center  
Keswick Senior Apartments  
Knights of Columbus  
Lee Hill Elementary School  
Livingston Elementary School  
Maranatha Seventh-Day Adventist Church

### SPOTSYLVANIA COUNTY

Mary Washington Cancer Care  
Massaponax Baptist Church  
Massaponax High School  
Mercy Hill Community Church  
New Post Church  
New Vision Community Outreach Association  
Ni River Middle School  
Parkside Elementary School  
Partlow Ruritan Club  
Peace United Methodist Church  
Post Oak Middle School  
River Club  
Riverbend High School  
Riverview Elementary School  
Salem Church Library  
Salem Elementary School  
Smith Station Elementary School  
Spotswood Baptist Church  
Spotswood Elementary School  
Spotsylvania Elementary School  
Spotsylvania Emergency Concerns Association (SECA)  
Spotsylvania Farmers Market  
Spotsylvania Head Start  
Spotsylvania High School  
Spotsylvania Middle School  
Spotsylvania Regional Medical Center  
Spotsylvania Sheriff's Office  
St. Jude's Roman Catholic Church  
St. Matthew Food Pantry  
St. Patrick Church  
Super Value Inn (Patriot Hwy)  
Sylvania Heights Baptist Church  
Teen Challenge Beauty for Ashes  
The Garden Inn  
Thornburg Middle School  
Travelers Rest Baptist Church  
Treasure House  
UnMasked Inc.  
Wilderness Community Church  
Wilderness Elementary School  
Zion Hill Baptist Church  
Zion United Methodist Church

### STAFFORD COUNTY

A.G. Wright Middle School  
Agape Fellowship Ministries  
America's Best Value (Rt. 17)  
Anne E. Moncure Elementary School  
Anthony Burns Elementary School  
Antioch United Methodist Outreach Pantry  
Aquia's Pantry  
Brooke Point High School  
Colonial Forge High School  
Conway Elementary School  
Dixon-Smith Middle School  
Edward E. Drew Middle School  
Emmanuel AME Church  
Falmouth Elementary School  
Garden of Delight - Iglesia Jardin de Delicias  
Garrison Woods Apartments - Better Tomorrows  
Germanna Community College Stafford Campus  
Grafton Village Elementary 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.  
New Hope Christian Ministries  
North Stafford High School  
Oak Grove Baptist Church  
Park Ridge Elementary School  
Patawomeck Museum & Cultural Center  
Patawomeck Park

### STAFFORD COUNTY

Ramoth Baptist Church (Refuge Ministry Center)  
Real Life Community Church  
Rockhill Elementary School  
Rocky Run Elementary School  
Shirley Heim Middle School  
St. Matthias United Methodist Church  
St. Peter's Lutheran Church  
Stafford Church of God  
Stafford Community Initiative  
Stafford Elementary School  
Stafford Emergency Relief through Volunteer Efforts (SERVE)  
Stafford Head Start  
Stafford Junction  
Stafford Middle School  
Strong Tower Church  
T. Benton Gayle Middle School  
Teen Challenge of Fredericksburg  
The Gardens of Stafford  
Widewater Elementary School  
Winding Creek Elementary School

*\*Community Partner listing shows all organizations who operated or hosted a food assistance program supported by the FRFB from July 1, 2023, through June 30, 2024*

# IMPACT BY THE NUMBERS

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**8,885,151**

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



**1,894,238**

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



**51,993**

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



**461,532**

meals secured through SNAP Applications FRFB staff assisted with. SNAP benefits help people buy the food they need for healthy lives.



**23,985**

volunteer hours; a vital part of our mission, providing the hands & heart behind our efforts to distribute food, support our programs, and ensure our vision of Full Plates. Full Lives.

# FINANCIAL REPORT

## Statement of Financial Activities July 1, 2023, through June 30, 2024

SUPPORT	Without Donor Restrictions	With Donor Restrictions	2024 Total	2023 Total
Donated materials	\$16,411,147		\$16,411,147	\$10,851,158
Federal grants	\$1,985,708		\$1,985,708	\$3,143,771
Contributions	\$2,657,843	\$494,266	\$3,152,109	\$2,933,918
Change in value of split interest agreement		\$(47,347)	\$(47,347)	\$(49,906)
<b>Total Support</b>	\$21,054,698	\$446,919	\$21,501,617	\$16,878,941
REVENUE	Without Donor Restrictions	With Donor Restrictions	2024 Total	2023 Total
Program service fees	\$122,392		\$122,392	\$108,719
Interest and dividends	\$77,782		\$77,782	\$21,820
Other fees				\$5,278
Fundraisers	\$41,003		\$41,003	\$65,409
Gain(Loss) on investment	\$156,920		\$156,920	\$146,088
Net assets released from donor restrictions	\$829,848	\$(829,848)		
<b>Total Revenue</b>	\$1,277,945	\$(829,848)	\$398,097	\$347,314
<b>Total revenue &amp; other support</b>	\$22,282,643	\$(382,929)	\$21,899,714	\$17,226,255
EXPENSES	Without Donor Restrictions	With Donor Restrictions	2024 Total	2023 Total
<i>Program Services:</i>				
Food Distribution	\$20,046,599		\$20,046,599	\$16,284,699
<i>Supporting Services</i>				
Management & General	\$473,267		\$473,267	\$442,273
Fundraising	\$894,670		\$894,670	\$781,816
<b>Total expenses</b>	\$21,414,536		\$21,414,536	\$17,508,788
<b>Change in Net Assets</b>	\$868,107	\$(382,929)	\$485,178	\$(282,533)
<b>Net Assets Beginning of Year</b>	\$7,320,004	\$831,674	\$8,151,678	\$8,434,211
<b>Net Assets End of Year</b>	\$8,188,111	\$448,745	\$8,636,856	\$8,151,678

Platinum  
Transparency  
2024

Candid.



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