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.
Dear Friends,

It seems that we can truly say normal is no more. At least normal as we once knew it and defined it seems irrevocably changed by the COVID pandemic. Add in the further complications of high inflation rates of 7 percent and 6.5 percent, respectively, in 2021 and 2022, and there can be no denying that the last few years have been stressful, trying, and transformative, especially for those who were already on the economic margins before the pandemic.

During the fiscal year covered by this annual report (July 1, 2021 - June 30, 2022), we began to see some reduction in the concerns about COVID, meaning it was no longer a fixture in our news cycles. COVID was still present but began to take a back seat to the seemingly more daunting issue of inflation, which spiked food costs by more than 10 percent for much of the period. Those economic and environmental difference-makers certainly changed our “normal” way of doing things. Some descriptions of our new “normal” are captured in this report.

For example, our services needed to extend to nearly 36,000 people because the level of need in the community spiked in concert with the rise in food prices. Also, a model of mobile food distribution and convenience already under expansion in response to COVID exploded even more as a way of supplementing the strong distribution work done by our network of community partner pantries. Chief among the new COVID-era innovations that gained an even stronger foothold this past year is our OrderAhead program, allowing pre-orders by neighbors needing food access and allowing them the chance for pickup at convenient times and locations. Also, a partnership with DoorDash as an additional resource to expand the mobility of our food distributions got stronger during the last fiscal year, especially as a tool to help us deliver food boxes to seniors enrolled in our senior food assistance program. A contemporary food delivery model placed at the service of our more senior community members is a good outcome of the new normal!

The new normal is definitely different, but it has had many positive impacts on those we serve and has challenged us to embrace innovations and solutions that can better serve our neighbors.

The last few years have definitely proven to all of us that none of us knows exactly what the future holds. Still, our national and regional resilience in coping with the many changes in our society has proven that an ever-changing “normal” does not need to be feared. As you read this annual report and its brief reflection on the year just passed, I hope you will recognize that one of the greatest assets at the disposal of the Food Bank is the consistent community support that comes from people like you. We do not fear the changes the future will demand of us because our past proves we have partners willing to make those changes with us!

Thanks for your enthusiasm for our work and for all you do to enhance the lives of those facing food access challenges in our community!

Sincerely,

Dan Maher
President & CEO
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 159 community organizations operating 250 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 35,000 people get access to healthy food. That's 10% of our region's mothers, fathers, sons, daughters, sisters, brothers, and grandparents.
WHERE OUR FOOD COMES FROM

**Government - 29%**
Surplus food that is subsidized by the government and distributed to children and families in need.

**Producers - 12%**
Truckloads of food donated directly by companies that have excess product available.

**Purchased - 13%**
Food purchased by FRFB to ensure a consistent supply of items our partners most want and need.

**Retailers - 40%**
Food that no longer meets stores’ strict guidelines for peak freshness, but is still good to eat.

**Food Drives - 6%**
Donations from community members like you who collect nutritious food for those who need 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.

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.

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

AFTER-SCHOOL SNACKS
We provide healthy snacks to students attending after school enrichment programs.
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.
5,865,252 pounds of food were distributed by the FRFB and its network of community partners and direct distributions.

1,269,292 pounds of the food distributed by the FRFB network were fresh fruits and vegetables.

35,699 neighbors received food through the FRFB's network of community partners and direct distributions.

161,811 meals were served to children facing hunger in our community through our Feeding Children programs.

11,199 boxes of food seniors need to stay strong were distributed through the Commodity Supplemental Food Program (CSFP).
Its evidence was all around us. Gas prices soared well above $4 per gallon. Grocery prices rose more than 11 percent over 2021 levels. The Consumer Price Index rose 6.5 percent after rising 7 percent in 2021.

Inflation definitely had a noticeable impact on our community and our nation during the fiscal year 2022, and our services had to respond to that impact.

Our primary target audience is always those who are on the margins economically. For them, an 11 percent jump in grocery prices can push those commodities out of reach. Economic stresses that are inconvenient or disconcerting for the majority of the population can be devastating to them.

Decisions about purchasing food or affording medicine, purchasing food or maintaining transportation, purchasing food or keeping the utilities on, and countless other tradeoff decisions are daily realities for many we serve. Sadly, those decisions have become even more common and frequent in the past year.

During the past fiscal year, more than 30% of those who sought assistance through our services had not done so in the previous 12 months. While that alone is not unusual from year to year, the total number of those we served through our overall network of services and programs jumped close to 25% over the previous year, highlighting how critical the safety net we provide is when a crisis hits. That high number of people using our services was multiplied by an average of nine episodes of support per family during the year, showing the recurring need so many families faced.

Perhaps nowhere was the impact of inflation more noticeable and heart-wrenching than when we launched our summer feeding program for children late in the fiscal year. Unprecedented long lines of vehicles forming in the earliest days of the summer rapidly exhausted our supplies, leaving us no option but to turn some families away. Thankfully, we were quickly able to recalibrate the scale of our services and adjust to the high demand we were experiencing. By the end of the summer feeding period, the number of meals provided had doubled the previous summer’s output, once again reinforcing how needed our food resources were for those families we helped.

So, the next time you may have to wince and swallow hard as you place a seemingly outrageously priced food item in your cart at the grocery store, we encourage you to be mindful of the tens of thousands we served this past year and that we serve every year who would be thrilled to be able to push a cart down the grocery aisle instead of waiting in line for charitable food assistance.
THE IMPACT OF INFLATION

GROCERY PRICES ARE 11% HIGHER THAN A YEAR AGO

- 36% increase in the cost of canned mixed vegetables
- 50% increase in the cost of kale greens
- 45% increase in the cost of canned mixed fruit
- 53% increase in the cost of spaghetti
- 32% increase in the cost of eggs
## Community Partners

### Food Assistance Partners & Direct Distribution Partners by Region

#### Caroline County
- Bowling Green Baptist Church
- Bowling Green Properties
- Caroline High School
- Caroline Middle School
- Caroline’s Promise
- Caroline YMCA
- Concord Baptist Church
- Lake Land ‘Or
- Lewis & Clark Elementary School
- Lotus Academy
- Madison Elementary School
- The 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
- The Lisa Pitts Eley Cancer Foundation, Inc.

#### City of Fredericksburg
- Madonna House
- Micah Ecumenical Ministries
- Mill Park Terrace Apartments
- Rappahannock Area Community Services Board
- Shiloh Baptist Church (Old Site)
- St. George’s Episcopal Church
- St. Mary Catholic Church
- Teach to Reach Teens
- The Salvation Army
- Thurman Brisben Center
- Trinity Episcopal Church

#### King George County
- Dahlgren Harbor Apartments
- First Baptist Ambar Church
- King George Church of God
- King George Department of Social Services
- Little Ark Baptist Church
- Love Thy Neighbor
- St. Anthony of Padua Catholic Church

#### Orange County
- Lions Wilderness Food Pantry
- Mt. Zion Baptist Church
- New Hope Baptist Church

#### Prince William County
- Triangle Baptist Church

#### Spotsylvania County
- Courtland Elementary School
- Courtland High School
- Central Rappahannock Regional Library Salem Church Branch
- Central Rappahannock Regional Library Snow Branch
- Eastland United Methodist Church
- Encounter Church of God
- The Garden Inn
- Germanna Community College
- Harrison Road Elementary School
- Here 2 Serve
- Hideaway Townhomes
- Islamic Center of Fredericksburg
- Keswick Senior Apartments
- Lee Hill Elementary School
- Livingston Elementary School
- Massaponax Baptist Church
- Massaponax High School
- New Post Apartments
- New Vision Ministry
- Parkside Elementary School
- Partlow Ruritan
- Peace United Methodist Church
- Riverview Elementary School
- Salem Elementary School
- SECA
- Smith Station Elementary School
- Spotswood Baptist Church
- Spotswood Elementary School
- Spotsylvania Elementary Center for Family & Preschool Services
- Spotsylvania Elementary School
- The Lisa Pitts Eley Cancer Foundation, Inc.
- Thornburg Middle School
- Treasure House
- Unmasked, Inc.
- Wilderness Community Church
- Wilderness Elementary School
- Zion Hill Baptist Church

#### Stafford County
- Zion United Methodist Church
- AG Wright Middle School
- Agape Fellowship Ministries
- Anthony Burns Elementary School
- Antioch United Methodist Church
- Aquia’s Pantry
- Brooke Point High School
- Dixon-Smith Middle School
- Edward E. Drew Middle School
- Emmanuel AME Church
- Falmouth Elementary School
- Ferry Farm Baptist Church
- The Gardens of Stafford
- Garrison Woods Apartments
- Garrisonville Elementary School
- Hampton Oaks Elementary School
- Hartwood Presbyterian Church
- The Harvest Ministry at Richland Baptist Church
- Healthy Generations Area Agency on Aging
- Hollywood Church of the Brethren
- Iglesias Jardin de Delicias
- Islamic Center of Stafford
- Lucha Ministries, Inc.
- New Hope Christian Ministries
- New Hope United Methodist Church
- North Stafford Church of Christ
- Oak Grove Baptist Church
- Ramoth Baptist Church
- Real Life Community Church
- Rocky Run Elementary School
- SERVE
- 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 Junction
- Strong Tower Church
- Teen Challenge of Fredericksburg
New Vision Community Pantry will pilot the FRFB’s first Healthy Pantry. The Healthy Pantry Initiative is a movement guiding all interested pantries to implement more health-focused and neighbor-centered practices. Regardless of their size or capacity, all pantries can implement healthy pantry practices to better support the health and nutrition of neighbors facing hunger.

Pantries that opt into the Healthy Pantry Initiative are committed to implementing select practices related to the following four categories.

- **Food Availability** - Foods offered through the pantry network meet the unique dietary needs of neighbors facing hunger.
- **Community Connection** - Community partners work in collaboration to connect neighbors with additional resources and support to help them thrive.
- **Health Education** - Neighbors are empowered with the tools and self-efficacy to make healthy choices.
- **Neighbor Centered** - Barriers are removed so that neighbors facing hunger can access the foods they need to thrive.
On July 6, 2022, The Fredericksburg Regional Food Bank piloted its first Fresh Market style distribution at Fredericksburg Christian Health Center. The fresh market style centers around fresh produce, dairy, and proteins when available. Neighbors can select the items they want and need for their families. The partnership between FRFB and FCHC remains strong months later. We partner twice a month with the health center to provide fresh food to the patients, the center, and the community. Nisha Lloyd states, "Through our partnership with the Fredericksburg Regional Food Bank, Fredericksburg Christian Health Center has been granted access to fresh food resources that aid in feeding our patients and individuals within our community experiencing food insecurity. This partnership has been a blessing to all the individuals we serve. Thank you for all your efforts to put a kibosh on food scarcity."

It has proven so successful that the food bank has partnered with about a dozen other organizations to provide a fresh market experience.

Another popular bimonthly site is at the University of Mary Washington on the student walk during the school year. Dr. Leslie Martin, Associate Professor of Sociology, adds, "The fresh markets have been a hit on campus! We consistently have a crowd of students, staff, and community members taking advantage of access to the produce. The markets have allowed us to spread the word about the UMW food pantry, which is helpful. Two other things that are less direct impacts: the open access to the fresh markets seem to have helped lessen the stigma around getting help, and I also think it is important that students and other UMW folks see our community – see that the FRFB supports UMW and that neighbors come to the fresh markets, too. We are all in this together."
Meet Fredericksburg Regional Food Bank’s own A-Team (from left to right): Donna Collins, Judy Hendrix, Irene Peretich, and Carol Garland. Although they volunteer in multiple capacities, these fabulous ladies are our Monday morning Quality Assurance volunteer experts! Without fail or even a second thought, the A-Team comes bustin' through our warehouse door as soon as we open at 8 am (or before) with their sleeves rolled up and ready to sort through our donations. It’s obvious that they’re secretly determined to get these items categorized for redistribution before anyone else does. "Citius in melius" (the sooner, the better) is the thought on many of our minds as these dedicated ladies are working diligently to make more items available for distribution. In essence, the faster they can sort 'em, the sooner they can get to our partner pantry sites and onto our neighbors’ tables.

Donna, Irene, Carol, and Judy are all retired and want to help the community. Most of them have been together on Monday mornings for 10 years and have become very good buddies. After Donna retired as a nurse and moved here 10 years ago, she decided, "I wanted something to do and to meet new friends..." and did she ever! Like Donna, they all stay busy and have met some great people.
### Statement of Financial Activities July 1, 2021, through June 30, 2022

#### SUPPORT

<table>
<thead>
<tr>
<th></th>
<th>Without Donor Restrictions</th>
<th>With Donor Restrictions</th>
<th>2022 Total</th>
<th>2021 Total</th>
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<tr>
<td>Donated materials</td>
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<td>Paycheck protection program loan forgiveness</td>
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<td>Change in value of split interest agreement</td>
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<td><strong>Total Support</strong></td>
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#### REVENUE

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<td>Interest and dividends</td>
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<td>Other fees</td>
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<td>Gain/(Loss) on disposal of asset</td>
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<td>Net assets released from donor restrictions</td>
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#### EXPENSES

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#### Change in Net Assets

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