

**FREDERICKSBURG
REGIONAL FOOD BANK**

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

MEMBER OF
**FEEDING
AMERICA**



**2025
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,

In reflecting on the past fiscal year's activities, I am struck by how difficult the last several years have been for the economically vulnerable members of our community.

The COVID pandemic of 2020 and 2021 intensified already fragile circumstances. In 2021 and 2022, unusually high inflation rates worsened the situation, putting added strain on purchasing power. Even when inflation normalized in 2023 and 2024, the erosion of financial cushions drove the number of people seeking our services soaring, with an average of about 50,000 people per year looking for assistance.

Then, in early 2025, changes in federal policy and spending commitments led to further disruptions, such as reduced federal commodity supplies, immigration status concerns, and potential reductions in SNAP (Supplemental Nutrition Assistance Program) benefits.

These challenges have created real and persistent headwinds for our mission. Usually, when the economy is tight, not only do more people need our services, but income from local donors also shrinks. When dips in private philanthropy are coupled with cuts in federal resources, organizations like ours are in the unenviable situation of doing more with less.

It is times like that when we have to shift our thinking about headwinds. For example, an airplane relies on headwinds to give it lift and get off the ground. So, with a shift in thinking, the challenge presented by a headwind can become an opportunity to rise. Similarly, sailboats must tack into the wind, keeping a steady eye on their destination in order to make progress.

I hope this annual report helps convey that, even in the face of some substantial headwinds, our organization remained faithful to our mission of reducing hunger in the Central Rappahannock region. This report also highlights the vital contributions of our community—our donors, volunteers, and advocates—to that mission. For example, a common misconception is that food banks are governmental institutions wholly supported by government resources. In the past fiscal year, about 30 percent of our donated funds and food came from the federal government, so federal resources are important to us. In reality, though, all our volunteer labor comes from our regional community. Our ability to sustain an output of more than 7.7 million meals and serve well over 50,000 people was largely made possible by you.

With that in mind, know how grateful all of us associated with the Fredericksburg Regional Food Bank are for your role in helping us launch into the headwinds instead of being stalled by resistance. We truly cannot tell our story without you.

Sincerely,

Dan Maher

President & CEO

2025 Board of Directors

Jeremy Bullock <i>Chair</i>	Paul Covill <i>Vice Chair</i>	Keith Wampler <i>Treasurer</i>	Betsy Mason <i>Secretary</i>
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Calvin Taylor <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 228 community organizations operating 350 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 52,000 people access healthy food.**



MEMBER OF



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.



ORDERAHEAD

OrderAhead provides the convenience of online ordering and choice from a menu of options.



FRESH MOBILE

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 NUTRITION

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.

IT'S THE MOST WORRISOME TIME OF THE YEAR



A popular seasonal song during the holiday season is *"It's the Most Wonderful Time of the Year"*. The song details the many special qualities of the holiday and winter season that lift spirits and fill us with a desire to celebrate life.

The good feelings associated with the holiday season translate into an abundance of communal goodwill in late fall and early winter. Roughly half of the annual donations to the Food Bank occur between October and December. Interest in volunteerism soars, as does interest in holding food drives to add to the inventories on our shelves.

Based on the annual holiday frenzy of support and involvement, it is easy to assume that the holiday season is the time when food resources are most needed and communal food insecurity is at its highest. While it is true that *"The Most Wonderful Time of the Year"* adds stress for food insecure families because of the expectations that special holiday meals are needed and gifts need to be given to loved ones, anyone working or volunteering in the year-round response to food insecurity can verify that summer is actually *"the Most Worrisome Time of the Year"* for families.

Most families living on the margins benefit greatly during the school year from federally funded in-school breakfast and lunch service for their children. The provision of two meals a day at a place their children are already going to is a game changer in their capacity to feed their families. Once the final school bell of the year rings, however, those same struggling families are now responsible for providing two more meals a day for three months of summer break.

Federally supported summer nutrition programs like the one we operate as a federal contractor for 10 weeks each summer become the replacement safety net for families who rely on school meals as their solution to food insecurity. Congregate meal sites where children can be served a sit-down meal, or pickup sites, where families can pick up food for multiple meals at one time, can be established in neighborhoods where at least 50 percent of the children are eligible to receive free or reduced meals in public schools.



IT'S THE MOST WORRISOME TIME OF THE YEAR

As it does each year, our Summer Nutrition Program began late in the fiscal year and continued through early August. Its goal is to bring shelf-stable and fresh food resources into multiple communities across the region that are eligible to have summer nutrition sites established within them. Without school buses operating during the summer, it is imperative to try to help families overcome transportation barriers by locating sites near neighborhoods of highest need. For Fiscal Year 2025, we operated 13 sites, establishing five sites targeted toward Caroline County residents, and two sites each in the community of Locust Grove, as well as King George, Spotsylvania, and Stafford counties. The Fredericksburg School District does excellent work in providing summer nutrition services within the city, meaning that between their contract and ours, all jurisdictions across the region have multiple site options for families to access.



SUN MEALS TO-GO

All of our sites are operated as drive-up meal sites where families can come once a week and receive a box of food for each child 18 and under in their home. The boxes contain essential supplies for 14 meals for that child. The program is highly volunteer driven, with our distribution sites largely staffed by volunteers, and food boxes prepared through multiple assembly line sessions per week that require 15 - 25 volunteers on each occasion. Our Summer Nutrition Program provided more than 269,000 meals to youth. That means more than 18,000 boxes were packed by volunteers!

Clearly, the combined logistical coordination required of our Distribution Services Department and our Volunteer Coordinator is intense, but it's all part of making the summer season a less worrisome time of the year for families on the margin.



IMPACT BY THE NUMBERS



8,891,139

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



1,896,461

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



52,889

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



426,588

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



27,603

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.

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**

One of the most important ways to expand food access for those we serve is to help eligible individuals enroll in SNAP (Supplemental Nutrition Assistance Program) benefits. Nationally, nine times as many meals are provided by people redeeming their SNAP benefits at grocery stores and other retail food providers as are provided by the Feeding America network of 200 food banks across the country.

Because SNAP is the primary resource for hunger relief in our country and helping people gain access to food through the program is an important part of our mission, we share a conversation with our SNAP Outreach and Referral Coordinator, Diane Grimes. Her comments about the importance of SNAP resources to those we serve are especially timely, given that federal funding for SNAP benefits is set to be reduced over the next decade under legislation passed in 2025.

Q: Why are SNAP benefits important to those you help enroll?

Food prices continue to increase, while item sizes shrink. Fredericksburg Regional Food Bank (FRFB) and our network of partner pantries help provide food assistance to our neighbors, but the needs of our community are far greater than we can supply. SNAP benefits provide neighbors with access to more food and a wider variety of items.

Q: Is there a brief story you can share that helps demonstrate the desperate circumstances of some of those you help and why they need SNAP support?

During my first year at FRFB, I was heading to my car when I saw a young lady crying and headed my way. She said that she needed formula for her baby. The Food Bank was now closed, so I reached into my purse and gave her the money I had. Several years later, a woman came to my office to apply for SNAP and asked me if I remembered her. She reminded me of that day and proceeded to show me a picture of her 8-year-old daughter and said, "That's the baby you bought formula for all those years ago."



MYTH: People on SNAP and Medicaid aren't working.



FACT: Most adults receiving SNAP who can work are working. 86% of SNAP households with working-age adults who aren't disabled earned income in the past year. For many, SNAP is a bridge when wages aren't enough or during temporary setbacks.

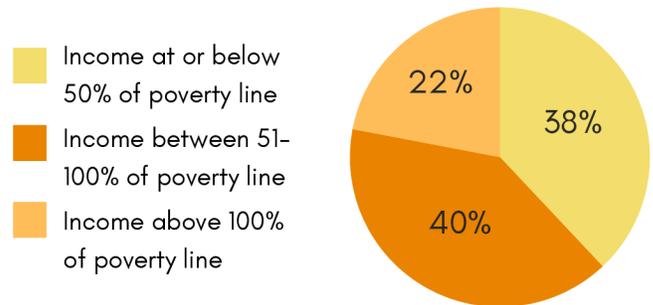
Q: If SNAP benefits disappeared or were cut back, what do you think would happen to those you help?

The lives of SNAP recipients would become very chaotic. Food banks and pantries would be unable to meet the growing need. Most SNAP neighbors are finding it difficult to feed themselves as it is now. If SNAP benefits are cut back or, worse, ended, our great nation would face very hard times.

Q: Why do you think some people who are eligible for SNAP benefits might not enroll? What barriers exist for them?

Some individuals fall through the cracks and are unaware of SNAP benefits. This is the case with a lot of our senior population. Seniors also hesitate to apply because they are afraid they will take from someone else who may need it more. People often assume they are not eligible for a bunch of reasons, like they are employed or they are a felon; there are loads of mistaken assumptions that become barriers.

Most SNAP Participants in Virginia Have Incomes Below the Poverty Line



Source: CBPP analysis of data from USDA Food and Nutrition Service.

One SNAP Application



987 Meals Per Year

Q: Dealing with people's personal crises is not an easy task. So, what keeps you showing up for this work each day?

"If You Love What You Do, You'll Never Work A Day In Your Life."

Those are words to live by. It brings me great joy to know that

every day, someone's life is made a bit better because of the work I am blessed to do.

Q: Any other situation that broke your heart or made you cry? And, were you able to help that person?

During a SNAP appointment, I noticed that the woman I was helping had a stomach that was rumbling. When I asked if she was hungry, she explained she was homeless and living in her car and had not had any food in two days. I offered some snacks I had on my desk. She grabbed a cookie and asked if I minded if she ate it right away. Her little hand was shaking as she ate. Tears were running down both our faces.

More than **67%** of SNAP participants in Virginia are families with children

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 County YMCA
Caroline High School
Caroline Middle School
Caroline's Promise
Concord Baptist Church
CVHS Caroline Health Center
CVHS Children's Dental
Lee Street Townhomes
Lewis & Clark Elementary School
Lotus Academy
Madison Elementary School
Mt. Tabor Baptist Church
New Liberty 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 Expo Center
Fredericksburg Health Center
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
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)
Spreading Smiles
St. George's Episcopal Church - The Table
The Phoenix Center for Innovative Learning
The Salvation Army
Trinity Episcopal Church
University of Mary Washington
Walker-Grant Center
Walker Grant Middle School
WL Harris Park
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
Jay's Carlot
King George Church of God - Bountiful Blessings
King George Department of Social Services
King George Elementary School
King George Parks & Rec Center
LE Smoot Memorial Library
Little Ark Baptist Church
Love Thy Neighbor
Potomac Elementary School
St. Anthony of Padua Catholic Church
St. Paul's Episcopal Church
St. Stephen's Baptist Church

ORANGE COUNTY

Germanna Community College
Locust Grove Campus
Lions Wilderness Food Pantry
Living Water Community Clinic
Mt. Zion Baptist Church
Walmart Supercenter

PRINCE WILLIAM COUNTY

Concordia Lutheran Church
Mt. Zion Baptist Church
Triangle Baptist Church

CITY OF DANVILLE

God's Pit Crew, Inc.

WESTMORELAND COUNTY

Town Hill Park



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
Craig's Baptist Church
Eastland United Methodist Church
Encounter Church of God
Fawn Lake Mens Christian Fellowship
Fredericksburg Christian Health Center
Fredericksburg Christian School
Fredericksburg Field House
Freedom Middle School
Germanna Community College
Fredericksburg Campus
GIG & HOPS, Inc.
Harrison Road Elementary School
Hebron Baptist Church
Hematology-Oncology Associates of Fredericksburg
HERE 2 SERVE
Hideaway Townhomes
Humanities Foundation
Islamic Center of Fredericksburg
Keswick Park
Keswick Senior Apartments
Knights of Columbus
Lee Hill Elementary School
Livingston Elementary School
Loriella Park
Maranatha Seventh-Day Adventist Church

SPOTSYLVANIA COUNTY

Massaponax Baptist Church
Massaponax High School
Mercy Hill Community Church
Mt. Hope Baptist Church
New Life Family Christian Center
New Post Church
New Vision Community Outreach Association Fredericksburg
Overlook Terrace Apartments
Parkside Elementary School
Partlow Ruritain
Patriot Park
Peace United Methodist Church
Post Oak Middle School
Rappahannock Goodwill
River Club
River Heights
Riverbend High School
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 Middle School
Spotsylvania Regional Medical Center
Spotsylvania Sheriff's Office
St. Jude Roman Catholic Church
St. Matthew Food Pantry
St. Patrick Church - Duffy's Food Pantry
Super Value Inn (Patriot Hwy)
Sylvania Heights Baptist Church
Teen Challenge Beauty for Ashes
The Garden Inn
Thornburg Middle School
Travelers Rest Baptist Church
UnMasked Inc.
Wallers Baptist Church
Wilderness Community Church
Wilderness Elementary School
Zion Hill Baptist Church
Zion United Methodist Church

STAFFORD COUNTY

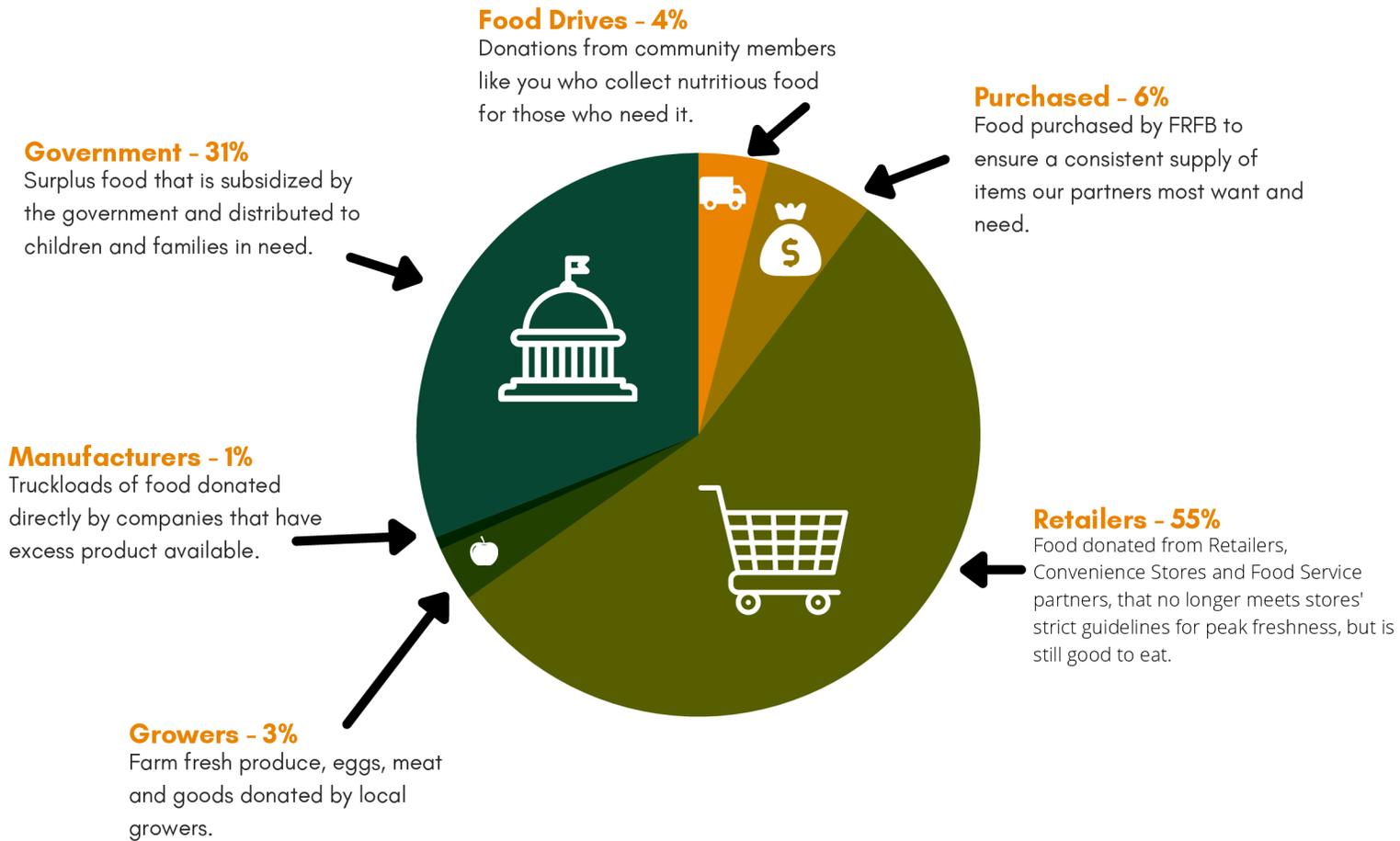
A.G. Wright Middle School
Agape Fellowship Ministries
America's Best Value Inn
Anne E. Moncure Elementary School
Antioch United Methodist Outreach Pantry
Aquia's Pantry
Brooke Point High School
Colonial Forge High School
Conway Elementary School
Cornerstone Baptist Church
Dixon-Smith Middle School
Ebenezer United Methodist Church
Edward E. Drew Middle School
Emmanuel AME Church
English Oaks
Falmouth Elementary School
Ferry Farm Elementary School
Foxwood Village
Garden of Delight - Iglesia Jardin de Delicias
Garrison Woods Apartments - Better Tomorrows
Germanna Community College
Stafford Campus
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
Islamic Center of Stafford
Karande Dental Care
Lucha Ministries, Inc.
Mary Washington Cancer Care
Massad Family YMCA
Ministerio de Restauracion Torree Fuerte
New Hope Christian Ministries
North Stafford Church of Christ
North Stafford High School

STAFFORD COUNTY

Oak Grove Baptist Church
Patawomeck Museum and Cultural Center
Ramoth Baptist Church (Refuge Ministry Center)
Rappahannock Area Office on Youth
Real Life Community Church
Risng Star Early Childhood Education Center
Rockhill Elementary School
Rocky Run Elementary School
Saint Luke's Anglican Catholic Church
Shirley Heim Middle School
St. Matthias United Methodist Church
St. Peter's Lutheran Church
Stafford Community Initiative
Stafford County Public Schools
Stafford Emergency Relief through Volunteer Efforts (SERVE)
Stafford Head Start
Stafford High 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, 2024, through June 30, 2025*

WHERE OUR FOOD COMES FROM



FINANCIAL REPORT

Statement of Financial Activities July 1, 2024, through June 30, 2025

SUPPORT	Without Donor Restrictions	With Donor Restrictions	2025 Total	2024 Total
Donated materials	\$15,721,439		\$15,721,439	\$16,411,147
Federal grants	\$1,773,606		\$1,773,606	\$1,985,708
Contributions	\$2,676,316	\$397,787	\$3,074,103	\$3,152,109
Change in value of split interest agreement				\$(47,347)
Total Support	\$20,171,361	\$397,787	\$20,569,148	\$21,501,617
REVENUE	Without Donor Restrictions	With Donor Restrictions	2025 Total	2024 Total
Program service fees	\$133,975		\$133,975	\$122,392
Interest and dividends	\$65,400		\$65,400	\$77,782
Other fees				
Fundraisers	\$27,105		\$27,105	\$41,003
Gain(Loss) on investment	\$176,316		\$176,316	\$156,920
Net assets released from donor restrictions	\$446,085	\$(446,085)		
Total Revenue	\$848,881	\$(446,085)	\$402,796	\$398,097
Total revenue & other support	\$21,020,242	\$(48,298)	\$20,971,944	\$21,899,714
EXPENSES	Without Donor Restrictions	With Donor Restrictions	2025 Total	2024 Total
<i>Program Services:</i>				
Food Distribution	\$19,605,279		\$19,605,279	\$20,046,599
<i>Supporting Services</i>				
Management & General	\$509,992		\$509,992	\$473,267
Fundraising	\$918,649		\$918,649	\$894,670
Total expenses	\$21,033,920		\$21,033,920	\$21,414,536
Change in Net Assets	\$(13,678)	\$(48,298)	\$(61,976)	\$485,178
Net Assets Beginning of Year	\$8,188,111	\$448,745	\$8,636,856	\$8,151,678
Net Assets End of Year	\$8,174,433	\$400,447	\$8,574,880	\$8,636,856

Platinum
Transparency
2025
Candid.



Fredericksburg Regional Food Bank
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