

# Fredericksburg Regional Food Bank



**SUMMER MEALS**

Our children need nutritious meals to learn, grow and thrive during the summer. With the Summer Food Service Program (SFSP), children and teens ages 18 and younger, can continue to eat healthy, while school is out, at no cost. Participating sites will be serving meals for the children to consume on site or grab & go to enjoy. Just show up, receive a meal and enjoy it on site or on the go depending on the locations you are at. Parents and guardians are allowed to pick up meals even when their children can't be present.

STARTING JUNE 3rd, FIND A NEARBY MEAL SITE AND HOURS OF OPERATION BY:

1. Text "FOOD" or "COMIDA" to 304-304
2. Visit [Fredfood.org](http://Fredfood.org) or
3. Download our Pantry Locator App FREDFOODVA

No form of identification or registration is required, simply show up, receive a meal. And enjoy on the go.



This institution is an equal opportunity provider

**FREDERICKSBURG  
REGIONAL FOOD BANK**

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

MEMBER OF  
**FEEDING  
AMERICA**

# Fredericksburg Regional Food Bank



SUMMER  
MEALS



Walmart Supercenter  
2533 Germanna Hwy  
Locust Grove, VA 22508

June 6-Aug 8 (**no meals July 4, meals delivered July 3**)  
Tuesday 1:00pm-3:00pm

Third Mt. Zion Baptist Church  
9132 Fredericksburg Turnpike  
Woodford, VA 22580

June 7-Aug 9  
Wednesday  
10:00am-12:00pm

Caroline Middle School  
13325 Devils Three Jump Rd.  
Milford, VA 22514

June 14-Aug 9  
Wednesday  
10:45am-12:45pm

New Liberty Baptist Church  
33030 Sparta Rd.  
Milford, VA 22514

June 7-Aug 9  
Wednesday  
11:30am-1:30pm

Lotus Academy  
7278 Ladysmith Rd.  
Ruther Glen, VA 22546

June 8-Aug 10  
Thursday  
10:00am-12:00pm

Oxford Mt. Zion Baptist Church  
25215 Zion Rd.  
Ruther Glen, VA 22546

June 8-Aug 10  
Thursday  
10:45am-12:45pm

Second Mt. Zion Baptist Church  
31220 Old Dawn Rd.  
Hanover, VA 23069

June 8-Aug 10  
Thursday  
11:30am-1:30pm

**\*\*\*Meals at these site are Grab & Go. You may pick up meals for your children to be consumed later.\*\*\***

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**NEW SITE AT LORIELLA PARK  
NORTH STAFFORD UPDATED TIME & DAY**

**SUMMER  
MEALS**



North Stafford High School  
839 Garrisonville Rd.  
Stafford, VA 22554

June 6-Aug 4 (**closed 7/4**)  
Monday-Thursday  
10:00am-11:30am

Howell Library  
806 Lyons Blvd.  
Fredericksburg, VA 22406

June 6-Aug 4 (**closed 6/14, 6/20 & 7/4**)  
Tuesday-Friday  
11:45am-1:15pm

Salem Church Library  
2607 Salem Church Rd.  
Fredericksburg, VA 22407

June 6-Aug 3 (**closed 6/20 & 7/4**)  
Tuesday-Thursday  
12:00pm-1:30pm

Snow Library  
8740 Courthouse Rd.  
Spotsylvania, VA 22553

June 5-Aug 3 (**closed 6/19 & 7/4**)  
Monday, Tuesday and Thursday  
12:30pm-2:00pm

Sylvania Heights Baptist Church  
150 Church St.  
Fredericksburg, VA 22408

**SITE CLOSED FOR THE  
SUMMER EFFECTIVE 6/30**

Spotsylvania Farmers Market  
12150 Gordon Rd.  
Fredericksburg, VA 22407

June 3-Sept 30  
Saturdays  
10:00am-12:00pm

Stafford Junction  
791 Truslow Rd.  
Fredericksburg, VA 22406

June 20-July 20 (**limited to en-rolled children, closed 7/4**)  
Monday-Thurs 1:00pm-1:45pm

Loriella Park  
10910 Leavells Rd  
Fredericksburg, VA 22407

July 7-Aug 4  
Monday & Friday  
11:30am-1:30pm

**\*\*\*Meals need to be consumed on site at these locations,  
they cannot be taken off site for consumption.\*\*\***

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