

# FREE GRAB & GO MEALS FOR KIDS 18 & UNDER MAY 28 - AUGUST 24, 2024



**NO DISTRIBUTIONS ON JUNE 19, 2024 OR JULY 4, 2024**

**Parents/Guardians can pick up a box of pre-packed kid-friendly meals for children 18 years of age and under. Parents/Guardians can register their children on our website, [fredfood.org](http://fredfood.org), or by scanning the QR code below. Children need not be present to receive a box.**

***Limit 1 box per child, per week.***

***Meal Boxes are for children NOT receiving meals at Congregate sites.***

## **EVERY MONDAY STARTING JUNE 3, 2024**

10:30 AM - 12:00 PM @ PATAWOMECK PARK  
25 CHOPAWAMSIC PKWY, STAFFORD 22554 **GRAB & GO (ENDS 8/5)**

11:15 AM - 12:45 PM @ BROOKE POINT HIGH SCHOOL  
1700 COURTHOUSE RD, STAFFORD 22554 **GRAB & GO (ENDS 8/5)**

## **EVERY TUESDAY STARTING MAY 28, 2024**

10:00 AM - 12:00 PM @ WALMART SUPERCENTER  
2533 GERMANNA HWY, LOCUST GROVE 22508 **GRAB & GO (ENDS 7/30)**

1:30 PM - 3:00 PM @ THORNBURG MIDDLE SCHOOL  
6929 N ROXBURY MILL RD, SPOTSYLVANIA 22551 **GRAB & GO (7/30)**

## **EVERY WEDNESDAY STARTING MAY 29, 2024**

10:30 AM - 12:00 PM @ LOTUS ACADEMY  
7278 LADYSMITH RD, RUTHER GLEN 22546 **GRAB & GO (ENDS 8/7)**

11:00 AM - 12:30 PM @ NEW LIBERTY BAPTIST CHURCH  
33030 SPARTA RD, MILFORD 22514 **GRAB & GO (ENDS 8/7)**

11:15 AM - 12:45 PM @ OXFORD MT. ZION BAPTIST CHURCH  
25215 ZION RD, RUTHER GLEN 22546 **GRAB & GO (ENDS 8/7)**

12:00 PM - 1:30 PM @ MT. TABOR BAPTIST CHURCH  
21795 MATTAPONI TRL, MILFORD 22514 **GRAB & GO (ENDS 8/7)**

## **EVERY THURSDAY STARTING MAY 30, 2024**

10:30 AM - 12:00 PM @ REHOBOTH UNITED METHODIST CHURCH  
18580 PARTLOW RD, BEAVERDAM 23015 **GRAB & GO (ENDS 8/8)**

12:00 PM - 1:30 PM @ JOHN J WRIGHT EDUCATIONAL CENTER  
7565 COURTHOUSE RD, SPOTSYLVANIA 22551 **GRAB & GO (ENDS 8/8)**

## **EVERY FRIDAY STARTING MAY 31, 2024**

10:30 AM - 12:00 PM @ SEALSTON ELEMENTARY SCHOOL  
11048 FLETCHER'S CHAPEL RD, KING GEORGE 22485 **GRAB & GO (ENDS 8/9)**

11:15 AM - 12:45 AM @ GOOD HOPE BAPTIST CHURCH  
17223 GOOD HOPE RD, KING GEORGE 22485 **GRAB & GO (ENDS 8/9)**

**SUN**   
**MEALS TO-GO**



# FREE CONGREGATE MEALS FOR KIDS 18 & UNDER MAY 28 - AUGUST 24, 2024



**NO DISTRIBUTIONS ON JUNE 19, 2024 OR JULY 4, 2024**

Children 18 years of age and under can receive fresh meals to be eaten on-site. Parents/Guardians can register their children on our website, [fredfood.org](http://fredfood.org), or by scanning the QR code below. **Meals are for children NOT receiving meals from Grab & Go sites.**

## EVERY TUESDAY STARTING JUNE 4, 2024

11:45 AM - 12:45 PM @ HOWELL LIBRARY  
806 LYONS BLVD, FREDERICKSBURG 22406 **ON-SITE (ENDS 8/9)**

12:00 PM - 1:30 PM @ SALEM CHURCH LIBRARY  
2607 SALEM CHURCH RD, FREDERICKSBURG 22407 **ON-SITE (ENDS 8/8)**

## EVERY WEDNESDAY STARTING JUNE 5, 2024

11:45 AM - 12:45 PM @ HOWELL LIBRARY  
806 LYONS BLVD, FREDERICKSBURG 22406 **ON-SITE (ENDS 8/9)**

12:00 PM - 1:30 PM @ SALEM CHURCH LIBRARY  
2607 SALEM CHURCH RD, FREDERICKSBURG 22407 **ON-SITE (ENDS 8/8)**

## EVERY THURSDAY STARTING JUNE 6, 2024

11:45 AM - 12:45 PM @ HOWELL LIBRARY  
806 LYONS BLVD, FREDERICKSBURG 22406 **ON-SITE (ENDS 8/9)**

12:00 PM - 1:30 PM @ SALEM CHURCH LIBRARY  
2607 SALEM CHURCH RD, FREDERICKSBURG 22407 **ON-SITE (ENDS 8/8)**

## EVERY FRIDAY STARTING MAY 31, 2024

4:30 PM - 6:30 PM @ FREDERICKSBURG REGIONAL FOOD BANK  
3631 LEE HILL DR, FREDERICKSBURG 22408 **ON-SITE (ENDS 8/2)**

## EVERY FRIDAY STARTING JUNE 7, 2024

11:45 AM - 12:45 PM @ HOWELL LIBRARY  
806 LYONS BLVD, FREDERICKSBURG 22406 **ON-SITE (ENDS 8/9)**

## EVERY SATURDAY STARTING JUNE 1, 2024

10:00 AM - 12:00 PM @ SPOTSYLVANIA FARMERS MARKET  
12150 GORDON RD, FREDERICKSBURG 22407 **ON-SITE (ENDS 8/24)**

# SUN MEALS

