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, 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, BEAVERDA 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 PM @ GOOD HOPE BAPTIST CHURCH
17223 GOOD HOPE RD, KING GEORGE 22485 GRAB & GO (ENDS 8/9)
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, 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)