

**FREDERICKSBURG  
REGIONAL FOOD BANK**

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Spotsylvania • King George • the  
City of Fredericksburg

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# Summer Food Service Program (SFSP) Parent Q&A

This document provides essential information regarding the Fredericksburg Regional Food Bank's summer meal programs, including Grab & Go meal pick-ups and Ship-to-Home delivery services.

## Registration and Confirmation

### How is my registration confirmed?

- **Grab & Go (Pick-up):** When you complete the online registration form for meal pick-up, a notification is automatically sent to the Food Bank's distribution team.
- **Ship-to-Home:** Participants who register for home delivery may receive a verification code upon completing their registration to confirm their details.
- Registration is only required once.

### What communication should I expect and when?

- **Ship-to-Home Delivery Timeline:** For those registered by the end of May, initial shipments are planned to depart the first week of June, with the first deliveries expected to arrive by June 8, 2026.

- **Schedule Information:** Site schedules and program flyers have been circulated to local schools and are available on the Food Bank's website for reference.

## Ship-to-Home Meal Delivery

### How does Ship-to-Home meal delivery work?

- **Eligibility:** This service is exclusively offered to residents in Caroline and King George Counties.
- **Contents:** Each shipment contains a 7-day meal box including 7 breakfasts, 7 lunches, and milk for each registered child.
- **Delivery Protocol:** If you are not home when the delivery arrives, the meal kit and milk will be left at your door.
- **Participant Responsibilities:** Families must notify the sponsor organization if they will be away during a scheduled delivery week to prevent food waste.
- **Exclusions:** Children receiving Ship-to-Home meals are not eligible to receive additional meal boxes at Grab & Go pick-up locations.
- A Food Bank representative will contact you randomly throughout the summer to verify delivery and check satisfaction.

## Meal Pick-Up (Grab & Go)

### How does meal pick-up work?

- **Timelines:** The official start date for site-based meal pick-up is June 1, 2026.
- **Frequency:** Each registered child may receive one meal box per week.
- **Instructions:** Pick-ups must be completed by a parent or guardian; they cannot send another individual to pick up meals on their behalf.

### Do I need a verification code for pick-up?

- No. Unlike the Ship-to-Home option, no verification code is generated or required for participants signed up for Grab & Go meals.

## **Support and Contact Information**

### **Who should I contact if I have issues or additional questions?**

For questions regarding registration, delivery issues, or general program inquiries, please contact the Sponsor Organization representative by emailing [cdickerson@fredfood.org](mailto:cdickerson@fredfood.org)