

FREDERICKSBURG REGIONAL FOOD BANK

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

MEMBER OF
**FEEDING
AMERICA**

FOOD MATTERS

NEWSLETTER OF THE FREDERICKSBURG REGIONAL FOOD BANK

FALL 2020



NATIONAL GUARD PROVIDES INVALUABLE ASSISTANCE TO MEET NEED DURING COVID-19 CRISIS

As the Fredericksburg Regional Food Bank (FRFB) worked to meet the increased need in our community due to the pandemic, much relief came from the National Guard, who helped with distributions and home deliveries to seniors. A total of 34 people from the National Guard, with Lt. Kyle Rash supervising the mission, were sent to the FRFB. Originally, the National Guard was only to assist through May 21st, however once Lt. Rash saw the demand and the level of support needed, he pushed to extend the mission through July 8th. With the increase in need combined with a decrease in volunteers due to the quarantine, Jessica McCoy, Volunteers Coordinator, was relieved to have the National Guard's support. "With COVID-19 challenging our day to day operations, the National Guard was a great asset. Without them, we would not have been able to continue making progress and ensure the community received the assistance it needed. The National Guard really stepped up and became an integral part of our team as we struggled with a lack of volunteers."

Lt. Rash was happy to lend support to ensure the FRFB could provide as much support as possible to those in need. "There is a lot of work on the back end of things that is not seen at the point of distribution," said Lt. Rash. "The sheer amount of effort that is required is amazing and even more so the goals and drive of those putting in the effort to continue to reach out and assist as many as possible." Lt. Rash noted this was a very unique mission for the National Guard, "Every mission is different. We were very fortunate as a team to be able to assist and

operate under this mission, and very fortunate to be a part of the effort that provided as much assistance as there was over the last few months. The extent of the food insecurity in the community prior to the current pandemic was not really a stat that stuck with me, but seeing the impact on the community and need for food security is definitely hard-hitting."

Members of the National Guard were moved by the faces of hunger that they saw in long lines waiting for food. Many shared that they, like so many people, were unaware of the reality of hunger in our area. One shared, "The food bank National Guard mission has been totally unique as I have never been a part of any experience like it in terms of its direct nature in helping people purposefully by giving them food. I was not fully aware that so many people are hungry before the beginning of this mission. I was mostly surprised that COVID-19 had affected so many people; I had no idea about the full impact until I saw it firsthand."

As we continue to step up to the need in our community, the FRFB was sad to say goodbye to our friends from the National Guard, but we are so grateful for their time and assistance. "The National Guard has been essential to the work that we do," shares Mishelle Krogstad, Agency & Programs Director. "We would have never been able to reach the number of families that we have or distribute the number of pounds of food if not for the help of the National Guard."

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City of Fredericksburg

MEMBER OF
**FEEDING
AMERICA**



The Mission of the Fredericksburg Regional Food Bank is to feed the hungry through a community-wide network of partner agencies and engage our community in the fight to end hunger.

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Fredericksburg, VA 22408
P.O. Box 1006
Fredericksburg, VA 22402
Phone: 540-371-7666
Fax: 540-371-2968
www.fredfood.org

2020 BOARD OF DIRECTORS

Shawn Buckner Barnes, *Chair*
Jackie Palmer, *Vice Chair*
Tara Estwick, *Secretary*
Andrew Burge, *Treasurer*
Amy Jo Olney
Allen F. Bareford
Robert L. Belcher
Carol Garland
Steve W. Rollins, Sr.
Jeremy Bullock

FOOD BANK HOURS

OFFICE:

Monday – Thursday: 8:00 a.m. – 5:00 p.m.
Friday, Saturday, Sunday: Closed

WAREHOUSE:

Monday – Thursday: 8:30 a.m. – 4:30 p.m.
Friday, Saturday, Sunday: Closed

CORPORATE GIVING

Combined Federal Campaign #48600
Combined Virginia Campaign #200982

DOWNLOAD OUR APP @FREDFOODVA

on any smartphone for real time information
on pantries open near you!

Follow us on Social Media
@FREDFOODVA



We are looking for new social media followers to add to our list of compassionate friends who have access to inside stories, information, pictures, and updates from the food bank. Please "Like" us on social media and together we can fight hunger in our community!

A LETTER FROM DAYLE RESCHICK, INTERIM PRESIDENT & CEO

Dear Friends,

This has certainly been an extraordinary year in the history of the Fredericksburg Regional Food Bank. With Oya Oliver retiring after nearly 30 years of service just as the pandemic started, I admit I wondered why I hadn't retired myself as planned two years ago! In reality, it has been my honor to continue my 25 years of service to the food bank in this role while the Board of Directors Search Committee assumed the task of finding new leadership.

I have been awed, moved, and humbled by how our community has joined with us to fight this unprecedented challenge in the fight against hunger. Because of your continued support, we were able to meet the needs of the hungry in our community, many coming to us for assistance for the first time. We always say we are each only one devastating event away from needing a food bank, and the COVID-19 crisis had a devastating impact on many families who have never experienced instability before.

Your generosity has put food on the tables of those who need it most. You have provided urgently needed assistance to parents who suddenly lost their jobs and can't afford to feed their families, to children who aren't receiving school meals, and to seniors who are hungry, frightened, and alone.

We have never seen an emergency of this scale — and I don't know how long it will last. But your kindness has already helped provide food to people struggling with hunger and sets each of you apart as leaders in the fight against hunger.

I can't thank you enough for your generosity in this time of great need. I'm sending my best wishes that you and your loved ones remain safe and healthy.

With gratitude,

Dayle Reschick
Interim President & CEO



Feeding America
released a food
insecurity map
showing projected
numbers of food
insecurity rates in our
region for FY 2020
caused by COVID-19:

A SPECIAL THANKS

Full Plate Society Donors who are committed to feeding those in need with annual donations of \$2,400 or more.

Adrienne & Troy Wright-Williams
Andrew Slaterbeck
Brad Smith
Bruce Vickers
Chip & Liz Sudduth
David & Anne Jennings
Diana M. Tansill
Diane Lama
Freedom Family Dentistry, PLC
Hazel E. Stewart
James C. Benton
James & Lorie McCown
Janice T. Coyne
Jeffrey & Pamela Bankos
Kurt Wohler
Lisa Murphy
Mary C. Holgate
Michael Harry Lane
Patricia & Thomas Donohue
Peter Souza
Robert Heinzmann
Ronald F. Wilson
Steven G. Groth
Thomas & Jill Keogh
Vickers & Nolan Enterprises, LLC
Wade & Miriam Plucker

Meal Makers Donors who are committed to feeding those in need with a recurring monthly donation.

Adrienne & Troy Williams
Advanced Auto Services, Inc.
Alan Embrey
Alison & Jeffrey Harvey
Allen Brunson
Alvin F. DeBlanc
Andrew Sever
Andrew Slaterbeck
Anita H. Friedman
Anita L. Holle
Anthony Rivera
Babak Chubak

Barbara Braiden
Barbara M. DePew
Brenda Chase
Bruce Mair
Carol E. Neely
Carol E. Reilly
Carol Lynn Brick
Caroline & Jacob Pilkerton
Carolyn Oglesby
Cassie & Elijah Pepin
Charles Kendall
Charles Lockwood
Charlie Dale
Cheryl & John Johnson
Christine Henry
Clarence Taylor
Dale B. Herring
Daniel Easterling
David Clawson
David Hiles
David & Jane Bielawski
David S. Hills
Dayna M. Combest
Deborah & Kelly Burdin
Deborah D. Meyers
Deborah Pearce
Debra Shiring
Delilah & Bradley Whitefield
Denis McCabe
Diana Knight
DirtyPaws Dogwash
Don D. Cline
Don Einecker
Donald E. Caswell
Donna J. Metheny
Donna Nass
Donna P. Hetrick
Doris Zellmer
E. Thomas Hitt III
Edward Kappler
Evelyn & William Amato
Faith Broome
Fran Walterhouse
Gerald DePasquale
Gilead Home Solutions
Greg & Lynn Miller
Gregory & Jill Stodola
Gwen E. Hill-Briones
Harold V. Hartley III

Heidi Watson
Helen Karnath
Howard Myers
Imogene Treble
James Edward McLaughlin
James & Melisa Haase
Jana & Charles Pindell
Jane & Elvis Lewis
Janice D. Hornbeck
Jennifer Riley
Jennifer Roames
Joel Pinnix
John Cross
John Kelly
John L. Jones
John R. Colliza, Jr.
John W. Mallory
Jonetta Trotter
Jordan Rishell Hoar
Joseph Del Priore
Joseph Goulet, Jr.
Joseph William Bastian
Judy Napier
Katharine Keske
Katherine Parker
Katie Carpenter
Kay Fox
Kay & Geoffery Murphy
Kelly Aboulhouda
Kenneth Adams
LaShon & Clarence Wise
Laura N. Joy
Laura Shamburger
Lauren Baldwin
Leroy Strohl
Li Barrell
Lisa Ivy
Lisa Murphy
Lisa R. Walsh
Lisa R. Walsh
Harry Swanson
Machelle Shivers
Marcel Rotter
Margaret Campbell
Marguerite Smith
Marta Smith
Martha & Alan Limberick
Mary Anne Paszkiewicz
Mary Cooney
Mary Elizabeth White

Mary P. Bonzo
Matthew & Idelle Haley
Meaghan L. Hokanson
Melissa Smith
Melody S. Kelley
Michael Finnegan
Michael & Colleen Young
Michael S. Sebastyn
Michelle Lee McArtor
Monica & David Fellowes
Nancy K. Coffman
Nelson & Cecile Vaillancort
Nicholas La Pietra
Nicole Gamble
Pamela & Mike Mearns
Patricia Slater
Patrick Maier
Peter Kelly
Petronella Van Wingerden
Philip Layton Hall
Philip & Kathleen Marzec
Raymond Maloney
Regina Venzen
Reginal D. Becton
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Ricky Carr
Rita Montalvo
Robert M. Miller
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Sarah Currier
Sarah Jones
Shannon Williamson
Sharon R. Kendall
Shawn Hollingsworth
Shirley Brent
Sienna Crawford
Stephan & Sarah Hanson
Steven & Keri Perchalski
Terry Perry
Theresa & Wayne White
Thomas G. Kanatous
Thomas J. Carr
Thomas & Jill Keogh
Tina Pruettt
Tracey Thompson

Valerie Goddard
Valerie Moss, Inc.
Venkataro P. Rao
Vicky Taylor
Vikas Gupta
Walt Shura
Walter Kent Schulte
William R. Haines

Fundraisers
Community fundraisers that raised \$1,000 or more.
B101.5 & Leader In Sports Holiday Auction
Band Together To Fight Hunger
Church of Jesus Christ of Latter Day Saints Day of Service
Falls Run Community Association's 50/50 Raffle
Fredericksburg Area Association of Realtors Annual Cereal Drive
Fredericksburg Public Defenders Office – Pizza to the People
Kings Dominion
Legal Food Frenzy
Red White & Blue The Rucking Group
RNR of Virginia, LLC
Sedona Taphouse Fredericksburg
St. Mary Catholic Church's Manna Food Project

Grants
Grantors that awarded the FRFB with a grant of \$1,000 or more.
City of Fredericksburg
Community Foundation of the Rappahannock River Region
Costco Wholesale Corporation
County of Caroline
County of Stafford
Darden Foundation
Dominion Energy Charitable Foundation
Emergency Food Services National Bread Program
Food Lion Feeds Charitable Foundation

CAROLINE COUNTY

13.8%

Food Insecurity Rate

21.5%

Child Food Insecurity Rate

CITY OF FREDERICKSBURG

17.9%

Food Insecurity Rate

23.2%

Child Food Insecurity Rate

KING GEORGE COUNTY

12.7%

Food Insecurity Rate

20.6%

Child Food Insecurity Rate

ORANGE COUNTY

14.6%

Food Insecurity Rate

24.3%

Child Food Insecurity Rate

SPOTSYLVANIA COUNTY

13.4%

Food Insecurity Rate

21.1%

Child Food Insecurity Rate

STAFFORD COUNTY

11.1%

Food Insecurity Rate

17.1%

Child Food Insecurity Rate

Fiscal Year 2019 Pounds Distributed: **3.6 Million** Meals Provided: **2.9 Million**

A SPECIAL THANKS

Food Lion, LLC
Giant Food, LLC
Lowe's Charitable and Educational Foundation
Mary Washington Healthcare
Milk Life
MilkPep
Northrop Grumman Space & Mission Systems, Corp.
Our Family Foundation by Giant
Red Nose Day Foundation
Sheetz
The Carmax Foundation
The Community Foundation for Northern Virginia, Inc.
The Walmart Foundation
The WaWa Foundation
The Woodforest Charitable Foundation
Wagner Foundation
Wells Fargo Foundation

Individual Volunteers Volunteers who have donated 50+ hours of their time.

Allen Vaughan
Atiye Cagatay
Audrey Crowder
Babrara Koons
Barry Coe
Belinda Reed
Brandon Root
Brianna Cobbins
Candace Carter
Carol Garland
Christian Riley
Dave Fronk
Deb Lokrantz
Donna Collins
Elijah Sealy
Fredrick Stripling
Irene Peretich
Isaiah Sealy
James Vick
Jeffrey Hill
Jessica Dzuray
Jon Longene
Karen Nagy
Karl Walker
Kathy Twigg
Kyra Sealy
Lia Flur
Mark Houghton
Michael Del Balzo
Patricia McCary
Paula Stopa
Peggy Lunardini
Raymond Wiley
Rick Smith
Robert Hinkle
Roger Lloyd
Roy Beutel
Shaquanda Stewart
Shawn Askin
Stacey Carson
Stephanie Sherrill
Tammy Patrignani
Toby Mcrary
Travis Tiller
Valerie Wearsch
Walter Hamm

Group Volunteers Volunteer Groups who have donated 50+ hours of their time.

Emerging Stars
ERI
Freedom Middle School National Junior Honor Society
GenCare
Harvest Life Church
Operation SHE
Orlando's Place
REACH
Spotswood Baptist Church
The Bannister Family
The Spencer-Hamm Family
Zeta Omega Delta

Senior Delivery Volunteers Volunteers deliver monthly food boxes to seniors enrolled in our CSFP program.

Aimee Paytes
Allen Arturo Lans
Allen Vaughan
Andy & Carol Kavanagh
Barbara Lewis
Carlin Venaglia
Carol Garland
David Kessler
Fawn Lake Mens Christian Fellowship
Gloria Ferguson
Gwen Pote
Herbert Oliver
Jacqueline Monroe Shelton
Janet Tortora
Jayme Sweigart
Judy Mears
Kathy & Charles Morrell
Knights of Columbus
Lexy Maratellos
Malanie Spisak
Mary Turner
Michael Terrence Gray
Mike Edwards
Nancy Wright
Rick Stripling
Ronald Lard
Rozanne Winfield
Sarah Childs
Sherilyn Preston
Yanira Klink

Community Partners The FRFB works with 166 community partners operating 254 programs providing food assistance to people in need throughout our community.

Adventist Community Services
Agape Fellowship Ministries
Anthony Burns Elementary School
Antioch United Methodist Church
Aquia's Pantry
Asbury Manor
Barbara Carroll Community Outreach & Development
Battlefield Elementary School
Battlefield Middle School
Belmont Foundation

Beulah Baptist Church
Bowling Green Elementary School
Bowling Green Properties
Boys and Girls Club
Brook Road Elementary School
Brooke Point High School
Caroline High School
Caroline Manor
Caroline Middle School
Caroline Parks & Rec
Caroline Pines
Caroline's Promise
Caroline YMCA
Cedar Forest Elementary School
Chancellor Baptist Church
Chancellor Elementary School
Chancellor High School
Christ Episcopal Church
Christ First Ministries
Christ Lutheran Church
Colonial Beach Baptist Church
Colonial Forge High School
Community Ministry Center
Concord Baptist Church
Couponing for a Cause
Courthouse Academy
Courthouse Road Elementary School
Courtland Elementary School
Craigs Baptist Church
CrossRoads Transition Home
Dahlgren Harbor Apartments
Dominion Day Services
Eastland United Methodist Church
Emmanuel AME Church
Employment Resources Inc.
Encounter Church of God
English Oaks Senior Apartments
FAHASS
Fairview Baptist Church
Faith Full Gospel Ministries
Falmouth Elementary School
Ferry Farm Elementary School
Forest Village Apartments
Fredericksburg Academy
Fredericksburg Baptist Church
Fredericksburg City Public Schools
Fredericksburg Department of Social Services
Fredericksburg SPCA
Fredericksburg United Methodist Church
Freedom Dream Center
Garden of Delight/Iglesia Jardin de Delicias
Garden Inn
Garrison Woods Apartments
Garrisonville Elementary School
Germanna Community College
Glory Outreach
Gods Pit Crew Inc.
Hampton Oaks Elementary School
Harrison Road Elementary School
Hartwood Elementary School
Hartwood Presbyterian Church
Hazel Hill Apartments
Healthy Generations Area Agency on Aging
Heritage Park
Highway Assembly of God
Hollywood Church of the Brethren
Hugh Mercer Elementary School

Humanities Foundation
Islamic Center of Fredericksburg
Islamic Center of Stafford
James Monroe High School
Jerusalem Baptist Church
Kate Waller Barrett Elementary School
King George Church of God - Bountiful Blessings
King George Department of Social Services
King George Elementary School
Kings Crest Senior Community
Land Lake 'Or Property Owners' Association, Inc.
Lewis and Clark Elementary School
Lions Wilderness Food Pantry
Little Ark Baptist Church
Livingston Elementary School
LUCHA Ministries, Inc.
Macedonia Baptist Church
Madison Elementary School
Madonna House
Margaret Brent Elementary School
Massaponax Baptist Church
Massaponax High School
Micah Ecumenical Ministries
Mill Park Terrace Apartments
Mt. Peniel Church of Christ
Mt. Zion Baptist Church
New Hope Baptist Church
New Hope United Methodist Church
Ni River Middle School
North Stafford Church of Christ
North Stafford High School
Partlow Ruritan Club
Peace United Methodist Church
Piney Branch Baptist Church
Port Royal Library
Post Oak Middle School
Praise Temple Apostolic Faith Church of VA
R&D Family Campground
Ramoth Baptist Church
Rappahannock Area Community Services Board
Rappahannock Area Office on Youth
Real Life Community Church
Regional Alternative Education Program
Rehoboth United Methodist Church
Riverview Elementary School
Robert E Lee Elementary School
Rocky Run Elementary School
Saint Mary of the Annunciation
Salem Baptist Church - King George
Salem Church Library
Salem Elementary School
Sealston Elementary School
SECA
Second Mt. Zion Baptist Church
SERVE
Shiloh Baptist Church (Old Site)
Shiloh Baptist Church Bowling Green
Spotswood Baptist Church
Spotswood Elementary School
Spotsylvania High School

Spotsylvania County Schools Head Start
St. Anthony of Padua Catholic Church
St. Faustina Conference
St. George's Episcopal Church
St. Mary Catholic Church
St. Peter's Lutheran Church
Stafford Church of God
Stafford County Head Start
Stafford High School
Stafford Junction
Sylvania Heights Baptist Church
Teen Challenge Beauty for Ashes
Teen Challenge of Fredericksburg
The Gardens of Stafford
The Meadow Event Park
The Pet Assistance League, Inc.
The Salvation Army
Thurman Brisben Center
Treasure House
Triangle Baptist Church
Trinity Episcopal Church
VA Cooperative Extension
Virginia Cares
Walker-Grant Middle School
Widewater Elementary School
Wilderness Community Church
Wilderness Elementary School
Zion Hill Baptist Church
Zion United Methodist Church

Agency Award Winners At the 2019 Agency Seminar, the following FRFB community partners were recognized for their great work on behalf of the hungry of our community.

Hollywood Church of the Brethren received the Marie Kunlo Agency of the Year Award
St. Faustina Conference/St. Vincent de Paul Society received the Joe O'Connor Multi Service Award
Beulah Baptist Church received the Phyllis & Les Howze Service Award of Seniors
LUCHA Ministries, Inc. received the Gladys Ferguson Community Service Award
Salem Church Library received the Matthew Glen Children Feeding Award
Rick Smith received the Humanitarian Award Food Donors

Donors Who have donated 1,000 or more meals to help feed the hungry of our community.

Adrienne & Troy Wright-Williams

2020 COVID-19 PANDEMIC RELIEF NUMBERS



- ✓ **2,389,834 pounds** of grocery products were distributed
- ✓ **1,911,867 meals** provided to those in need
- ✓ More than **11,000 volunteer hours** were given
- ✓ The Fredericksburg Regional Food Bank supplies **166 community partners** with resources to operate **254 food assistance programs**
- ✓ More than **32,000 unique individuals** receive food assistance through our community partners and direct service programs

VOLUNTEERS ON THE FRONT LINE

The FRFB simply could not do the work we do without our volunteers. With just a small staff of less than 30 employees, we are so grateful for our volunteers who keep the food bank operating. No matter if you volunteered for an hour or every day during the past year, you made a difference! We asked some of our volunteers to share their experiences, particularly during the pandemic.

Anthony “Chip” Cardon, who took advantage of his time out of the office during the pandemic to volunteer said, “Having the privilege of helping out at the FRFB during the pandemic has truly been the silver lining to a very challenging situation. Between the fantastic food bank employees and the other great volunteers I have been so fortunate to interact with - my experience over the last few months has been wonderful! The one drawback for me as I slowly begin the process of returning to regular employment is that I won’t be able to help out nearly as much as I would like. I am grateful to be a small part of such a vital community resource.”

Elizabeth Wimmer is a special education teacher in Stafford County Public schools and volunteers whenever she can at the FRFB. “In 2018, I was searching for a nonprofit I could stick with for a long time, and the FRFB suited me perfectly. I volunteer during summer, winter, and spring breaks. My life, along with everyone else’s, turned upside down when schools abruptly began remote teaching last March. A silver lining to my cloud was that I could work from home in the mornings and evenings, and spend my afternoons at the FRFB. It gave me not only a reason to get out of my home, interact with people, and get some exercise, but also gave

me a way to feel like I was helping my community. The food bank was so quick to implement significant measures to protect everyone that I felt safe there. The FRFB has a history of stepping up when there’s a special need, such as during the federal government shutdown last year, when we held emergency food drives in anticipation of increased need among people who’d been furloughed. I know the students in my county and my school have benefitted from our partner food pantries and from programs like Kids on the Go. Volunteering at the FRFB is a way I can help these children and their families. As a bonus, I’ve enjoyed helping at the food distributions that are not part of the food bank’s usual operations! Everyone is so grateful, and I love spreading cheer. It’s been an uplifting experience for everyone!”

Matthew and Katie Earnhart knew when restrictions and closings were first implemented in March, that the need for food resources in our region would increase and they felt fortunate to be healthy and able to assist. “We have been volunteering once or twice a week, packing and distributing emergency food boxes, since March. Our Monday and Wednesday morning teams have really been motivated to see how many boxes we can pack. We were very excited to once complete five pallets during our 1.5 hour shift! That’s 320 boxes of food for families in need!”

“There are not enough words to properly or adequately express how much help our volunteers have been during such a crucial time,” says Jess McCoy, Volunteers Coordinator. “Truly, thank you for all of your continued perseverance and dedication! Moving forward, the areas we will continue needing a great deal of help in are more directly involved with the community; we always have a need for volunteers at our Mobile Pantry/ Distribution sites, and our Senior Home Delivery Program could use some love as well! Always be on the lookout for these opportunities on our website, and please feel free to reach out with questions or interest!”



Matthew Earnhart packs emergency food boxes in the FRFB warehouse.

A LETTER FROM THE BOARD CHAIR

Hello, my name is Shawn Buckner-Barnes. In January 2020, I became the Chair of the Fredericksburg Regional Food Bank's Board of Directors. In this role, I plan to work closely with our staff to spread awareness of the Fredericksburg Regional Food Bank mission and alleviate hunger in Planning District 16 and its surrounding communities. However, I also want to thank you personally for your support of the food bank and the work we do in the community. **Our response to everyday hunger, as well as those impacted by COVID-19 could not happen without your generous donations of time, money, and food.**

I started out as just another member of the community who wanted to help fight hunger. I have two wonderful daughters, and I am an Administrative/Technical Specialist at NSWCCD in Dahlgren, VA. I am the coordinator of the food pantry at Salem Baptist Church in King George. I love serving the clients that come to our pantry. Our goal is to reduce the number of hungry people in King George and its surrounding communities. People have a lot of shame in asking for help, but we try to make each person feel that they are helping us to become a stronger community by taking the food we are offering through our pantry. I greet each person who comes to our food pantry and enjoy getting to know our clients. Many clients bring stories of others who need help with food shortages. Our pantry sends each client home with food, recipes, and additional information to share with others, so they also get food help when they need it. Because of my love for serving my food pantry, I became a Board member in August 2016. Through my Board membership, I gained more information on how to help my pantry clients as well as anyone who has a need. I have had the pleasure of collaborating with food bank employees who share my desire to end hunger.

Each of us is called to help those who are less fortunate. It is my pleasure to serve as Board Chair. If you have any questions about the work we do in the community or how you can best help our mission, please contact me through the food bank. Again, thank you for all that you have done to make this past, very challenging year successful. We are changing lives in our community because you care.

Gratefully,
Shawn Buckner-Barnes
FRFB Board Chair

HUNGER ACTION MONTH

"WE CAN END HUNGER ONE HELPING AT A TIME"

Hunger Action Month in September is the Feeding America network's nationwide awareness driver, designed to mobilize the public to take action on the issue of hunger. This annual month-long campaign brings attention to the reality of food insecurity in the United States and promotes ways for individuals across the U.S. to get involved in the movement to help end hunger. We can end hunger one helping at a time. With every action, we get one step closer to making hunger a thing of the past. In the month of September, we re-ignite our commitment to this mission.



Feeding America projects that more than 54 million people could face hunger this year in the wake of the pandemic. We need the support of our community now more than ever to help our neighbors in need. We, together, can end hunger one helping, or one action, at a time. Feeding America is asking everyone to take action during Hunger Action Month because asking for help isn't easy, but helping can be. This September, we're asking the public to take action — a donation, a volunteer shift, a social media post — to end hunger one helping at a time.

SOME WAYS YOU CAN HELP:

- **Every action counts, so visit HungerActionMonth.org to learn how you can get started.**
- **Volunteer. Engage. Advocate. Donate. Everyone has a role to play in ending hunger and we need your help now more than ever.**
- **You can take action with Feeding America member food banks for Hunger Action Month by posting on social media with #HungerActionMonth. Tag @FeedingAmerica and @FredFoodVA to join the conversation.**

With the combined effort of Feeding America, the nationwide network of food banks, and you, this campaign will raise awareness about hunger and inspire Americans to get involved in September and throughout the rest of the year.

Hunger Action Day® 2020 is scheduled for September 10, 2020, the second Thursday of the month. Keep an eye out on our social media and website for more information on events and opportunities to take action in September!

NEW FACES AT THE FRFB



JESSICA MCCOY is our new Volunteers Coordinator. Jessica lives in Stafford with her family. She is working on a poetry collection in the hopes of one day publishing it!



CHRISTIAN AXFORD AND DAVID MILLS are both members of the National Guard who were vital to our special distributions to help with the increased need due to COVID-19. We are so happy to have them join our team full time as Warehouse Assistants.