

**FREDERICKSBURG
REGIONAL FOOD BANK**

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



2022 ANNUAL REPORT

The mission of the Fredericksburg Regional Food Bank is to unite the Central Rappahannock River Region in our commitment to fight hunger and your support brings us one step closer to our vision of turning food scarcity into food security.



MESSAGE FROM PRESIDENT & CEO



Dear Friends,

It seems that we can truly say normal is no more. At least normal as we once knew it and defined it seems irrevocably changed by the COVID pandemic. Add in the further complications of high inflation rates of 7 percent and 6.5 percent, respectively, in 2021 and 2022, and there can be no denying that the last few years have been stressful, trying, and transformative, especially for those who were already on the economic margins before the pandemic.

During the fiscal year covered by this annual report (July 1, 2021 - June 30, 2022), we began to see some reduction in the concerns about COVID, meaning it was no longer a fixture in our news cycles. COVID was still present but began to take a back seat to the seemingly more daunting issue of inflation, which spiked food costs by more than 10 percent for much of the period. Those economic and environmental difference-makers certainly changed our "normal" way of doing things. Some descriptions of our new "normal" are captured in this report.

For example, our services needed to extend to nearly 36,000 people because the level of need in the community spiked in concert with the rise in food prices. Also, a model of mobile food distribution and convenience already under expansion in response to COVID exploded even more as a way of supplementing the strong distribution work done by our network of community partner pantries. Chief among the new COVID-era innovations that gained an even stronger foothold this past year is our OrderAhead program, allowing pre-orders by neighbors needing food access and allowing them the chance for pickup at convenient times and locations. Also, a partnership with DoorDash as an additional resource to expand the mobility of our food distributions got stronger during the last fiscal year, especially as a tool to help us deliver food boxes to seniors enrolled in our senior food assistance program. A contemporary food delivery model placed at the service of our more senior community members is a good outcome of the new normal!

The new normal is definitely different, but it has had many positive impacts on those we serve and has challenged us to embrace innovations and solutions that can better serve our neighbors.

The last few years have definitely proven to all of us that none of us knows exactly what the future holds. Still, our national and regional resilience in coping with the many changes in our society has proven that an ever-changing "normal" does not need to be feared. As you read this annual report and its brief reflection on the year just passed, I hope you will recognize that one of the greatest assets at the disposal of the Food Bank is the consistent community support that comes from people like you. We do not fear the changes the future will demand of us because our past proves we have partners willing to make those changes with us!

Thanks for your enthusiasm for our work and for all you do to enhance the lives of those facing food access challenges in our community!

Sincerely,

A handwritten signature in black ink that reads "Dan Maher". The signature is written in a cursive, slightly stylized font.

Dan Maher

President & CEO

WHO WE ARE & WHAT WE DO

The Fredericksburg Regional Food Bank is the largest organization in the Central Rappahannock River Region, working to solve hunger. We do this by partnering with 159 community organizations operating 250 food assistance programs in Caroline County, the City of Fredericksburg, King George County, Locust Grove, Spotsylvania County, and Stafford County – and distributing food directly into hard-to-reach areas. **Last year the FRFB helped more than 35,000 people get access to healthy food.** That's 10% of our region's mothers, fathers, sons, daughters, sisters, brothers, and grandparents.



2022 Board of Directors

Shawn Buckner-Barnes <i>Chair</i>	Jackie Palmer <i>Vice Chair</i>	Tara Estwick <i>Secretary</i>
Andrew Burge <i>Treasurer</i>	Allen Bareford <i>Member</i>	Jeremy Bullock <i>Member</i>
Carol Garland <i>Member</i>	Steve Rollins, Sr. <i>Member</i>	Kevin Timmons <i>Member</i>

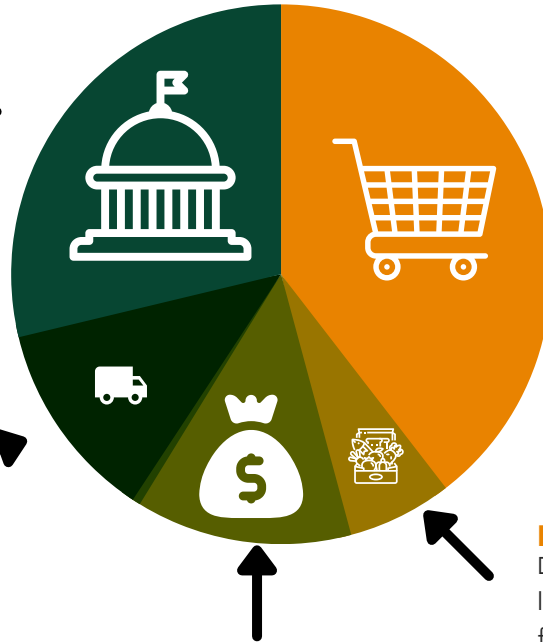
MEMBER AGENCY OF



WHERE OUR FOOD COMES FROM

Government - 29%

Surplus food that is subsidized by the government and distributed to children and families in need.



Retailers - 40%

Food that no longer meets stores' strict guidelines for peak freshness, but is still good to eat.

Producers - 12%

Truckloads of food donated directly by companies that have excess product available.

Food Drives - 6%

Donations from community members like you who collect nutritious food for those who need it.

Purchased - 13%

Food purchased by FRFB to ensure a consistent supply of items our partners most want and need.



HOW WE DO IT



FOOD ASSISTANCE PARTNERS

Our Food Assistance Partners work across the region to offer food from the FRFB to neighbors in need; these partners include faith-based organizations, food pantries, schools, group homes, emergency shelters, senior programs, and meal centers.

FEEDING FAMILIES



MOBILE PANTRY

We distribute nutritious food directly from a refrigerated truck in rural and low food access areas.



ORDER AHEAD

OrderAhead is the newest program of the FRFB. It provides the convenience of online ordering and choice from a menu of options.



FRESH MARKET

Fresh produce and other highly perishable foods are distributed to families in high need areas.

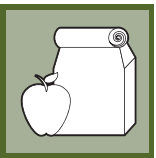
FEEDING SENIORS



CSFP BOX

We provide income-qualified seniors with a box of groceries each month, along with recipes and nutrition education materials.

FEEDING CHILDREN



SUMMER FEEDING

We provide healthy meals and snacks in the summer at sites that include faith-based organizations, libraries, and community centers.



AFTER-SCHOOL SNACKS

We provide healthy snacks to students attending after school enrichment programs.

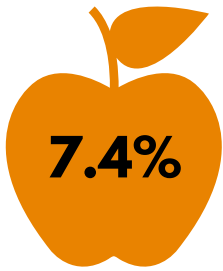


SCHOOL PANTRY

School-based pantries provide convenient access to nutritious food for children and their families.

FOOD INSECURITY

Food insecurity is defined as a lack of consistent access to enough food for every person in a household to live an active, healthy life. This can be a temporary situation for a household or can last a long time. Food insecurity is one way we can measure how many people cannot afford food.



**CAROLINE COUNTY
FOOD INSECURITY RATE**



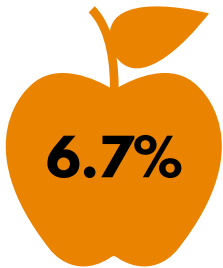
**CITY OF FREDERICKSBURG
FOOD INSECURITY RATE**



**KING GEORGE COUNTY
FOOD INSECURITY RATE**



**ORANGE COUNTY
FOOD INSECURITY RATE**



**SPOTSYLVANIA COUNTY
FOOD INSECURITY RATE**



**STAFFORD COUNTY
FOOD INSECURITY RATE**

IMPACT BY THE NUMBERS



5,865,252

pounds of food were distributed by the FRFB and its network of community partners and direct distributions



1,269,292

pounds of the food distributed by the FRFB network were fresh fruits and vegetables



35,699

neighbors received food through the FRFB's network of community partners and direct distributions



161,811

meals were served to children facing hunger in our community through our Feeding Children programs



11,199

boxes of food seniors need to stay strong were distributed through the Commodity Supplemental Food Program (CSFP)

THE IMPACT OF INFLATION



Its evidence was all around us. Gas prices soared well above \$4 per gallon. Grocery prices rose more than 11 percent over 2021 levels. The Consumer Price Index rose 6.5 percent after rising 7 percent in 2021.

Inflation definitely had a noticeable impact on our community and our nation during the fiscal year 2022, and our services had to respond to that impact.

Our primary target audience is always those who are on the margins economically. For them, an 11 percent jump in grocery prices can push those commodities out of reach. Economic stresses that are inconvenient or disconcerting for the majority of the population can be devastating to them. Decisions about purchasing food or affording medicine, purchasing food or maintaining transportation, purchasing food or keeping the utilities on, and countless other tradeoff decisions are daily realities for many we serve. Sadly, those decisions have become even more common and frequent in the past year.

During the past fiscal year, more than 30% of those who sought assistance through our services had not done so in the previous 12 months. While that alone is not unusual from year to year, the total number of those we served through our overall network of services and programs jumped close to 25% over the previous year, highlighting how critical the safety net we provide is when a crisis hits. That high number of people using our services was multiplied by an average of nine episodes of support per family during the year, showing the recurring need so many families faced.



Perhaps nowhere was the impact of inflation more noticeable and heart-wrenching than when we launched our summer feeding program for children late in the fiscal year. Unprecedented long lines of vehicles forming in the earliest days of the summer rapidly exhausted our supplies, leaving us no option but to turn some families away. Thankfully, we were quickly able to recalibrate the scale of our services and adjust to the high demand we were experiencing. By the end of the summer feeding period, the number of meals provided had doubled the previous summer's output, once again reinforcing how



needed our food resources were for those families we helped.

So, the next time you may have to wince and swallow hard as you place a seemingly outrageously priced food item in your cart at the grocery store, we encourage you to be mindful of the tens of thousands we served this past year and that we serve every year who would be thrilled to be able to push a cart down the grocery aisle instead of waiting in line for charitable food assistance.

THE IMPACT OF INFLATION



GROCERY PRICES ARE 11% HIGHER THAN A YEAR AGO

36% increase in the cost of
canned mixed
vegetables

50% increase in the cost of
kale greens

45% increase in the cost of
canned mixed fruit

53% increase in the cost of
spaghetti

32% increase in the cost of
eggs

COMMUNITY PARTNERS

Food Assistance Partners & Direct Distribution Partners by Region

CAROLINE COUNTY

Bowling Green Baptist Church
Bowling Green Properties
Caroline High School
Caroline Middle School
Caroline's Promise
Caroline YMCA
Concord Baptist Church
Lake Land 'Or
Lewis & Clark Elementary School
Lotus Academy
Madison Elementary School
The Meadow Event Park
New Liberty Baptist Church
Oxford Mt. Zion Baptist Church
Port Royal Library
Praise Temple Apostolic Faith
Church of Virginia
R&D Family Campground
Rehoboth United Methodist
Church
Saint Mary of the Annunciation
Second Baptist Church
Second Mt. Zion Baptist Church
Third Mt. Zion Baptist Church
Virginia Cooperative Extension
Wrights Chapel United Methodist
Church

DANVILLE CITY

God's Pit Crew, Inc.

CITY OF FREDERICKSBURG

Barbara Carroll Community
Outreach & Development
Boys & Girls Club
Christ Lutheran Church
Employee Resources, Inc.
Fairview Baptist Church
Forest Village Apartments
Fredericksburg Baptist Church
Fredericksburg United Methodist
Church
Hazel Hill Apartments
Heritage Park
Highway Assembly of God
Kings Crest Senior Community
Lafayette Upper Elementary
School
Lloyd F. Moss Free Clinic

CITY OF FREDERICKSBURG

Madonna House
Micah Ecumenical Ministries
Mill Park Terrace Apartments
Rappahannock Area Community
Services Board
Shiloh Baptist Church (Old Site)
St. George's Episcopal Church
St. Mary Catholic Church
Teach to Reach Teens
The Salvation Army
Thurman Brisben Center
Trinity Episcopal Church

KING GEORGE COUNTY

Dahlgren Harbor Apartments
First Baptist Ambar Church
King George Church of God
King George Department of
Social Services
Little Ark Baptist Church
Love Thy Neighbor
St. Anthony of Padua Catholic
Church

ORANGE COUNTY

Lions Wilderness Food Pantry
Mt. Zion Baptist Church
New Hope Baptist Church

PRINCE WILLIAM COUNTY

Triangle Baptist Church

SPOTSYLVANIA COUNTY

Asbury Manor
Battlefield Elementary School
Battlefield Middle School
Beulah Baptist Church
The Belmont Foundation
Berkeley Elementary School
Brock Road Elementary School
Calvary Chapel of Spotsylvania
Cedar Forest Elementary School
Chancellor Baptist Church
Chancellor Elementary School
Chancellor Middle School
Christ Episcopal Church
Christian Brothers Transition
Program
Community Ministry Center
Courthouse Road Elementary
School

SPOTSYLVANIA COUNTY

Courtland Elementary School
Courtland High School
Central Rappahannock Regional
Library Salem Church Branch
Central Rappahannock Regional
Library Snow Branch
Eastland United Methodist
Church
Encounter Church of God
The Garden Inn
Germanna Community College
Harrison Road Elementary School
Here 2 Serve
Hideaway Townhomes
Islamic Center of Fredericksburg
Keswick Senior Apartments
Lee Hill Elementary School
Livingston Elementary School
Massaponax Baptist Church
Massaponax High School
New Post Apartments
New Vision Ministry
Parkside Elementary School
Partlow Ruritan
Peace United Methodist Church
Riverview Elementary School
Salem Elementary School
SECA
Smith Station Elementary School
Spotswood Baptist Church
Spotswood Elementary School
Spotsylvania Center for Family
& Preschool Services
Spotsylvania Elementary School
St. Matthew's Food Pantry
St. Patrick Church
Sylvania Heights Baptist Church
Teen Challenge Beauty for Ashes
The Lisa Pitts Eley Cancer
Foundation, Inc.
Thornburg Middle School
Treasure House
Unmasked, Inc.
Wilderness Community Church
Wilderness Elementary School
Zion Hill Baptist Church

SPOTSYLVANIA COUNTY

Zion United Methodist Church

STAFFORD COUNTY

AG Wright Middle School
Agape Fellowship Ministries
Anthony Burns Elementary School
Antioch United Methodist Church
Aquia's Pantry
Brooke Point High School
Dixon-Smith Middle School
Edward E. Drew Middle School
Emmanuel AME Church
Falmouth Elementary School
Ferry Farm Baptist Church
The Gardens of Stafford
Garrison Woods Apartments
Garrisonville Elementary School
Hampton Oaks Elementary School
Hartwood Presbyterian Church
The Harvest Ministry at Richland
Baptist Church
Healthy Generations Area Agency
on Aging
Hollywood Church of the Brethren
Iglesia Jardin de Delicias
Islamic Center of Stafford
Lucha Ministries, Inc.
New Hope Christian Ministries
New Hope United Methodist
Church
North Stafford Church of Christ
Oak Grove Baptist Church
Ramoath Baptist Church
Real Life Community Church
Rocky Run Elementary School
SERVE
Shirley Heim Middle School
St. Matthias United Methodist
Church
St. Peter's Lutheran Church
Stafford Church of God
Stafford Community Initiative
Stafford County Head Start
Stafford Junction
Strong Tower Church
Teen Challenge of Fredericksburg

PARTNER SPOTLIGHT



Colin and Sandy Nole had a dream to establish a food pantry to battle food inequity and insecurity in the Fredericksburg area. In 2021, The New Vision Community pantry was born under the leadership of Aaron and Shante Anderson, Senior Pastors of New Vision Ministries. Since its inception, the pantry has fed over 2,500 neighbors with the assistance of the Fredericksburg Regional Food Bank and other donors. Recently, they received a commercial refrigerator and freezer through a Community Development Block Grant awarded to them through the Food Bank. Now the pantry is able to offer a variety of fresh fruits and vegetables thanks to the individuals who worked tirelessly to make this possible. All associated with the pantry share how grateful they are for the collaboration to change the lives of so many neighbors.

New Vision Community Pantry will pilot the FRFB's first Healthy Pantry. The Healthy Pantry Initiative is a movement guiding all interested pantries to implement more health-focused and neighbor-centered practices. Regardless of their size or capacity, all pantries can implement healthy pantry practices to better support the health and nutrition of neighbors facing hunger.

Pantries that opt into the Healthy Pantry Initiative are committed to implementing select practices related to the following four categories.

- **Food Availability** - Foods offered through the pantry network meet the unique dietary needs of neighbors facing hunger.
- **Community Connection** - Community partners work in collaboration to connect neighbors with additional resources and support to help them thrive.
- **Health Education** - Neighbors are empowered with the tools and self-efficacy to make healthy choices.
- **Neighbor Centered** - Barriers are removed so that neighbors facing hunger can access the foods they need to thrive

PROGRAM SPOTLIGHT

On July 6, 2022, The Fredericksburg Regional Food Bank piloted its first Fresh Market style distribution at Fredericksburg Christian Health Center. The fresh market style centers around fresh produce, dairy, and proteins when available. Neighbors can select the items they want and need for their families. The partnership between FRFB and FCHC remains strong months later. We partner twice a month with the health center to provide fresh food to the patients, the center, and the community. Nisha Lloyd states, "Through our partnership with the Fredericksburg Regional Food Bank, Fredericksburg Christian Health Center has been granted access to fresh food resources that aid in feeding our patients and individuals within our community experiencing food insecurity. This partnership has been a blessing to all the individuals we serve. Thank you for all your efforts to put a kibosh on food scarcity."

It has proven so successful that the food bank has partnered with about a dozen other organizations to provide a fresh market experience.

Another popular bimonthly site is at the University of Mary Washington on the student walk during the school year. Dr. Leslie Martin, Associate Professor of Sociology, adds, "The fresh markets have been a hit on campus! We consistently have a crowd of students, staff, and community members taking advantage of access to the produce. The markets have allowed us to spread the word about the UMW food pantry, which is helpful. Two other things that are less direct impacts: the open access to the fresh markets seem to have helped lessen the stigma around getting help, and I also think it is important that students and other UMW folks see our community – see that the FRFB supports UMW and that neighbors come to the fresh markets, too. We are all in this together."



VOLUNTEER SPOTLIGHT



Meet Fredericksburg Regional Food Bank's own A-Team (from left to right): Donna Collins, Judy Hendrix, Irene Peretich, and Carol Garland. Although they volunteer in multiple capacities, these fabulous ladies are our Monday morning Quality Assurance volunteer experts! Without fail or even a second thought, the A-Team comes bustin' through our warehouse door as soon as we open at 8 am (or before) with their sleeves rolled up and ready to sort through our donations. It's obvious that they're secretly determined to get these items categorized for redistribution before anyone else does. "Citius in melius" (the sooner, the better) is the thought on many of our minds as these dedicated ladies are working diligently to make more items available for distribution. In essence, the faster they can sort 'em, the sooner they can get to our partner pantry sites and onto our neighbors' tables.

Donna, Irene, Carol, and Judy are all retired and want to help the community. Most of them have been together on Monday mornings for 10 years and have become very good buddies. After Donna retired as a nurse and moved here 10 years ago, she decided, "I wanted something to do and to meet new friends..." and did she ever! Like Donna, they all stay busy and have met some great people.

FINANCIAL REPORT

Statement of Financial Activities July 1, 2021, through June 30, 2022

SUPPORT	Without Donor Restrictions	With Donor Restrictions	2022 Total	2021 Total
Donated materials	\$6,873,699		\$6,873,699	\$12,362,563
Federal grants	\$2,951,395		\$2,951,395	\$3,348,065
Contributions	\$3,247,897	\$205,174	\$3,453,071	\$4,548,426
Paycheck protection program loan forgiveness				\$204,700
Change in value of split interest agreement		\$(52,339)	\$(52,339)	\$(50,025)
Total Support	\$13,072,991	\$152,835	\$13,225,826	\$20,413,729
REVENUE	Without Donor Restrictions	With Donor Restrictions	2022 Total	2021 Total
Program service fees	\$159,199		\$159,199	\$7,072
Interest and dividends	\$12,983		\$12,983	\$9,656
Other fees	\$3,993		\$3,993	\$21,642
Fundraisers	\$52,050		\$52,050	\$201,742
Gain(Loss) on investment	\$(181,188)		\$(181,188)	
Gain(Loss) on disposal of asset	\$(45,567)		\$(45,567)	
Net assets released from donor restrictions	\$8,000	\$(8,000)		
Total Revenue	\$9,470	\$(8,000)	\$1,470	\$240,112
Total revenue & other support	\$13,082,461	\$144,835	\$13,227,296	\$20,653,841
EXPENSES	Without Donor Restrictions	With Donor Restrictions	2022 Total	2021 Total
<i>Program Services:</i>				
Food Distribution	\$13,206,209		\$13,206,209	\$16,216,741
<i>Supporting Services</i>				
Management & General	\$395,893		\$395,893	\$439,211
Fundraising	\$700,003		\$700,003	\$478,824
Total expenses	\$14,302,105		\$14,302,105	\$17,134,776
Change in Net Assets	\$(1,219,644)	\$144,835	\$(1,074,809)	\$3,519,065
Net Assets Beginning of Year	\$9,339,601	\$169,419	\$9,509,020	\$5,989,955
Net Assets End of Year	\$8,119,957	\$314,254	\$8,434,211	\$9,509,020



Fredericksburg Regional Food Bank
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