



April 20 – May 1, 2026

20th Annual Legal Food Frenzy

COMPETITION RULES & GUIDELINES

MARCH 1, 2026 – On behalf of the Federation of Virginia Food Banks and the Young Lawyers Division of the Virginia Bar Association, **we are pleased to welcome you to the 20th Annual Legal Food Frenzy**. Thank you for joining us to serve communities in need!

WHAT IS LEGAL FOOD FRENZY?

Legal Food Frenzy (“LFF”) is an annual, statewide fundraising competition uniting Virginia’s legal community in a spirited race to claim the coveted Attorney General’s Cup – and with it, yearlong bragging rights. More importantly, the competition helps provide critical support for the 1 in 9 neighbors across the Commonwealth who are experiencing food insecurity. This year’s competition runs from April 20 – May 1, 2026.

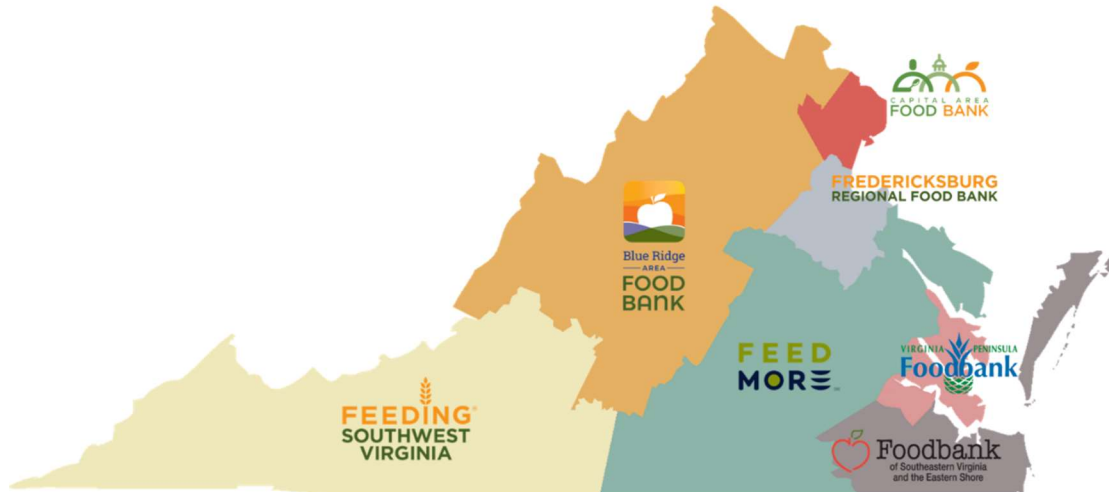
LFF was created through a partnership between the Office of the Virginia Attorney General, the Young Lawyers Division of the Virginia Bar Association, and the Federation of Virginia Food Banks. In 2026, we proudly celebrate the 20th official year of this impactful tradition.

Legal Food Frenzy empowers law firms, corporate legal departments, law schools, and governmental legal offices to give back. Participants raise funds, donate groceries, and volunteer to support hunger relief efforts in their own communities, proving that when Virginia’s legal community comes together, the results are powerful. Over the past two decades, Legal Food Frenzy has generated millions of pounds of food and reached every corner of Virginia to help strengthen food access across the Commonwealth.

WHO DOES LEGAL FOOD FRENZY SUPPORT?

The Federation of Virginia Food Banks is a collaborative network of regional food banks dedicated to eliminating hunger and improving nutrition for Virginians. Your contribution of funds, donated food, and volunteer hours support one of the seven Federation of Virginia Food Banks members that serves your community. Collectively, we served nearly 172 million pounds of groceries to more than 700,000 Virginians in 2025.

The location of your physical office and/or BAR registration address determines the Food Bank you support and should select during registration. Find your local food bank on the map below or visit <https://vafoodbanks.org/find-food>.



HOW DO WE LEARN MORE OR REGISTER FOR LEGAL FOOD FRENZY?

[Online registration is easy and opens Monday, March 9 here.](#) Registration is free. You will be asked to provide your office name, location and headcount, including all staff and attorneys.

Remember to respond on behalf of your office location ONLY, as this will be used to calculate scores for awards. If your firm or organization has regional offices in multiple food bank regions, please register each office location separately with its local food bank and with separate respective headcounts. Earlybird registration ends March 27.

Reach out to your local food bank representative with any questions:

Food Bank	Contact Name	Email
Capital Area Food Bank	Caroline Sillars	CSillars@capitalareafoodbank.org
Fredericksburg Regional Food Bank	Savannah Roberts	sroberts@fredfood.org
Blue Ridge Area Food Bank	Sarah Mallan	smallan@brafb.org
Feed More	Christy Dalton	cdalton@feedmore.org
Foodbank of Southeastern Virginia & the Eastern Shore	Meagan Sirois	msirois@foodbankonline.org
Virginia Peninsula Foodbank	Christina Bosco	cbosco@hrfoodbank.org
Feeding Southwest Virginia	David Dantzler	ddantzler@feedingswva.org



COMPETITION RULES

SCORING POINTS

Your firm and/or office location will compete **as a team** to earn points. We've upgraded the **leaderboard** for 2026 so you can keep an eye on the competition. There are four ways your team can earn points toward awards:

1. **Donate Funds**

Donations made to your local food bank in honor of your team earn points at a rate of **\$1 = 4 points**. Anyone can contribute toward your team's total (not just attorneys or staff) so invite clients, colleagues, friends, and family to join the fun. Donations are tax deductible.

Ways to donate funds include:

- ★ Online through the competition link provided by your food bank representative.
- ★ Checks or cash, provided all donations are made during the competition (April 20 – May 1, 2026) and received in full by the food bank no later than May 6, 2026. Make sure your donation clearly designates Legal Food Frenzy and your team name.
- ★ Gifts from IRA, Donor Advised Fund, Stocks, or other asset types may count, provided the food bank can verify that you have sent or requested the funding before the competition closes on May 1st. Contact your local food bank rep for details.
- ★ Matching gifts can be counted towards your team total, provided your food bank can verify that a matching request was submitted to your company before the competition closes on May 1st.

2. **Donate Food**

Donated food earns points at a rate of **1 pound = 1 point**. All items must be collected during the official competition period and delivered to your food bank by May 6th to qualify. Your food bank representative can share the most-needed items and coordinate drop-off and weighing. Every pound counts!

3. **Volunteer**

Any firm or office that volunteers (even just one person!) at their local food bank or member pantry will earn a one-time bonus of **500 points**. Volunteer registration must take place during the competition period, and the service must be completed by **June 26, 2026**.

4. **Collect Bonus Points**

Climb the leaderboard with several opportunities for bonus points:

- ★ **Earlybird Registration** (100 points): Register your team by **March 27, 2026**.

- ★ **Referral Bonus** (1,000 points): Recruit a new or returning team to earn a big boost! To qualify, the referred team must donate food or funds during the competition. Returning teams must not have participated in either of the past two competitions (i.e. since 2023). Be sure the new team lists your firm as the referring organization during registration.
- ★ **Social Media Bonus** (50 points per post, maximum of 1 per platform; 150 additional points for team with the most engagements through end of competition): Post about the event, including volunteering, on LinkedIn, Facebook, and/or Instagram. Please tag your food bank, the Federation (LinkedIn only) and use **#legalfoodfrenzy2026**.
- ★ **NEW for 20th Anniversary! Rookie Award** (1,000 points): Firms participating for the first time OR the first time since 2023 or before will earn this one-time bonus.
- ★ **NEW for 20th Anniversary! MANIC MONDAY Halfway-Point Challenge** (500 points): The team with the highest per capita fundraising total on Monday, April 27 (only!) between 9am and 5pm will win this bonus. Qualifying donations must be made online through the competition link provided by your food bank representative during business hours. On this day only, the leaderboard will be updated **every hour**.

CALCULATING FINAL SCORES

Final scores will be based on the total points accumulated for your team divided by your team headcount to determine your per-capita score. Note: team headcount includes all employees (including staff and attorneys), not just those who participate by donating or volunteering.

As a reminder, point totals will include:

- ★ Online donations made by 11:59pm on May 1
- ★ Cash, checks, assets, food donations, and matching gifts committed by 11:59pm on May 1 and received by each food bank by COB on May 6.
- ★ Volunteer shifts signed up for by close of business May 1 and scheduled to be completed by June 26.

The totals of cash, checks, online and food donations plus all earned bonus points will be your **grand total** of points. Total points divided by your team headcount will determine your **per-capita score**. The team headcount number, which you provide during registration, includes all employees, including all staff and attorneys.



AWARDS AND PRIZES

Awards will be presented at the annual Legal Food Frenzy Awards Ceremony, with the date and time to be announced. We are honored to be hosted by and joined by the Attorney General for the event, and we look forward to celebrating our winning teams together.

SEVEN REGIONAL WINNERS

All participating teams compete on behalf of their [local food bank](#). Regional standings are calculated on a per-capita basis, so every donation and dollar counts. There is no minimum team size to qualify for regional awards, but each office must include all employees and attorneys in its official headcount at the time of registration. Each food bank region will crown **one** regional winner.

Firms or corporate legal departments with multiple offices across the Commonwealth must enter each office as a separate team for regional competition. In other words, Richmond competes against Richmond, Roanoke against Roanoke, and so on. But don't worry – there's still an opportunity to combine your collective strength to compete for statewide honors.

FIVE STATEWIDE WINNERS

Teams in these categories will compete on a statewide basis against other teams from across the Commonwealth irrespective of region. Firms or corporate legal departments with multiple offices across the Commonwealth will be automatically combined to compete for statewide prizes.

Each category will have one prize based on per-capita points:

- ★ **Private Law Firm:** A minimum of 50 employees (across all offices combined) is required to compete for this statewide prize.
- ★ **Law School:** Includes all staff, faculty, and law students.
- ★ **Government and Public Service:** All public service and government offices, including local, state, and federal.
- ★ **Corporate Legal Departments:** Includes all attorneys and staff.
- ★ **NEW for 20th Anniversary! Impact Award:** This statewide award recognizes the team or firm that raises the **highest total dollar amount** across all offices, with no regional or category limitations.

GRAND PRIZE

The Attorney General's Cup: The coveted Attorney General's Cup has the name of each past winner engraved and resides with the winning office for the following year. All teams with a headcount of five or greater are eligible to compete for the AG's Cup, which is given to the team with the highest per-capita score in the Commonwealth. Note: The winner of the AG's Cup will **not** be eligible to receive a regional prize.

OTHER AWARDS AND PRIZES

Your local Food Bank may have other **unofficial** award categories or recognition for participants at the regional level. Contact your local representative for more information.

FAQ

Q.1. If we give money, how do we make sure it gets counted for our team?

A.1. After your team registers, your food bank representative will provide a link to your official LFF donation page. Donations made through that link will automatically be credited to your team and reflected on the leaderboard that will be updated at least twice daily. If submitting a physical check or cash donation, please ensure the envelope and/or memo line clearly states "Legal Food Frenzy" (or "LFF") and your team name. Donations must be received by the stated deadline to qualify.

Q.2. Can we give before or after the competition dates?

A.2. Your support is always needed and appreciated throughout the year! However, only the food and funds donated during the competition (April 20 – May 1, 2026) can only be counted toward your team. Cash, checks, assets, food donations, and matching gifts committed during the competition must be received by your food bank by COB on May 6th. Contact your rep for details.

Q.3. Can we participate in Legal Food Frenzy without "competing?"

A.3. Yes. The competitive element of LFF is optional. While many teams enjoy the challenge, there is no "right" way to participate. Every engagement counts: if competition isn't your focus, simply choose the ways you'd like to give back. (And you might be surprised where that gets you in the end!)

Q.4. Where can we check our score during the competition?

A.4. The [Legal Food Frenzy Leaderboard](#) is getting an upgrade for the 20th anniversary in 2026! Scores on the online leaderboard will be updated at least twice daily during the competition. Remember, leaderboard standings are unofficial until the week after the competition, when all final donations and bonus points have been received and verified. Some teams may strategize a "late surge" approach, so never assume the early leaders will have the last word...

Thank You!

Legal Food Frenzy is, above all else, about serving your community. Every effort, no matter the size, makes a difference in the life of a fellow Virginian struggling to make ends meet. Legal Food Frenzy depends on you, and we want you to have a GREAT time with your colleagues while raising awareness and support for your neighbors. If you have questions or want to make an even bigger impact, please reach out. Again, thank you for being part of this incredible statewide effort.

HOLLIE LUTZ, MA | Director, Development & Communications | Federation of Virginia Food Banks

LIZ S. OLCOTT, ESQ. | Attorney | Chair, Legal Food Frenzy, Young Lawyers Division, Virginia Bar Association