

Summer 2022



# Food first

*Inspiring Hope, Feeding Families*



Gleaning in Gloucester

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## MISSION

The mission of the Virginia Peninsula Foodbank is to distribute food effectively through collaborative efforts that minimize hunger, promote nutrition, and encourage self-reliance through education.



## A NOTE FROM KAREN & JONATHAN



*Dear Friends,*

Beginning the new fiscal year always fills us with excitement at the thought of new possibilities. That is in part because of you — our generous supporters. Community-wide food drives and financial donations fed tens of thousands of people facing food insecurity across the greater Virginia Peninsula through the first half of the calendar year, giving our neighbors a healthy start to 2022.

The economy is slowly opening up, but the lasting impact of the pandemic is burdening working families with inflated prices and a rising cost of living, just as many of the remaining pandemic-related Federal assistance programs end. As we look to the coming fiscal year, we see challenges unlike those we have seen before. Larger corporate food donations are down significantly, while purchased food costs, inbound freight, other transportation costs, and utilities are all up 20% or more. Just like the families we serve, we can't be sure from one day to the next how much those cans of vegetables and those boxes of produce are going to cost us. Nevertheless, your support has been instrumental in seeing us through challenges in the past and we have no doubt that that will be the case as we navigate this new economy.

As you can see on the pages of this newsletter, we remain dedicated to serving our neighbors, educating the community, raising awareness, and mobilizing resources to fight hunger and provide nutrition security thanks to your help.

With gratitude,

Karen L. Joyner  
Chief Executive Officer

Jonathan Toms  
Board President

*"They are beautiful," referring to the Foodbank, states Janet, a senior, who is on a fixed income. She says the food helps out tremendously, and she is very grateful for the help she receives each month from our Mobile Food Distribution. She appreciates the home delivery and says her friends start crying when she shares with others who need the food just as much.*



# CHICK-FIL-A 5K

*Sponsored by Chick-fil-A, Riverside, Point 2 Running Company, Keany Produce & Gourmet, Grand Rental Station, Mariners Museum, and Flat Out Events.*

"There are many reasons that the Chick-fil-A 10K/5K event is special to me and Flat-Out Events and near the top of that list is the opportunity it provides us to partner with the Virginia Peninsula Foodbank and support the great work they do there by collecting both monetary and food donations throughout the event. Due to the pandemic, we were unable to hold this event in its full capacity for three years. This past Memorial Day weekend it felt like we were all the way back and we look forward to building on the momentum of this year and supporting the Foodbank for many years to come."

Jason Todd, Flat Out Events



## 6,387 MEALS

## SUMMER MEALS ARE A RELIEF FOR FAMILIES

When school is out, hunger is in for over 20,000 children across the Greater Peninsula. Many children receive free and reduced-price breakfast and lunch through federal school breakfast and lunch programs during the school session. Unfortunately, those meals stop for up to 90 days during the summer months. Hunger is one of the most severe roadblocks to the learning process and lack of nutrition during the summer months may set up a cycle for poor performance once school begins again. Virginia Peninsula Foodbank's Summer Food Service Program is a relief for families and provides thousands of children and teens with healthy and reliable breakfast and lunch meals, free of charge to children and teens 18 and under during the summer.

Beginning June 20th, the Foodbank's Culinary Training Program students prepare 500 meals a day five days a week at 20 sites throughout the greater Peninsula to help fill the hunger gap over the summer months. Those sites include community centers, apartment complexes, the Salvation Army, faith-based organizations, the YMCA, libraries, and low-income neighborhoods. This program ensures that children get through the summer months and are able to enjoy the every day summer activities and not have to worry about when they will eat next.







## A SALUTE TO OUR MILITARY VOLUNTEERS

The Hampton Roads area is privileged to be the home of a large military community. Members from nearly every branch of service can be found across our cities and counties. The Foodbank is especially grateful to have so many military groups and individual volunteers join us on a frequent basis. From sailors with the USS George Washington and USS John F. Kennedy, to soldiers from Fort Eustis, and airmen from Langley, our military volunteers often bring the same dedication they commit to their military service to the service they provide for their local community when they volunteer at the Foodbank.

John Doerner from the USS John F. Kennedy organizes Navy volunteers for the Foodbank monthly. "Volunteering at the Foodbank is an excellent opportunity to help support a community that supports us. It is always a privilege to donate time to such a worthy cause," says John. "Our sailors love volunteering at the Foodbank because they understand what a difference that can make in a person's life. We are so grateful for the opportunity the Foodbank provides us to give back."

Margaret Mayberry, a Navy sailor who volunteers individually, commented on how much fun it is to get involved. "I really enjoyed meeting new people and making friends while helping out the community. It helped me to learn that I should be more grateful for the things I have... Seeing all these people helping and receiving food made me smile. I really enjoyed volunteering!"

In addition to active duty members, the Foodbank has several veteran volunteers whose service to the country continues into their civilian life.

Thank you to the brave men and women that do so much to keep our country safe. A special thank you to those who invest their time in giving back to the community. The Foodbank is grateful for your support!



# HUNGER ACTION MONTH CALENDAR

Solving Hunger One  
Meal at a Time!

HUNGER  
ACTION  
MONTH

## SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>TAKE ACTION - END HUNGER!</b></p> <p>Hunger Action Month is a <b>NATIONWIDE</b> Awareness Campaign.</p> <p><b>Together WE CAN end hunger!</b></p> <p>2401 Aluminum Avenue, Hampton, VA 23661    Hrfoodbank.org    757.596.7188</p>						
<p><b>Serving families in Hampton, Newport News, Williamsburg, James City, Gloucester, Mathews, York, Poquoson, &amp; Surry</b></p>	<p>How do you feel on an empty stomach?</p> <p>Skip a meal this month and build your awareness. Hunger hurts!</p>	<p>Nearly 62,000 individuals across the Greater Peninsula are facing the fears of food insecurity.</p>		<p><b>1</b></p> <p>A dollar a day keeps hunger away. Save a dollar each day and you will be able to provide the equivalent of 90 meals at the end of the month.</p>	<p><b>2</b></p> <p>Be a Social Media Ambassador by SHARING our posts on Facebook, Instagram, and Twitter!</p>	<p><b>3</b></p> <p>Volunteer at one of our Mobile Food Pantries</p> 
<p><b>4</b></p> <p>Monthly Giving: Fight hunger year-round by making monthly contributions at hrfoodbank.org</p>	<p><b>5</b></p> <p><b>LABOR DAY</b></p>	<p><b>6</b></p> <p>It's hard to thrive on an empty stomach. Over 20,000 children are experiencing hunger. Help fill a bag of food for the kids.</p>	<p><b>7</b></p> <p>Start a Just Giving Campaign to help raise funds to feed food insecure families. <a href="https://www.justgiving.com/virginiapeninsulafoodbank">https://www.justgiving.com/virginiapeninsulafoodbank</a></p>	<p><b>8</b></p> <p>Schedule a day to volunteer to pack food boxes for families in need.</p>	<p><b>9</b></p> <p>Incorporate a Food or Fund Drive at a birthday, cookout, wedding, sporting event, concert or conference gathering!</p>	<p><b>10</b></p> <p>Ask your employer to become a Match Maker—match donations to make 2x the impact.</p>
<p><b>11</b></p> <p>National Day of Service and Remembrance &amp; Grandparents Day! Help reduce senior hunger.</p>	<p><b>12</b></p> <p>Lend a helping hand by volunteering at the Foodbank. Volunteering plays a major role in our success.</p>	<p><b>13</b></p> <p>Take A Tour! Schedule a tour of the Foodbank to see how your donations are put to work.</p>	<p><b>14</b></p> <p>Designate your United Way Payroll donation to Virginia Peninsula Foodbank.</p>	<p><b>15</b></p> <p>Support our mission by lighting up a building, home, office, or bridge with orange lights.</p>	<p><b>16</b></p> <p>United Way Day Of Caring.</p> 	<p><b>17</b></p> <p>Fundraise Online: Create a Personalized Facebook Fundraiser.</p>
<p><b>18</b></p> <p>1 in 6 children go to bed hungry. It's hard to be successful when running on empty!</p>	<p><b>19</b></p> <p>BOGO! When grocery shopping, Buy One Give One.</p> 	<p><b>20</b></p> <p>Planned Giving: Consider leaving a legacy of hope!</p>	<p><b>21</b></p> <p>MEAT the Need. Collect tuna, chicken, and hearty meaty soups.</p>	<p><b>22</b></p> <p>Host a Food or Fund Drive to drive hunger out of the Greater Peninsula!</p>	<p><b>23</b></p> <p>Hunger Action Day! Wear Orange to show your support of our cause.</p>	<p><b>24</b></p> <p>The Foodbank serves veterans at our monthly Mobile Pantries. Help us return the service.</p>
<p><b>25</b></p> <p>"LIKE" the Virginia Peninsula Foodbank on Facebook. Turn your profile ORANGE</p> 	<p><b>26</b></p> <p><b>EDUCATE:</b> Learn more about our Programs by visiting hrfoodbank.org</p>	<p><b>27</b></p> <p>Follow the Foodbank on Twitter.</p> 	<p><b>28</b></p> <p>Continue your advocacy and become a monthly donor. Hrfoodbank.org</p>	<p><b>29</b></p> <p>27th Annual Tastefully Yours. Fundraiser at the Hampton Roads Convention Center.</p>	<p><b>30</b></p> <p>I donated \$30 and provided 90 meals to help families in need.</p>	



## CHANGING THEIR FUTURES

Elizabeth was tired of sending out employment applications and not receiving a response. She joined the Culinary Training Program to gain the soft skills and job training she needed to get an advantage in the workforce.

"I enjoyed learning how to prepare meals and work in a kitchen, and it was just like going to a job," she says. "I would say the program is more difficult than it sounds, but if you approach it with a serious mentality, you'll be successful."

Gabe's work experience involved many culinary pursuits, but after suffering a traumatic brain injury in February 2021, his life came to a temporary pause. "I needed to find a new direction, and I appreciated the vibe in general at the Foodbank. Everybody is cool and friendly."

Gabe discovered that the Culinary Training Program gave him the opportunity to learn again how to follow instructions and to return to a formal work routine and

structure. "It got me back into the swing of things," he says. "I got reacclimated to socializing and being on my feet for longer times. The chefs were patient with me, and I am better at remembering procedures, which will help me in a job."

Both Elizabeth and Gabe emphasize that to excel in the program, a student needs to show up on time, listen to the instructors, and put in the effort to let go of old habits and replace them with professional attitudes.

"People like me who were stuck in the job search need to give this program a chance," Elizabeth urges. "Knowing what I know now, I am better prepared to achieve my goals."



# Healthy Happenings

Roughly 48% of people in the state of Virginia making less than \$25,000 have high blood pressure. Roughly 20% of the people in the state of Virginia making less than \$25,000 have diabetes. In our service area, these statistics are almost mirrored, with an average of 37% of our population having hypertension, along with similar rates of diabetes. These are only two chronic conditions that can cause people to become food insecure. While it may be easy for some to go to the grocery store to get food, others suffer from sometimes insurmountable health issues that cause them to not only lack food, but also in energy or transportation. We are looking at creative collaborations to help solve this problem.

For example, we are embarking on a partnership with DoorDash to provide home delivery services to those neighbors in need with debilitating chronic diseases, conditions, or healthcare treatments. Through our Healthcare Home Delivery program, we will be distributing produce, lean proteins, and healthy foods to help those impacted by chronic illness improve their health and enjoy food within their dietary restrictions. With DoorDash as our delivery partner, we will be able to reach an entire group of people that have never received our services, and improve the lives of those vulnerable neighbors that need it most.

## AGENCY HIGHLIGHT

It is an honor to serve our neighbors in need in Surry County, but we do not do this work alone. We proudly partner with Pocahontas Temple Baptist Church and Runnymede Holiness Church to provide nutritious meals to those experiencing food insecurity. Last fiscal year, these two agencies provided a total of 20,740 meals to Surry residents. A monthly mobile pantry site at Surry Parks and Recreation Center provided another 11,938 meals last year. In total, these food pantries served more than 521 households containing 1,652 people in FY2022, providing tremendous hope and support to our neighbors who live, work, and retire in Surry County. The volunteers and leaders in the Surry community consistently step forward with caring hearts to ensure that those experiencing hardships are properly nourished. **Thank you to our Surry County partners for your continued work and success.**



# 30TH ANNUAL 37,500 MEALS



## CLOSING THE CASE ON HUNGER

Thank you to our local law community for participating in the 16th annual statewide Legal Food Frenzy sponsored by the Attorney General of Virginia, Young Lawyers Division of the Virginia Bar Association, and the Federation of Virginia Foodbanks to help close the case on hunger. Your generosity and compassion will help provide the equivalent of close to 53,000 meals.

Hampton City Attorney's Office  
Hampton Injury Law, PLC  
Hampton Office of the Commonwealth's Attorney  
Hampton Public Defenders  
Huffman & Huffman Brothers-In-Law  
Kaufman & Canoles  
Newport News Office of the City Attorney

Patten, Wornom, Hatten & Diamonstein, LC  
Rutter Mills  
Sands Anderson PC  
William and Mary Law School  
Wilson Law, PLC  
York County Commonwealth's Attorney Office



# 15 SCHOOLS 10.5 TONS OF FOOD 19K MEALS





# Upcoming Events

**October 16, 2022**

Peninsula Crop Walk

**November 18-20, 2022**

106.9 The Fox and FM99 Mayflower Marathon Holiday Food Drive

DELICIOUS FOOD · CRAFT BEER & WINE · MINI VEGAS · LIVE BAND · PHOTO BOOTHS

*The Peninsula's Premier Food Tasting Event*

# TASTEFULLY YOURS COME ABOARD 2022

ZERO  
HUNGER  
ZERO  
WASTE

by Kroger



Tickets \$60, \$70 day of event  
Available at [hrfoodbank.org](http://hrfoodbank.org)  
or call 757-596-7188

*September 29, 6-9:30 pm*  
*Hampton Roads Convention Center*



2401 Aluminum Avenue  
Hampton, VA 23661  
757-596-7188  
[hrfoodbank.org](http://hrfoodbank.org)



[hrfoodbank](https://www.instagram.com/hrfoodbank)



[VAPenFoodbank](https://www.facebook.com/VAPenFoodbank)



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