Welcome to the Volunteer
• Help sort and pack food for those who struggle with hunger. See available opportunities by signing up at www.foodbankonline.org/Volunteer.
• We can also use volunteers to help with special events and office support.

Donate
• Every donation counts…96% of every donation given goes towards Programs and services. Consider making your gift a monthly donation to feed neighbors all year at www.foodbankonline.org.
• Double your impact! Ask your employer to match your contribution.
• Together we can solve hunger. Collecting food is the first step. Everybody can help us eliminate hunger in our community...one can or dollar at a time. For information on how to organize a Food and Fund Drive go to www.foodbankonline.org today.

Get Involved
• Find out what we are doing in our community to eliminate hunger, how you can help and how your support helps by signing up for Foodbank Updates at www.foodbankonline.org.
• Like us on Facebook at www.facebook.com/SEVAFoodbank for current news and highlights.
• Follow us on Twitter @FoodbankSEVA.

Foodbank of Southeastern Virginia
800 Tidewater Drive  •  Norfolk, VA 23504
(757) 627-6599

Foodbank of Southeastern Virginia
Eastern Shore Branch
PO Box 518  •  Tasley, VA 23441
(757) 787-2557

Leading the effort to eliminate hunger in our community
WWW.FOODBANKONLINE.ORG

Welcome to the Foodbank of Southeastern Virginia and the Eastern Shore

Who We Serve
Those who are hungry throughout the Foodbank’s 4,745 square-mile service area include the cities of Norfolk, Portsmouth, Chesapeake, Suffolk, Franklin and Virginia Beach as well as the counties of Southampton, Northampton, Sussex, Isle of Wight and Accomack.

Foodbank Discrimination Policy
In accordance with Federal law and internal policy, the Foodbank is prohibited to discriminate in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, family status, parent status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or a part of an individual’s income is derived from any public assistance program. And all prohibited bases apply in all programs. Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact the Foodbank’s Chief Financial Officer at 757-371-4547.

Together We Can Solve Hunger

Contact Us

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How the Foodbank Works

DONATIONS ARE MADE: the Foodbank secures donations from the food and grocery industries, government agencies, individuals and other organizations.

FOOD IS DISTRIBUTED & STORED: the Foodbank ensures the safe storage and reliable distribution of donated goods to local charitable agencies.

FOOD IS MOVED: the Foodbank moves donated food and grocery products through Partner Agencies and Programs to where they are needed most.

FOOD REACHES THOSE IN NEED: Donations are provided to people in need at food pantries, soup kitchens, youth programs, senior centers and emergency shelters.

Programs That Work

WAREHOUSE DISTRIBUTION PROGRAM: FEEDING THOSE AT-RISK OF HUNGER This Program includes all food and grocery products from food drives, purchases, and donations from manufacturers and supermarkets. On average, over 1.5 million pounds of food and product are distributed monthly. This is the heart of the Foodbank - where millions of pounds of food are sorted, boxed and delivered to our 400 Partner Agencies and Programs.

USDA DISTRIBUTION: ACCELERATING ACCESS AND REDUCING BARRIERS The Foodbank is a Commonwealth of Virginia contractor for the distribution of USDA commodities to designated agencies. This source of food includes quality meats, canned and packaged fruits and vegetables, rice, beans, pasta, and peanut butter. Currently, the Foodbank has 66 USDA Agencies distributing food to qualified recipients on a monthly basis.

MOBILE PANTRIES: DISTRIBUTING FOOD WHERE PEOPLE LIVE AND WORK Our Mobile Pantry Program is one of the most powerful tools to deliver fresh, refrigerated, and frozen items like fruits, vegetables, low-fat dairy, and lean meats in communities and neighborhoods that do not have adequate grocery stores, feeding agencies, or food pantries. There are many areas in our region that do not have a feeding agency within a reachable distance to residents. Mobile Pantries allow us to serve these areas and provide food assistance to struggling members of the community, often for the first time.

FOOD RESCUE: RESCUING FOOD BEFORE IT IS LOST Through grocery store, restaurant, caterer, and discount retailer donations, the Foodbank secures nutritious and much-needed refrigerated foods. The majority of this food includes perishable items like eggs, milk, and lean meats that are approaching their sell-by date. These items are the cornerstone of a family’s balanced diet.

KIDS CAFE: REACHING CHILDREN AFTER SCHOOL Across the region, our Kids Cafe Program makes free meals and snacks available to low-income children through a variety of existing community locations where children congregate, such as Boys & Girls Clubs, churches, or public schools. In addition to providing evening meals to hungry kids, all Kids Cafe Programs offer a safe place where - under the supervision of trustworthy staff - a child can get involved in educational, recreational, and social activities.

BACKPACK: REACHING CHILDREN OVER WEEKENDS Through this Program, children receive bags filled with shelf-stable, nutritious food to take home for the weekends and school vacations. Containing wholesome, easy-to-prepare meals, the backpack is provided to eligible children free of charge, and is distributed at the child's school on a bi-weekly basis during the entire school year (an average of 36 weeks).

SUMMER FOOD SERVICE PROGRAM: REACHING CHILDREN DURING THE SUMMER When kids are out of school during the summer, almost 90 percent have limited or no access to the free or reduced price meals they receive at school during the academic year. This means that children are at even greater risk for hunger during the summer months. Our summer meal sites are part of the U.S. Department of Agriculture’s Summer Food Service Program (SFSP), which provides low-income children with free, nutritious meals during the summer months when school is not in session.

SCHOOL MOBILE PANTRY: REACHING CHILDREN AT HOME The School Mobile Pantry Program provides groceries to children and their families when parents or relatives are dropping off or picking up their children at school. Using the school facility parking area to provide nutritious groceries for children and their families is a convenient and cost-effective solution to child hunger and, in some cases, is a bridge between families and school.

COMMUNITY GARDEN: GROWING AND TEACHING HOW TO GROW The Foodbank promotes community gardens and works with individuals and groups to plan, plant, care for, and harvest a garden that is shared by everyone who participates. Additionally, the Foodbank began a Nutrition Education Program at our Eastern Shore Branch garden to educate children about nutrition and empower them to make healthy food choices.