



Foodbank

of Southeastern Virginia
and the Eastern Shore

Agency
Newsletter

October 2016

Short and Sweet This Month!

We have a new website! Not only is it more user friendly, but it's mobile friendly as well. Please check the accuracy of your agency's information by going to www.foodbankonline.org and entering your agency's zip code in the box at the center of the page, as shown below.

WE CAN HELP YOU FIND FOOD

Enter your zipcode in the search box below to find help close to you.

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If there is incorrect information, or if you would like a like to add your agency's website, Facebook page, or Twitter account to our listing, please email astegeman@foodbankonline.org or call Adam at 757-314-4568 to update the information.

Mayflower Marathon is Coming!

This year's Mayflower Marathon distribution will take place on Monday, November 21, and Tuesday, November 22 here at the Foodbank. More details about the Mayflower Marathon will be in the November newsletter, but what you need to know now is that we will begin taking appointments on November 2 at 8:30am. **This is the number to call: 757-314-4568.**

Cathy's Corner

Attention USDA Agencies! Great news! We have special permission from the director of the Virginia Department of Agriculture (VDACS) to distribute both U100295 Raisins 15 oz. box and U100293 Raisins 1.33 oz. box at the same time. Each household you serve may receive one



U100295 Raisin 15 oz. box and sixteen (16) U100293 Raisin 1.33 oz. boxes. Let's get those raisins out into the hands of those we serve!

Let's talk about the USDA U110290 Leg of Lamb. Contrary to popular belief, this is not the entire leg of the lamb. It is, in fact, what can best be described as a 'Lamb Roast'. Each 'Lamb Roast' ranges in size from 5 to 8 pounds. There is a very nice information sheet (one per roast) that comes in the case of lamb which includes cooking instructions and your choice of two simple recipes. U110290 Leg of Lamb is distributed one per household. Lamb Roast can provide several protein packed meals for each household served!

As always, please contact me with any questions or concerns that you may have. Cathy Davis 757-314-4565. Thank You for ALL you do to help eliminate hunger in our community.

That's all for this month. Tune in next month for more information about the 20th annual



Mayflower Marathon, presented by FM99 WNOR and 106.9 The Fox.

"What you are afraid of is never as bad as what you imagine. The fear you let build up in your mind is worse than the situation that actually exists." - Spencer Johnson, Who Moved My Cheese?

Leading the effort to eliminate hunger in our community

A Proud Member of :



October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3■■■ Sept. Monthly Reports Due	4●	5●	6●	7●	8◆◆◆
9	10■■■ Columbus Day	11●	12●	13●	14●	15
16	17■■■	18●	19●	20●	21●	22◆◆◆
23	24■■■	25●	26●	27●	28●	29
30	31■■■					

COMING UP IN November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1● Oct. Monthly Reports Due	2● Begin making Mayflower appointments	3●	4●	5◆◆◆
6	7■■■	8●	9●	10●	11●	12

Together we can solve hunger.™
foodbankonline.org

The Foodbank of Southeastern Virginia
 800 Tidewater Drive
 Norfolk, VA 23504
 757-627-6599

Eastern Shore Branch
 24530 Coastal Boulevard
 Tasley, VA 23441
 757-787-2557

Distributions by appointment only

Distribution Key:

- 7:30am—11:00am
- ◆◆◆ 8:00am—10:00am
- 5:00pm—7:00pm

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, familial status, parental 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. (Not all prohibited bases apply to 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, Van Woods at 757-314-4547. The Foodbank is an equal opportunity provider and employer.