

Keep Meals on the Table

Team Foodbank is committed to leading the effort to eliminate hunger in our community. Financial donations allow us to quickly get the most food possible into the community, and you can conveniently and safely provide support from home.

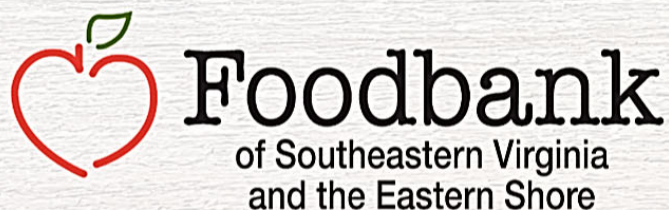
Donate online here: bit.ly/foodbankcovidresponse

However, if you prefer to donate food, please consider purchasing the following ingredients to provide a complete meal to your neighbors in need.

Please place all of the ingredients for one meal in one bag so our partners and volunteers can distribute emergency meal bags to seniors, children and low-income families throughout Southeastern Virginia and the Eastern Shore. Your donation will help ensure that a neighbor in need has a healthy meal during their time of need.

Once purchased, drop your donations off at the following locations on Mondays and Thursdays between the hours of 9:00 a.m. - 12:00 p.m. and 5:00 p.m. - 7:00 p.m.

- Great Bridge/Hickory Family YMCA - 633 South Battlefield Blvd. Chesapeake, VA 23322
- Hilltop Family YMCA - 1536 Laskin Road Virginia Beach, VA 23451
- Mt. Trashmore Family YMCA - 4441 South Blvd. Virginia Beach, VA 23452
- Taylor Bend Family YMCA - 4626 Taylor Road Chesapeake, VA 23321



Shopping List

Fried Rice

Canola oil
Mixed vegetables
Less sodium soy sauce
Brown rice
Garlic powder
Onion powder

Chicken Casserole

Long Grain Wild Rice
Canned chicken
Green beans
Cream of mushroom soup (fat free)
Onion powder
Sliced almonds

Italian Bean Soup

Low-sodium tomato juice
Pinto beans
Great northern beans
Green beans
Kidney beans
Stewed tomatoes
Onion
Italian seasoning
Low-sodium vegetable bouillon cubes
Garlic powder