

A top-down view of a diverse array of fresh fruits, vegetables, and legumes arranged on a light gray surface. The items include chickpeas, lentils, kidney beans, and quinoa in wooden bowls; carrots, cucumbers, corn, and cauliflower; apples, kiwi, and spinach; and jars of spices like turmeric and nutritional yeast.

A Guide to Local Food Resources and Nutrition in Central Virginia

**Produced by the
Piedmont Health District
Population Health Team**

A square QR code with a black and white pixelated pattern, used for digital linking to the report.

About This Guide

Food insecurity is a growing concern throughout the Piedmont Health District, driven primarily by poverty and worsened by limited access to healthy foods, shrinking SNAP benefits, and the presence of food deserts. The Centra 2024–2027 Farmville Area Community Health Needs Assessment ranked food insecurities 3rd of 19 priorities, while 59% of respondents said access to healthy food is an important factor affecting health.

In response, the Piedmont Health District partnered with Centra to create a Food Coalition to address this need. Representatives from local food organizations, including FACES, Crewe Cares, Community Resource Services, Total Life Center of Southside Virginia, Amelia County Food Pantry, Delma's Pantry, Piedmont Senior Resources, and Cornerstone FOCCUS, meet monthly with Piedmont Health District staff to discuss ways to improve access to food and support families in the community. This Food Resource Guide was created through the work of this coalition.

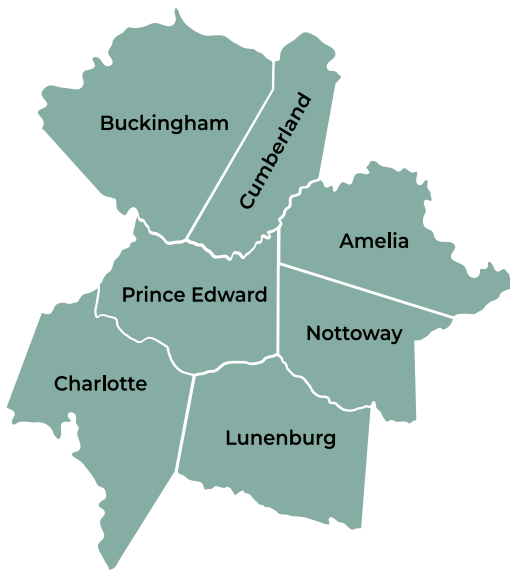
Piedmont Health District appreciates the dedication of these organizations, which not only provide food to those in need but also work together to reduce food insecurity in our region. If you have questions about the information in this guide, or need other assistance we can provide, please contact us at (434) 392-3984 (ext 137) or PiedmontInfo@vdh.virginia.gov.



Quincy Handy, local VDH Community Engagement Specialist, helped at Venison Stew Day. The event was held at the Prince Edward Cannery & Commercial Kitchen, a local co-packing facility that allows farmers and food businesses to preserve the harvest and create food for long-term storage. The event was a success thanks to partners including New Life Church, Prince Edward County and FACES.



The Piedmont Health District Population Health Team worked with community partners as they prepared and canned hundreds of servings of venison stew for local food pantries.



Map of the localities served by the Piedmont Health District, part of the Virginia Department of Health.

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Districtwide Food Resources



Food
Distribution

Blue Ridge Area Food Bank

foodfinder.brafb.org

The Blue Ridge Area Food Bank secures food donations to supply regional partners such as food pantries. The FoodFinder Resource provides a list of food pantries near you.

 540-213-1319



Food
Distribution

FeedMore

feedmore.org/get-help/

Find a food pantry near you using Feed More's online Agency Locator. Learn about Feed More's support and services, as well as local food pantries by visiting the website or calling the helpline.

 804-237-8617



Meal
Delivery

Piedmont Senior Resources Home-Delivered Meals Service for Seniors

psraaa.org

A program for seniors age 60 and over who are homebound due to illness, incapacitating disability or who are otherwise isolated.

 434-767-5588



Gift Card

Vittles For Vets

vittlesforvetsradfordva.com

Gift cards available to qualifying vets. Call to learn more about process and qualifications.

 401-447-5912

STATE-LEVEL RESOURCES

Supplemental Nutrition Assistance Program (SNAP)- Virginia Department of Social Services

<https://commonhelp.virginia.gov/>
833-522-5582

Find out more details about SNAP benefits and apply online or at any local department.

WIC Virginia Department of Health: Piedmont Health District

vdh.virginia.gov/piedmont/wic/
434-392-8187

WIC is available at every health department in the Piedmont Health District. The VA WIC program serves low-income pregnant, breastfeeding, and postpartum women and children up to age five. WIC provides high-quality nutritional care and food to participants.

Amelia County Food Resources



Food
Distribution

Amelia County Food Pantry

Church of Christ Apostolic Church
21502 Patrick Henry Hwy
Jetersville, VA 23803

Call to make an appointment.

 804-561-4650



Food
Distribution

Union Branch Missionary Circle Food Pantry

10861 Mt Zion Rd.
Jetersville, VA 23083

1st, 2nd & 4th Mondays: 8:00 am-12:00 pm
Wednesday after 2nd Tuesday:
8:00 am-12:00 pm

 804-561-2961



Little Food
Pantry

Journey Community Center

19210 Patrick Henry Hwy
Amelia, VA 23002

Small blessing box located in the
Thrift Store; only accessible when
the store is open.

 804-307-0369



On-Site
Meal

Friendship Cafes for Seniors Piedmont Senior Resources

Amelia County Veterans Center
16440 Five Forks Rd
Amelia Court House, VA 23002

Seniors 60 years and older can enjoy
a meal and activities with friends
from the community.

Thursdays: 10:00 am-2:00 pm

 434-767-5588



Take Home
Food Box

Healthy Food Boxes

(Piedmont Health District - VDH)
16320 Church St.
Amelia, VA 23002

Shelf-stable take-home food boxes
are made available by Piedmont
Health District and Feed More.

 804-561-2711

OTHER RESOURCES

Supplemental Nutrition Assistance Program (SNAP) or EBT

Amelia County Department of Social Services:
804-561-2681

WIC Services

Amelia County Health Department: 804-561-2711

Buckingham County Food Resources



**Food
Distribution**

By God's Grace Mission Center

Frances Redwood Center
27294 N. James Madison Hwy.
New Canton, VA 23123

**Third Saturday of the month:
10:00 am-12:00 pm**

 **434-260-9786**



**Food
Distribution**

Dillwyn Crystal Cathedral Mobile Food Delivery

16764 Oak Street
Dillwyn, VA 23936

**2nd & 4th Friday of the month:
10:00 am-11:30 am**

 **434-945-1130**



**On-Site
Meal**

Friendship Cafes for Seniors (Piedmont Senior Resources)

Buckingham Community Ctr.
16268 N. James Madison Hwy.
Dillwyn, VA 23936

Seniors 60 years and older can enjoy
a meal and activities with friends
from the community.

Wednesdays: 10:00 am-2:00 pm

 **434-767-5588**

www.psraaa.org/friendship-cafes/

**Always call ahead to the Resource Sites
to confirm availability, hours, and your
eligibility for assistance.**



**Take Home
Food Box**

Healthy Food Boxes

(Piedmont Health District - VDH)
80 Administration Lane
Buckingham, VA 23921

Shelf-stable take-home food boxes
are made available by Piedmont
Health District and Feed More.

 **434-969-4244**

OTHER RESOURCES

Supplemental Nutrition Assistance Program (SNAP) or EBT

Buckingham County Department of Social
Services: **434-969-4247**

WIC Services

Buckingham County Health Department:
434-969-4244

Charlotte County Food Resources



Food
Distribution

Charlotte County Food Bank

Village Presbyterian Church
140 Legrande Ave.
Charlotte Court House, VA 23923

4th Wednesday of each month:
7:00 am-9:00 am and 2:00 pm-4:00 pm

 434-547-3402



Food
Distribution

Mt. Zion Baptist Church

1303 Mt. Zion Road
Red House, VA 23963

Saturday before the 3rd Sunday of the month
8:30 am-10:30 am.

 434-248-6823



Food
Distribution

St. Luke Church of God in Christ

95 Arvin St.
Keysville, VA 23947

Wednesdays at 10:00 am

 434-265-0241

OTHER RESOURCES

Supplemental Nutrition Assistance Program (SNAP) or EBT; Charlotte County Department of Social Services: 434-542-5164

WIC Services Charlotte County Health Department: 434-542-5251



On-Site
Meal

Friendship Cafes for Seniors

(Piedmont Senior Resources)

Keysville Fire Dept
500 Osborne St.
Keysville, VA 23947

Seniors 60 years and older can enjoy a meal and activities with friends from the community.

Fridays: 10:00 am-2:00 pm

 434-767-5588

www.psraaa.org/friendship-cafes/



Food
Distribution

County Line FACES

12129 County Line Rd.
Keysville, VA 23947

Saturdays: 8:00 am-10:30 am

 434-392-6277



Take Home
Food Box

Healthy Food Boxes

(Piedmont Health District - VDH)

270 David Bruce Avenue
Charlotte Courthouse, VA 23923

Shelf-stable take-home food boxes are made available by Piedmont Health District and Feed More.

 434-542-5251

Cumberland County Food Resources



Food
Distribution

Cumberland Community Cares

1550 Anderson Hwy
Cumberland, VA 23040

Every Tuesday: 2:00-3:00 pm
2nd, 3rd & 4th Friday: 9:00-11:00 am

 804-212-8716



Food
Distribution

North Cumberland Food Pantry/ Oakwood UMC

1291 Columbia Rd
Columbia, VA 23038

1st & 3rd Saturday 11:00-11:30 am

 434-390-4354



Food
Distribution

Delma's Pantry

1550 Anderson Highway
Cumberland, VA 23040

Tuesdays @ 2:00 pm
4th Fridays @ 9:00 am

 804-385-9421



On-Site
Meal

Friendship Cafes for Seniors (Piedmont Senior Resources)

Payne Memorial Church
1 Stony Point Rd.
Cumberland, VA 23040

Seniors 60 years and older can enjoy
a meal and activities with friends
from the community.

Tuesdays: 10:00 am-2:00 pm

 434-767-5588
www.psraaa.org/friendship-cafes/



Take Home
Food Box

Healthy Food Boxes

(Piedmont Health District - VDH)
(Currently located at Prince Edward
County Health Dept.)
111 South Street, Ground Floor
Farmville, VA 23901

Shelf-stable take-home food boxes
are made available by Piedmont
Health District and Feed More.

 434-392-8187

OTHER RESOURCES

Supplemental Nutrition Assistance Program (SNAP) or EBT

Cumberland County Department of Social
Services: 804-492-4915

WIC Services

Cumberland County Health Department:
434-995-0893

Lunenburg County Food Resources



Food Distribution

Community Resource Services (CRS)

45 Marshalltown Road
Victoria, VA 23974

Every 3rd Wednesday: 2:00–4:00 pm
Thursdays: 9:00 am–12:00 pm

 **434-321-3054**



Food Distribution

Cornerstone FOCCUS Inc.

3416 Blackstone Road
Kenbridge, VA 23944

Tuesdays: 9:00 am–12:00 pm
Fridays: 2:30 pm–4:30 pm

 **434-378-6448**



On-Site Meal

Friendship Cafes for Seniors (Piedmont Senior Resources)

Lunenburg Senior Center
1121 Tidewater Ave
Victoria, VA 23974

Seniors 60 years and older can enjoy a meal and activities with friends from the community.

Tuesdays: 10:00 am–2:00 pm

 **434-767-5588**

www.psraaa.org/friendship-cafes/

Always call ahead to the Resource Sites to confirm availability, hours, and your eligibility for assistance.



Take Home Food Box

Healthy Food Boxes

(Piedmont Health District - VDH)

11387 Courthouse Rd.
Lunenburg, VA 23952

Shelf-stable take-home food boxes are made available by Piedmont Health District and Feed More.

 **434-696-2346**

OTHER RESOURCES

Supplemental Nutrition Assistance Program (SNAP) or EBT

Lunenburg County Department of Social Services: **434-696-2134**

WIC Services

Lunenburg County Health Department:
434-696-2346

Nottoway County Food Resources



Food Distribution

Total Life Center of Southside Virginia

507 Miller Street
Burkeville, VA 23922

Servicing zip codes:
23824, 23922, 23930, 23955

By Appointment. Call to schedule.

 434-480-2361



Food Distribution

Crewe Cares

211 Carter Street Suite B
Crewe, VA 23930

Last Saturday of the Month-2:00 pm-4:00 pm

 434-538-0437



Take Home Food Box

Healthy Food Boxes

(Piedmont Health District - VDH)

207 W Court House Rd,
Nottoway Court House, VA 23955

Shelf-stable take-home food boxes are made available by Piedmont Health District and Feed More.

 434-645-7595



Little Food Pantry

Crenshaw United Methodist Church

200 Church Street
Blackstone, VA 23824

Blessing box located outside of the church.

 434-292-7711



On-Site Meal

Friendship Cafes for Seniors (Piedmont Senior Resources)

Crewe Community Center
200 W Tennessee Ave
Crewe, VA 23930

Seniors 60 years and older can enjoy a meal and activities with friends from the community.

Wednesdays: 10:00 am-2:00 pm

 434-767-5588

www.psraaa.org/friendship-cafes/

OTHER RESOURCES

Supplemental Nutrition Assistance Program (SNAP) or EBT

Nottoway County Department of Social Services:
434-645-8494

WIC Services

Nottoway County Health Department:
434-645-7595



Nottoway County Food Resources



Food
Distribution

Helping Every Life Prosper: Blackstone

2353 Military Rd
Blackstone, VA 23824

Fridays: 11:00 am-2:00 pm
3rd Saturday: 8:00-10:00 am

 434-292-6555



Food
Distribution

The Alms House

105 S Agnew Street
Burkeville, VA 23922

Every Saturday - 9:00 am-11:00 am
Serves only zip code 23922
Call for assistance.

 804-691-8822

Always call ahead to the Resource Sites to confirm availability, hours, and your eligibility for assistance.

Prince Edward County Food Resources



**Food
Distribution**

St John's Lutheran Church

1301 Milnwood Road
Farmville, VA 23901

**Wednesdays and Thursdays:
9:00 am-12:00 pm**

 **434-392-1875**



**Little Food
Pantry**

Farmville United Methodist

212 High St.
Farmville, VA 23901

Blessing box located outside of the church.

 **434-392-4686**

**Always call ahead to the Resource Sites
to confirm availability, hours, and your
eligibility for assistance.**



**Take Home
Food Box**

Healthy Food Boxes

(Piedmont Health District - VDH)
111 South Street, Ground Floor
Farmville, VA 23901

Shelf-stable take-home food boxes
are made available by Piedmont
Health District and Feed More.

 **434-392-8187**



**On-Site
Meal**

Friendship Cafes for Seniors

(Piedmont Senior Resources)

Farmville United Methodist Church
212 High St.
Farmville, VA 23901

Seniors 60 years and older can enjoy
a meal and activities with friends
from the community.

Mondays: 10:00 am-2:00 pm

 **434-767-5588**

www.psraaa.org/friendship-cafes/



**Food
Distribution**

Candlelight Ministries at Town Hall - Mobile

115 Main Street
Pamplin, VA 23958

**Call ahead to be placed on the list
Every 4th Friday: 2:30 pm**

 **434-238-2638**

OTHER RESOURCES

Supplemental Nutrition Assistance Program (SNAP) or EBT

Prince Edward County Department of Social
Services: **434-392-3113**

WIC Services

Prince Edward County Health Department:
434-392-4932

Prince Edward County Food Resources



Food
Distribution

Meals on Wheels

PO Box 758
Farmville, VA 23901

Provides home delivered meals in the
Farmville/Prince Edward area (over 60 years
old)

 434-392-8797



Food
Distribution

FACES Food Distribution

482 Commerce Road
Farmville, VA 23901

By appointment only

 434-392-6277



Food
Distribution

By His Hands

2732 Pamplin Road
Pamplin, VA 23958

Saturdays: 10:00 am-10:30 am

 434-941-0506



Little Food
Pantry

Llama Love Pantry

Blessing box located outside of each
site.

Better Days:

314 N South Street
Farmville, VA

Barbara Rose Johns Farmville - Prince
Edward Community Library:

1303 W 3rd Street, Farmville, VA

pHunkadelic:

2790 W Third Street, Farmville, VA

 804-298-9044

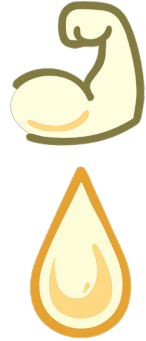
**Always call ahead to the Resource Sites
to confirm availability, hours, and your
eligibility for assistance.**

Nutrition Tips

Dietitian's Keys to a Healthy Plate



- **Protein:** Aim for a serving the size of your palm.
- **Fiber (Carbs):** Choose beans and brown rice to stay full longer.
- **Fats:** Focus on "liquid" fats like vegetable oil or natural fats in fish and peanut butter.
- **Sodium:** If using canned items not labeled "Low Sodium," drain and rinse with water to remove nearly half the salt.



Don't forget your fruits and vegetables!



Use What You Have: A Substitution Guide

If the food bank or local market is out of a specific item, use these healthy swaps!

If the recipe calls for...	...Use this instead
Brown Rice	Barley, Quinoa, Whole-Wheat Pasta, or extra Potatoes
Canned Chicken	Canned Tuna, Canned Salmon, or 2 Hard-boiled Eggs
Black Beans	Kidney beans, Pinto beans, or Chickpeas
Diced Tomatoes	Tomato sauce (low sodium) or fresh chopped tomatoes
Peanut Butter	Sunflower butter or crushed walnuts/peanuts
Canned Spinach	Canned Collard greens, Kale, or Frozen Peas
Fresh Onion	1 tablespoon Onion Powder or Dried Minced
Oil	Unsweetened Applesauce (for baking)

Conventional & Non-Vegan (Meat-Inclusive)



Skillet Chicken & Rice

Brown 1 can or 12 oz of chicken with 1 cup brown rice, 1 can green beans, and 2 cups water. Simmer until rice is soft.

Source: NIH Heart-Healthy



PROTEIN

22g



CARBS

28g



FAT

4g



SODIUM

350mg

Three-Bean Chili

Simmer 1 onion, 1 can black beans, 1 can pinto beans, 1 can kidney beans, 1 can diced tomatoes, and 2 tbsp chili powder. (Optional: Add ground meat)

Source: USDA MyPlate Kitchen



PROTEIN

14g



CARBS

35g



FAT

1g



SODIUM

380mg

Salmon Cakes

Mix 1 can salmon, 1 egg, ½ cup oats, and dried herbs. Pan-fry in 1 tbsp oil.

Source: SNAP-Ed Connection



PROTEIN

18g



CARBS

12g



FAT

7g



SODIUM

420mg

Beef & Vegetable Stew

Combine 1 pound of beef (or ground beef), 2 diced potatoes, 2 carrots, and 1 can tomato sauce. Simmer until tender.

Source: USDA MyPlate Kitchen



PROTEIN

24g



CARBS

22g



FAT

9g



SODIUM

480mg

Lactose- Free (No Dairy)



Peanut Butter Banana Toast

Top whole-grain toast with natural peanut butter and sliced banana.

Source: USDA MyPlate Kitchen



PROTEIN
9g



CARBS
34g



FAT
10g



SODIUM
210mg

Creamy Tomato Soup

Blend 1 can tomatoes with ½ cup cooked white beans (the beans make it creamy!).

Source: EatFresh.org



PROTEIN
6g



CARBS
24g



FAT
2g



SODIUM
410mg

Tuna & White Bean Dip

Mash 1 can tuna with 1 can white beans and a splash of oil. Eat with carrots.

Source: SNAP-Ed Connection



PROTEIN
20g



CARBS
18g



FAT
4g



SODIUM
380mg

Sweet Potato & Bean Tacos

Spread mashed sweet potato on corn tortillas; top with black beans and salsa.

Source: USDA MyPlate Kitchen



PROTEIN
8g



CARBS
38g



FAT
3g



SODIUM
290mg

Plant-Based (Vegan & Vegetarian)



Cheesy Broccoli Rice (Vegetarian)

Mix 2 cups cooked brown rice, 1 cup steamed broccoli, and ½ cup shredded cheese.

Source: USDA MyPlate Kitchen



PROTEIN
10g



CARBS
32g



FAT
8g



SODIUM
390mg

Lentil Stew (Vegan)

Simmer 1 cup dried lentils, 1 can diced tomatoes, 1 onion, and 1 tsp cumin in 4 cups water.

Source: USDA MyPlate Kitchen



PROTEIN
12g



CARBS
30g



FAT
1g



SODIUM
290mg

Chickpea Salad (Vegan)

Mash 1 can chickpeas. Mix with 1 tbsp mustard, 1 tbsp oil, and diced onions. Serve on lettuce.

Source: EatFresh.org



PROTEIN
8g



CARBS
25g



FAT
6g



SODIUM
310mg

Vegetable Frittata (Vegetarian)

Whisk 4 eggs and pour over 1 can mixed vegetables sautéed in a skillet.

Source: SNAP-Ed Connection



PROTEIN
14g



CARBS
8g



FAT
10g



SODIUM
340mg

Gluten-Free (for Celiac/Gluten Sensitivity)



Black Bean & Corn Salad

Toss 1 can black beans, 1 can corn, 1 diced onion, 1 tbsp oil, and 1 tbsp vinegar.

Source: USDA MyPlate Kitchen



PROTEIN

7g



CARBS

28g



FAT

5g



SODIUM

220mg

Potato & Egg Hash

Sauté 2 diced potatoes in oil. Crack 2 eggs over them and scramble until cooked.

Source: EatFresh.org



PROTEIN

12g



CARBS

26g



FAT

9g



SODIUM

180mg

Quinoa/Rice Stuffed Peppers

Mix cooked rice with canned chicken and salsa; stuff into bell peppers and bake.

Source: Virginia SNAP-Ed



PROTEIN

19g



CARBS

24g



FAT

6g



SODIUM

360mg

Sheet Pan Salmon & Carrots

Roast canned/fresh salmon and sliced carrots with oil at 400°F for 15-20 mins.

Source: NIH Heart-Healthy



PROTEIN

22g



CARBS

12g



FAT

8g



SODIUM

210mg

Diabetes-Friendly (Low Sugar/High Fiber)



Cinnamon Overnight Oats

Mix ½ cup oats, 1 cup water, and 1 tsp cinnamon. Let sit overnight.

Source: USDA MyPlate Kitchen



PROTEIN

6g



CARBS

27g



FAT

4g



SODIUM

5mg

Black Bean & Spinach Sauté

Sauté 1 can rinsed black beans with 1 can drained spinach and garlic powder.

Source: USDA MyPlate Kitchen



PROTEIN

9g



CARBS

22g



FAT

1g



SODIUM

320mg

Vinegar-Based Coleslaw

Mix shredded cabbage with oil and vinegar (skip the sugar/mayo).

Source: USDA MyPlate Kitchen



PROTEIN

2g



CARBS

8g



FAT

5g



SODIUM

45mg

Baked Chicken with Herbs

Rub chicken with dried herbs (thyme/rosemary) and bake. Serve with extra green beans.

Source: NIH NIDDK



PROTEIN

26g



CARBS

4g



FAT

5g



SODIUM

120mg



Keep local food resources at your fingertips. Scan here and save this guide to your phone:



VDH VIRGINIA
DEPARTMENT
OF HEALTH

Brought to you by:
**Virginia Department of Health
Piedmont Health District
(434) 392-3984 (ext. 137)
vdh.virginia.gov/piedmont/**

All information is accurate as of June 2026 to the best of our knowledge. If you are a food resource provider who wants to add, remove, or edit the information listed, call us at the phone number above.