

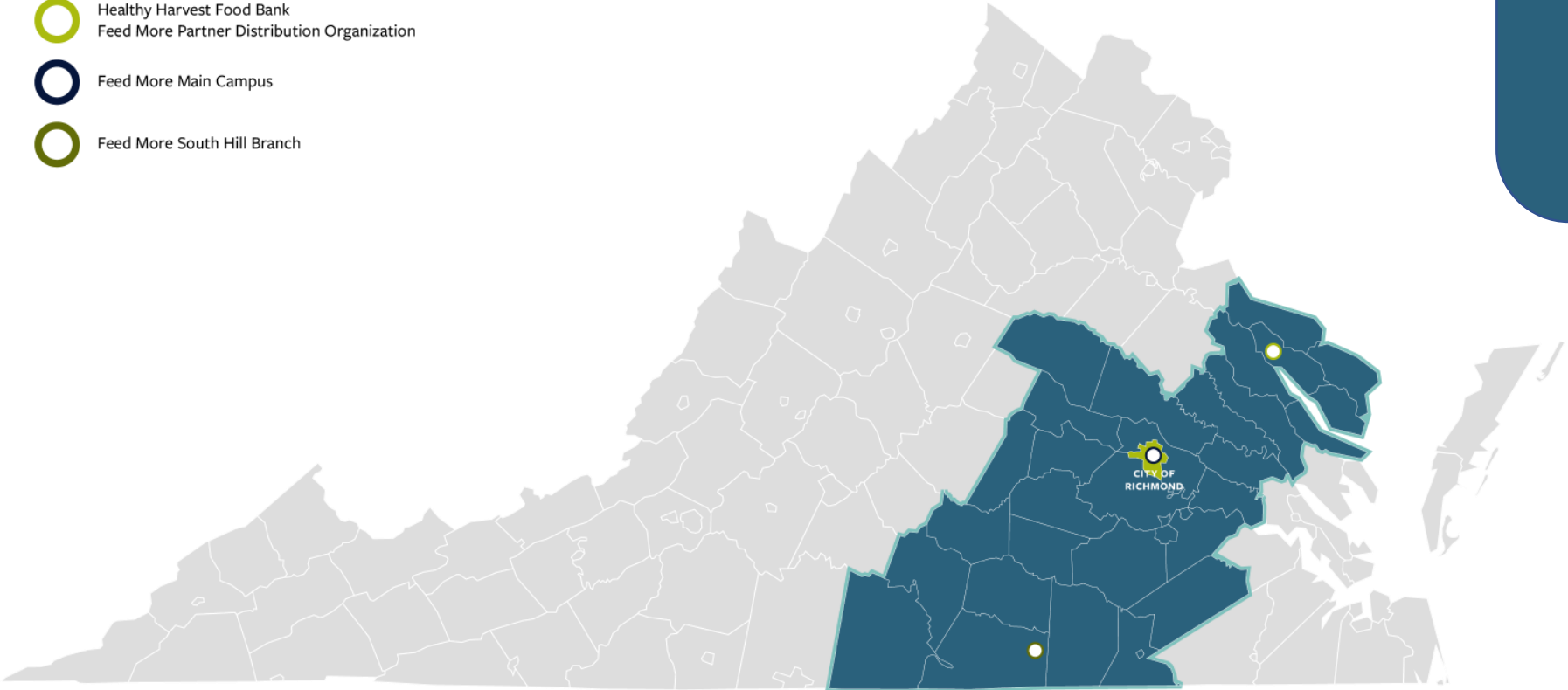
**F E E D M O R E**  SM

# Our Service Area



Our service area covers 29 counties and five cities in Central Virginia.

- Healthy Harvest Food Bank  
Feed More Partner Distribution Organization
- Feed More Main Campus
- Feed More South Hill Branch



In Central Virginia,  
**1 in 9 individuals**  
&  
**1 in 6 children**  
are food insecure



# How Feed More Works



## **DONATED FOOD & MONEY**

Food is donated by retailers, manufacturers, and food drives, or acquired through state and federal nutrition programs. Money and food are also donated by businesses and individuals.



## **FEED MORE**

Millions of pounds of food are collected and prepared in a Feed More's distribution center and nutritious meals are prepared in our Community Kitchens.



## **PARTNER PROGRAMS**

Feed More partners with and distributes food to local churches, community nonprofits, schools, and healthcare organizations.



## **FOOD INSECURE COMMUNITIES**

Food pantries, markets and meal programs provide food to individuals and families in need.





# Agency Network





# Agency Network

We are proud to partner with more than 250 food pantries, soup kitchens, emergency shelters and non-profits across Central Virginia





# Health Initiatives



# The Cost of Food Insecurity

**\$52.9 BILLION**

in healthcare costs were associated with food insecurity among adults and children in the U.S. (2016)

Food insecure adults in Virginia are estimated to spend a total of

**\$1,593**

more in healthcare costs than people who are not food insecure

**85%**

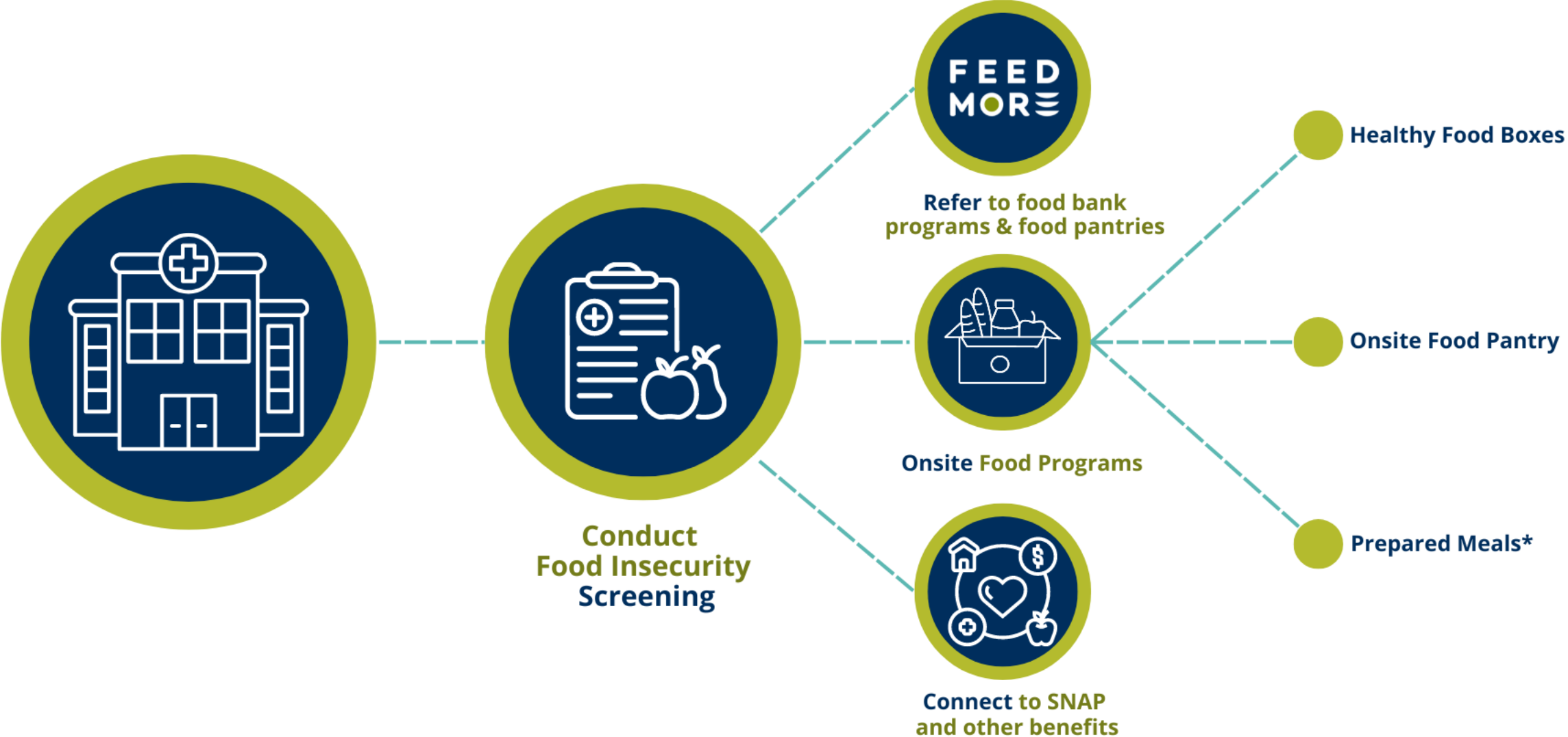
of healthcare spending is connected to diet-related chronic disease

This spending disproportionately impacts historically underserved populations and communities with high food insecurity

**EFFORTS TO SUPPORT FOOD SECURITY ARE LINKED TO  
REDUCING HEALTHCARE COSTS AND IMPROVE HEALTH OUTCOMES**



# Identifying and Addressing Food Insecurity in Healthcare





# Connecting to Feed More's Hunger Hotline



- The Hunger Hotline provides resources for food assistance (to meet immediate or ongoing needs)
- We connect callers to our network of 250+ food pantries and program partners
- Assistance is available in Spanish and English; additional languages are supported through a translation line
- Individuals can contact us by phone at **804-521-2500 x 631**/self-refer online at **[FeedMore.org/Hunger-Hotline](https://FeedMore.org/Hunger-Hotline)**
- The Hunger Hotline also receives referrals from healthcare providers and other organizations. With consent, we follow up with the referred individual directly to provide assistance





# Children's Programs

Children facing hunger may struggle in school — and beyond. They are more likely to:



Repeat a grade in elementary school



Experience developmental impairments in areas like language and motor skills



Have more social and behavioral problems





# Community Kitchen





## Food is Love

- All meals are made from scratch in our Bayard Community Kitchen
- Meals run on a 4-week cycle and:
  - Meet nutrition standards
  - Include a variety of foods and diets
  - Depend on availability of food and budget
  - Fit within the Community Kitchen's production schedule



# Nutrition Standards

- **Based on U.S. Dietary Guidelines for Americans**
  - Each meal is 1/3 the dietary reference intake
- **Compliance range we use for our meals:**
  - 600-750 calories
  - Greater than 23 grams of protein
  - 23-27 grams of fat (low saturated)
  - 800 mg of sodium
  - More than 8 grams of fiber
  - Low added sugar



## Variety is Key



- Different protein every day of the week
- A variety of sides, including fruits and vegetables
- A variety of colors – the meals needs to look good!
- Variety of texture and taste





# Meal Planning

- **Switch out menu seasonally:**
  - Fall/Winter
  - Spring/Summer
- **Use what is in abundance from local growers**
  - Helps keep costs low
  - Adjustments are made to menu based on supply and budget







## Meal Production

- Recipe development and modification to meet nutritional standards
- Need to produce more than 800 servings
- Consider labor and volunteer hours needed
- Need to freeze well
- Modified for special diets or allergies





**Meals on Wheels**



# Meals on Wheels



**1 IN 5 AMERICANS**  
is 60 or older



**WITH 12,000 MORE**  
turning 60 each day



Average life  
expectancy today



**1 IN 4 SENIORS**  
LIVES ALONE



**1 IN 4 FEELS LONELY**

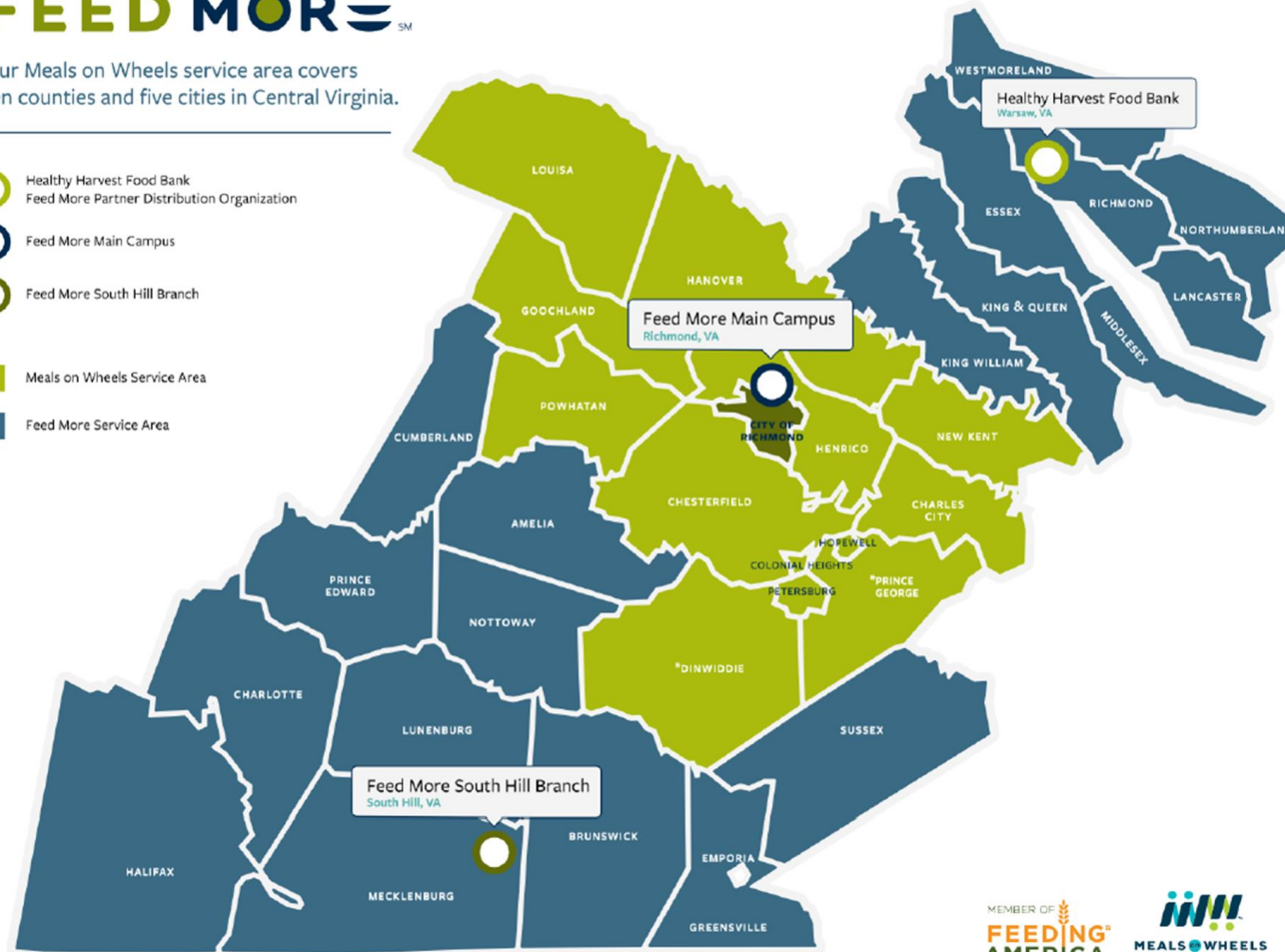


# Meals on Wheels



Our Meals on Wheels service area covers ten counties and five cities in Central Virginia.

- Healthy Harvest Food Bank  
Feed More Partner Distribution Organization
- Feed More Main Campus
- Feed More South Hill Branch
- Meals on Wheels Service Area
- Feed More Service Area



\*servicing limited communities in these localities



**For 55 years, this program has committed to the same goal ...**

- **Keeping our senior and homebound neighbors independent and healthy with:**
  - fresh medically-tailored meals
  - daily social interaction from compassionate volunteers





**Warehouse**





**FEED MOR**  SM

**VOLUNTEER PROGRAMS**



# Get Involved: How to Help

Please consider donating time, food and funds



*FeedMore.org/volunteer*

**Volunteer**



**Host a Food Drive**



Every dollar received enables us to distribute **4** meals to those in need

*Give.FeedMore.org*

**Donate Funds**





# Stay In Touch!



/FeedMoreInc



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