



## FACT SHEET



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## Central Virginia Food Bank

Hunger is an equal-opportunity problem. It doesn't limit its impact to one demographic group, one cause, one type of neighborhood, or even a single season. The Central Virginia Food Bank brings hunger relief to 31 counties and five cities through a comprehensive approach that includes acquiring needed foods and distributing these items to communities, families, and individuals that need them to meet their unique needs. Through targeted programs designed to address specific hunger challenges, CVFB also works to ensure that our region's most vulnerable populations—children, families, and seniors—have access to a reliable source of healthy nutrition.

## Community Kitchen

The Community Kitchen is a state-of-the-art production facility that provides meals for thousands of vulnerable children, seniors, and homebound neighbors in Central Virginia. Built in 2007 as a collaborative facility by the Central Virginia Food Bank and Meals on Wheels Serving Central Virginia, the bright, bustling, and colorful Community Kitchen encompasses sights, sounds, tastes, textures, and tantalizing smells of meals planned and executed with care and skill. A team of culinary professionals and committed volunteers creates each dish with pride, making the Community Kitchen's end results both nutritious and appealing for those who cannot provide meals for themselves.

## Meals On Wheels

Economic slowdowns can be tough for everyone, but especially harsh for seniors living on fixed incomes. Our elderly neighbors also feel the effects of trends such as longer life spans with added health costs and declining benefits, or the increased family mobility that leaves some older people on their own though unable to care for themselves. Fortunately, our region's elderly and homebound citizens have somewhere to turn for hunger relief and other services to remain active and independent.

Meals on Wheels provides daily, home-delivered meals to eligible neighbors who are homebound and cannot shop or cook for themselves. These neighbors not only include seniors and the disabled, but also people of any age with temporary needs (such as recuperation from surgery). In addition, these clients receive services to help them maintain their health and quality of life. One such service is Meals for Pets, which enables clients to keep their independence and their beloved dog or cat. These Meals on Wheels "extras" combine with meals and daily volunteer visits to provide the continued health and well-being of over 1,800 elderly and homebound citizens in our community.

## Service Area

FeedMore's diverse hunger relief programs reach a wide geographic area for these neighbors in need, whether they reside in rural, suburban, or urban localities. Meals on Wheels serves 14 localities: the Cities of Richmond, Petersburg, Hopewell, and Colonial Heights, as well as the counties of Charles City, Chesterfield, Dinwiddie, Goochland, Hanover, Henrico, Louisa, New Kent, Powhatan, and Prince George. The Food Bank serves 31 counties and five cities, from the Northern Neck to Louisa County and south to the North Carolina border.