

Together, we set a place at the table for everyone.

Hunger may be invisible to many, but it exists in every zip code in the Blue Ridge region. Thanks to you, more parents can bring food home for their families. Seniors don't have to choose between filling their pantry or filling their prescription. And kids can focus on school without worrying whether they'll have enough to eat for dinner.



Easing the burden for working parents

Gabby visits her local food pantry in Loudoun County to help provide for her family of five. As a small business owner living in an expensive area, financial stressors like childcare, rent, and rising grocery costs are taking a toll.

"Times are hard. Food prices are going up. And there's not a lot of work like it was before," she

explains, pointing out that wages and benefits her family depended on during the pandemic didn't increase. Until March of 2023, she received about \$400 in SNAP and WIC each month, but now it's only \$150.

About her experience at the pantry, Gabby told us, "[There



▲ Guests in line at a recent Mobile Food Pantry.

are] a lot of friendly people helping out people, like us, who are in need. What you do here is really great. It helps a lot."

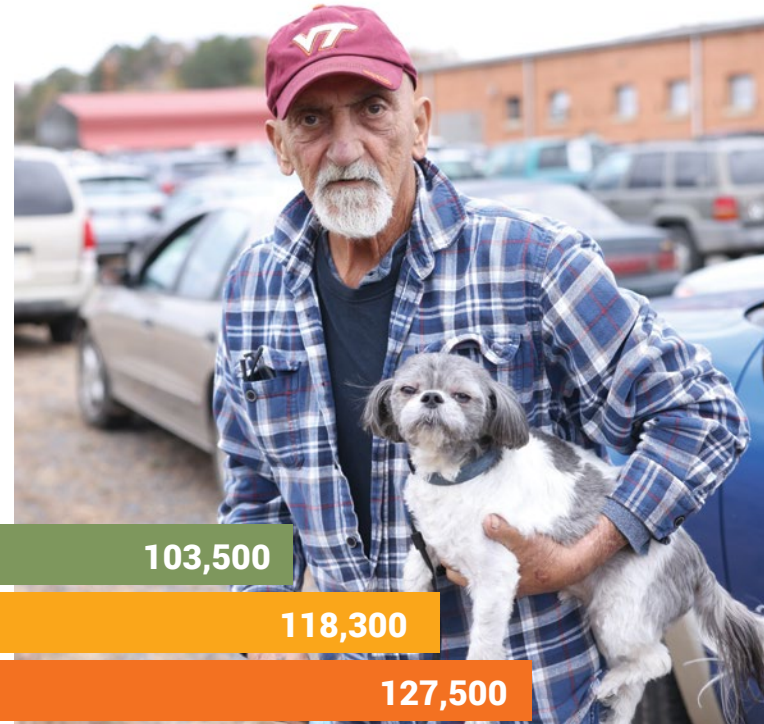
Ensuring local seniors can prioritize their health

Thomas has had a tough year. He lost his wife in August and was recently diagnosed with cancer. Despite this, he stays positive. "I'm hanging in there," he said.

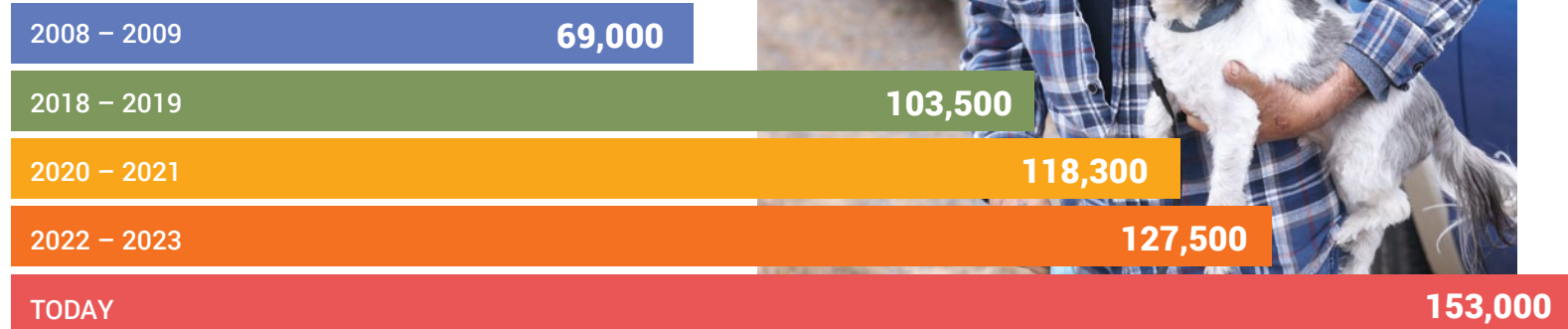
The food he receives from the Mobile Food Pantry in Buckingham County helps him manage his health and his expenses. "I'm on Social Security and receive about \$1,500 a month. These groceries take a lot of the pressure off," he told us. "Sometimes, you just don't know if you (will) have enough money left at the end of the month. So, this helps tremendously."

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—Thomas, Buckingham County Mobile Food Pantry guest



GUEST VISITS EACH MONTH, ON AVERAGE **



From economic recession to global pandemic and all challenges in between, the Blue Ridge Area Food Bank is here to ensure everyone has enough to eat. But as the need continues to rise, so too does our need for support. **See how your kindness and compassion have helped us serve more people through the years. ►►**

**Food Bank fiscal years run from July 1 – June 30. Our current data covers July 1 – December 31, 2023.

Historic Numbers

From July-December 2023, we saw a **31% increase in guest visits** to partner food pantries and programs, compared to the same time last year. In October alone, we recorded 173,000 guest visits—more than ever in our 42 years of food banking.

When you give food, you nourish health—a simple act with a profound impact.

The following numbers illustrate how your contribution helps us reach underserved populations, serve more nutritious food, and provide the resources our guests need to live healthier, happier lives.

JULY - DECEMBER 2023



*monthly averages

QUESTIONS? If you want to schedule a tour of the Food Bank location near you or have a conversation about our work, we welcome your inquiry. Reach out to Karen Ratzlaff, Chief Philanthropy Officer at (540) 213-8404 or kratzlaff@brafb.org.