



Blue Ridge Area
FOOD BANK



AUGUST 2025

IMPACT REPORT

Health Initiatives



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"Life is just too expensive and we can't always afford groceries... This food keeps us healthy. It's essential for us. I'm glad we came here when the need became too high."

*- Gene and Helen
Guests of Parkview
Community Mission,
Lynchburg*

Serving your community through one of four distribution centers located in Charlottesville, Lynchburg, Winchester, and Verona (headquarters).



Food is Medicine: A Healthier Future Starts with Food

We understand that food is more than just nourishment. It's a source of health, comfort, and connection. Because of your generosity, thousands of our neighbors can access the nutritious food they need, when and where they need it most.

Across our region, many families face the difficult reality of managing chronic illness while managing food insecurity. The rising cost of medicine, transportation, and housing often leaves little room in the budget for healthy food—especially fresh produce. Yet we know that nutritious food is essential for managing disease, and for living a full and vibrant life.

To support neighbors facing these challenges, the Food Bank is designing innovative approaches and recruiting non-traditional partners to support our shared mission. Through programs like the **Food Pharmacy** and **Remote Area Medical Clinics**, we eliminate disparities in access and deliver medically aligned food to patients who need healthy groceries to support their health goals.

The Food Bank also acquires the healthiest food available using the Nourish screening tool, including **fresh produce** for distribution. And we're supporting our partners' interest in healthy practices through the **Healthy Pantry Initiative**.

We're deeply grateful for your partnership. Together, we're building a future where food is recognized as a vital part of healthcare, and where every person has the nourishment they need to thrive.



10 million pounds of fresh produce was distributed last year. With your support, we're working to ensure that fruits and vegetables are available to every neighbor, in every community.

**FLIP TO SEE
YOUR IMPACT**



Food Pharmacy at A Glance

July 2024 - June 2025



29 Food Pharmacy
sites, including 10
dialysis clinics.



1,250+ patients
served monthly.



163,600 pounds of
nutritious food
distributed this year.

Launched in 2020, the **Food Pharmacy** program delivers medically aligned groceries to healthcare settings. Patients who are food insecure receive free groceries during their clinic visits, along with nutrition education and referrals to additional resources. These groceries are more than food, they're a prescription for better health.



Healthy Pantry Initiative: Improving the Health and Well-Being of Guests

A majority of the food pantries in our network have joined the **Healthy Pantry Initiative**, through which the Food Bank provides the tools and resources they need to implement any of 20 established practices which support the health and well-being of guests, community connection, and neighbor centered practices.

These include strategies like recipe cards, foods that meet the cultural preferences of our guests, expanded options in different food groups, and nutrition education resources. We provide training to pantries, including access to 27 modules on our Learning Management System. Pantries also can apply for grants from the Food Bank that support their efforts in these areas.



Remote Area Medical Clinics (RAM): Delivering Food to Rural Neighbors

Remote Area Medical (RAM) is a national organization that provides free healthcare services through mobile, pop-up clinics to underserved and uninsured individuals who do not have access to healthcare or who cannot afford a doctor. The Food Bank partners with RAM to provide fresh produce and shelf-stable items well-suited for patients.



Last year, RAM Clinics served
17,000 pounds of fresh,
healthy food to 900 patients.

Thank you for your support!

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