



Blue Ridge Area
FOOD BANK



Food Is Medicine

YOUR IMPACT REPORT

SEPTEMBER
2026



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“This food pantry means the world to me. Because every little bit of food that goes into my body means a lot to me.”

*- Paula, Pantry Guest
Fluvanna Leaders for Race & Diversity*

Food Is Medicine: Building Healthier Communities

We know that food is more than nourishment; it is a cornerstone of health and well-being.

Across our region, many families live with the difficult challenge of managing chronic health conditions. As costs for healthcare, housing, transportation, and other necessities rise, healthy food—especially fresh produce—is often the hardest item to fit into a household budget. But nutritious food plays a vital role in preventing illness, managing disease, and improving quality of life.

To address this growing need, the Food Bank is developing innovative solutions and building partnerships. Through the **Food Pharmacy** and at **Remote Area Medical (RAM) Clinics**, we help connect patients with nutritious foods that complement their medical care. We prioritize healthy food in our inventory by using the Nourish screening tool. We support healthy food practices in our partner network through the **Healthy Pantry Initiative**.

We are deeply grateful for your investment. Together, we are creating a future where nutritious food is recognized as an essential part of health and where every neighbor can thrive.

Thanks to your generosity, thousands of our neighbors can access the nutritious food they need to support healthier lives.

Flip this page to see your impact.



Serving your community through 1 of 4
distribution centers located in Charlottesville,
Lynchburg, Winchester, and Verona (headquarters)



Food Pharmacy at a Glance

July 2025 - June 2026



**33 Food Pharmacy
sites, including 9
dialysis clinics.**



**1,370 patients,
on average,
served monthly.**



**220,440 pounds of
nutritious food
distributed this year.**

Launched in 2020, the Food Pharmacy delivers medically-aligned food in healthcare settings, offering a prescription for better health. Patients who are food insecure receive free groceries during their clinic visits, along with nutrition education and referrals to additional resources.

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

Most food pantries in our network have joined the Healthy Pantry Initiative. The Food Bank provides tools and resources they need to implement neighbor-centered practices supporting guest health, well-being, and community connection. Resources include recipe cards, foods that meet a variety of cultural preferences, expanded options across a variety of food groups, and nutrition education. We provide training and grants to 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. The Food Bank partners with RAM to provide fresh produce and shelf-stable items to patients.



Fresh produce is a top priority for the Food Bank. With your support, we're working to ensure that fruits and vegetables are available to every neighbor. Last year, we distributed **11 million pounds** of fresh produce through our network.



**Last year, we served 35,100
pounds of fresh, healthy food
to 2,290 patients at 3 RAM
clinics.**

Thank you for your support!

540-248-3663 | www.brafb.org | info@brafb.org