

The ^{Bi-}M_onthly Meal



Henrico Community Food Bank's Newsletter- April Edition

**The
Volunteer
Appreciation
Month Edition!**



**Because of You, 200
Neighbors Received Shelf
Stable Meals at our March
Distribution!**

Thank you to all of you who made the HCFB Spring Distribution such a success!

36 volunteers donated over 116 hours of their time to picking up product, setting up the distribution space, manning the event, broke it all down!



200 community members distributing over 640 pounds of shelf stable food to our food insecure neighbors, and made them aware of our regular delivery service.

A huge thank you to the Jeff and Rosel Moore Charitable Fund whose generosity made this distribution possible!



Last but not the least, a **shout out to all the volunteers** for sharing the beautiful Saturday with us!



A Hunger Fighting Family at Work! Hear from Amy Pridemore and her son, Youth Corps member Reid

What is the most meaningful part of being involved with HCFB?

Reid: Being able to give food to those who need it.

Amy: Delivering groceries has been incredibly rewarding - from exploring our county, meeting neighbors we have never met, all the while providing a critical service. Having Reid alongside me for these routes has been invaluable as I am also teaching him the value of helping others.

How did you get involved with HCFB and what motivated you to get involved?

Amy: I got involved with HCFB through Leadership Metro Richmond. I toured the facility and talked with Sudeshna about the need that Henrico county was facing and I was hooked. I was even more excited when I learned about the Youth Corps and realized that there was a way for my kids to get involved as well.

Check out the link below for more on volunteering with Henrico Community Food Bank!



Garden Update!

Our Garden is Waking Up for the 2025 Season!

An enormous thanks to Jason and Cindy Hynes for tilling, cleaning and readying our space! Our Youth Corps is ready for planting!

Thanks to Whole Kids- a project of Whole Foods Market Foundation for sponsoring our 2025 Community Garden.



Recipe Corner!

Quick & Easy (Almost) Summer Salad

- A bulb of fennel, thinly sliced
- 3 tomatoes chopped up
- A cucumber chopped up
- A drained can of chickpeas
- A dash of salt, sprinkle of black pepper, lemon juice.

Mix it in a bowl! A healthy and tasty salad that even children can put together. Enjoy!





Our volunteers are endlessly generous and the backbone of our work to feed Henrico. We are so very grateful to have you by our side!



Thank you for feeding our neighbors in need!

-Executive Director,
Sudeshna Das Menezes



Henrico Community Food Bank

SUMMER CAN JAM

**MAY 26-
AUGUST 10**

**Winner will be
announced
August 22nd**



We are excited to announce our annual Food Drive, where we come together as a community to make a positive impact on the lives of our neighbors facing food insecurity.

CANT DROP OFF ITEMS?

Donate online!



Scan the QR code and
note your club/org in
the memo to include it
in the overall weight for
your club

ITEMS NEEDED

- ▶ Any Canned Vegetable
- ▶ Tuna
- ▶ Peanut Butter
- ▶ Pasta & Pasta Sauce
- ▶ Cereal



A Humbled Thank You to Our Donors

We are so grateful for your contribution!

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