

Tri- The M nthly Meal

Henrico Community Food Bank's Newsletter- Spring Edition



**You served 650 Henrico
Residents at our Spring Food
Distribution!**

Because of You, Community Food Distributions Like This Feed Our Neighbors in Need.

On March 21st we hosted our food distribution of the Spring season at the Henrico Community Food Bank headquarters.

During this time, we opened our doors to our neighbors in need, inviting anyone in Henrico experiencing food insecurity to drive through and receive bags of fresh produce and shelf stable grocery items.

At this incredible day of action, our team of 68 volunteers donated 246 hours of their time to execute this day of action, where we distributed more than 4,625 pounds of food to 650 community members during a two hour span.

The sun was shining and it was a beautiful day to be outside for all! A special thank you goes to the Henrico Community Food Bank Youth Corps members for their excellent and energetic assistance!

With the price of gas, and household goods rising, Henrico Community Food Bank has been receiving an increased volume of requests for food assistance. Your investment in our work, through food and fund donations, has never been more helpful in allowing us to meet the rising need. Thank you!



Giving the Gift of Food Has Never Been More Important.

Start a food drive today!

With financial instability on the rise for many of Henrico County residents, and the price of gas increasing, we have seen an uptick in requests for food assistance. Food Drives and donations help to meet the rising need and ensure that we can serve all the members of our community who reach out for assistance.

MOST NEEDED ITEMS

Cereal
Flavored Oatmeal
Pasta Sauce
Pasta
Peanut Butter
Chef Boyardee Entrees
Mac N Cheese
Sides

Canned Peas
Canned Tuna
Canned Chicken
Canned Green Beans
Canned Corn
Canned Mixed Vegetables
Canned Fruit
Jelly



REACH US AT: 804-616-8534 TO SCHEDULE
A DROP OFF
THANK YOU FOR YOUR SUPPORT!



What's in Your Bag This Month?

Mandarins!

Mandarins are nutrient dense citrus fruits that boost the immune system, improve skin health and support heart health due to high levels of Vitamin C, antioxidance, and fiber.

Being a low calorie snack option they aid in weight management by increasing satiety. Their potassium content also helps manage blood pressure.

Mandarin Agua Fresca

Get warm weather ready with a cooling Mandarin Agua Fresca with lemon and mint!

Ingredients:

- Mandarin oranges
- Lemon juice
- Basil seeds
- Slivered mint leaves
- Agave or honey
- Crushed ice



Instructions:

1. Juice five mandarins
2. Add two teaspoons of lemon juice to the mandarin juice
3. In your beverage glass, place both the basil seeds and the slivered mint. Add crushed ice
4. Pour your juice mix into the glass
5. Add agave or honey to taste
6. Stir and enjoy!

A Humbled Thank You to Our Financial Supporters

We are so grateful for your contribution!

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A Humbled Thank You to Our Financial & Food Supporters

We are so grateful for your contribution!

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honor of Caitlin and
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Sherry Harowitz
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Richard Wright

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