

The ^{Bi-}M^onthly Meal



Henrico Community Food Bank's Newsletter- June Edition



**You Made Our Summer Food
Distribution Possible!**

HCFB Partnered with Henrico County Public School's FACE team to feed neighbors in need!

On **May 31st**, **Henrico Community Food Bank** joined forces with **Henrico County Public School's Family and Community Engagement** department to serve nonperishable items and fresh fruit, to our food insecure neighbors.

The fun day included food demonstrations, resource tables, activities for children, ice cream and a cookout engaging the entire community!

A steady stream of 240 households made their way to the food distribution with close to 4000 pounds being distributed!



Sponsorship for the purchase of shelf stable product came from the **Community Foundation of Greater Richmond's Oakenwold Fund - *Thank you!***

A very special thank you goes out to Sanhita and Soumita Lahiri whose generous tribute in honor of their father, Sandip Lahiri, made it possible for us to purchase fruit for this distribution. ***“Our father loved bringing family and friends together over good meals. We are remembering him by serving our community through HCFB at the May 31st distribution.”***



The summer months are hard for food insecure families: Food drives make a big difference.

The summer months should be a time of freedom and excitement for children. But as the school year ends, and with it free and reduced lunch and breakfast programs, many children find themselves missing out on consistent meals. We are so grateful to our amazing food drive sponsors for helping see our neighbors through this difficult season.



Can you start a food drive to feed our neighbors in need?

Check out the link below for most needed items!



Thank you to Henrico County employees for hosting the Annual Summer Bowl - the food drive competition that successfully collected **3306.9 pounds of shelf stable food items and \$2,207 in monetary donations.** We couldn't do what we do without you!

A special thank you goes to Enterprise Mobility for their food drive that is providing over 600 pounds of nonperishable food items for our neighbors in need.

With every community food drive, HCFB faces fewer costs for purchasing food. Thank you!

Garden Update: The 2025 Planting Season is On!

Our Youth Corps along with their parents put in a rigorous few hours hauling soil, laying the ground, planting and mulching for planting season.

We cannot wait to harvest the cucumbers, peppers, tomato, eggplant, beans, chard and fresh herbs!

Our sincere thanks to Whole Kids for supporting our 2025 Community Garden. Stay tuned for our garden updates!



Hear from Youth Corps Lead Cason and his mom Rachel Kurz !



Cason: You should join the Youth Corps because along with getting the feeling of helping your community you get to have a fun time with nice people and really build your own friendships in that little community. The Youth Corps is able to give physical support to help carry food and stock shelves and it helps other people see that just because you are young doesn't mean you can't make a real difference.

Rachel: Finding a volunteer activity I could do with my son has been so rewarding. To any parent considering getting involved I would say that your child will learn strong organization skills, but also compassion in action, and empathy through seeing the need in the community and learning how to help address it.

Having young people get involved helps them build a foundation of service that will hopefully continue into their adult lives. HCFB needs continual support and passing on the joy of giving back to younger generations helps ensure future volunteers to keep things running smoothly.



**Thank you
Cason and
Rachel for your
incredible
leadership!**

Henrico Community Food Bank

SUMMER CAN JAM

Sign up your pool or
athletics club by
emailing [info@henrico
community
foodbank.org](mailto:info@henrico
community
foodbank.org)

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



Recipe Corner!

Kid approved! A simple leek pasta

What do you do when leeks are on the distribution menu? Here's a quick and easy pasta dish!

Ingredients

- Leeks (white & yellow parts), washed and sliced thin
- 1/2 of a white onion diced small
- Drained canned mushrooms
- A bit of minced garlic
- a bit of lemon zest and juice
- Your choice of herb- parsley/ basil or chive
- Cooked spaghetti
- Butter or olive oil
- salt, pepper and grated cheese.



Instructions

1. Caramelize the leeks, add diced onions and cook till soft.
2. Add mushrooms, spaghetti, lemon zest and a bit of lemon juice, salt to taste and ground pepper.
3. Mix it up. Plate it up with a spring of herb and grated cheese. Enjoy!



A Humbled Thank You to Our Donors

We are so grateful for your contribution!

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