

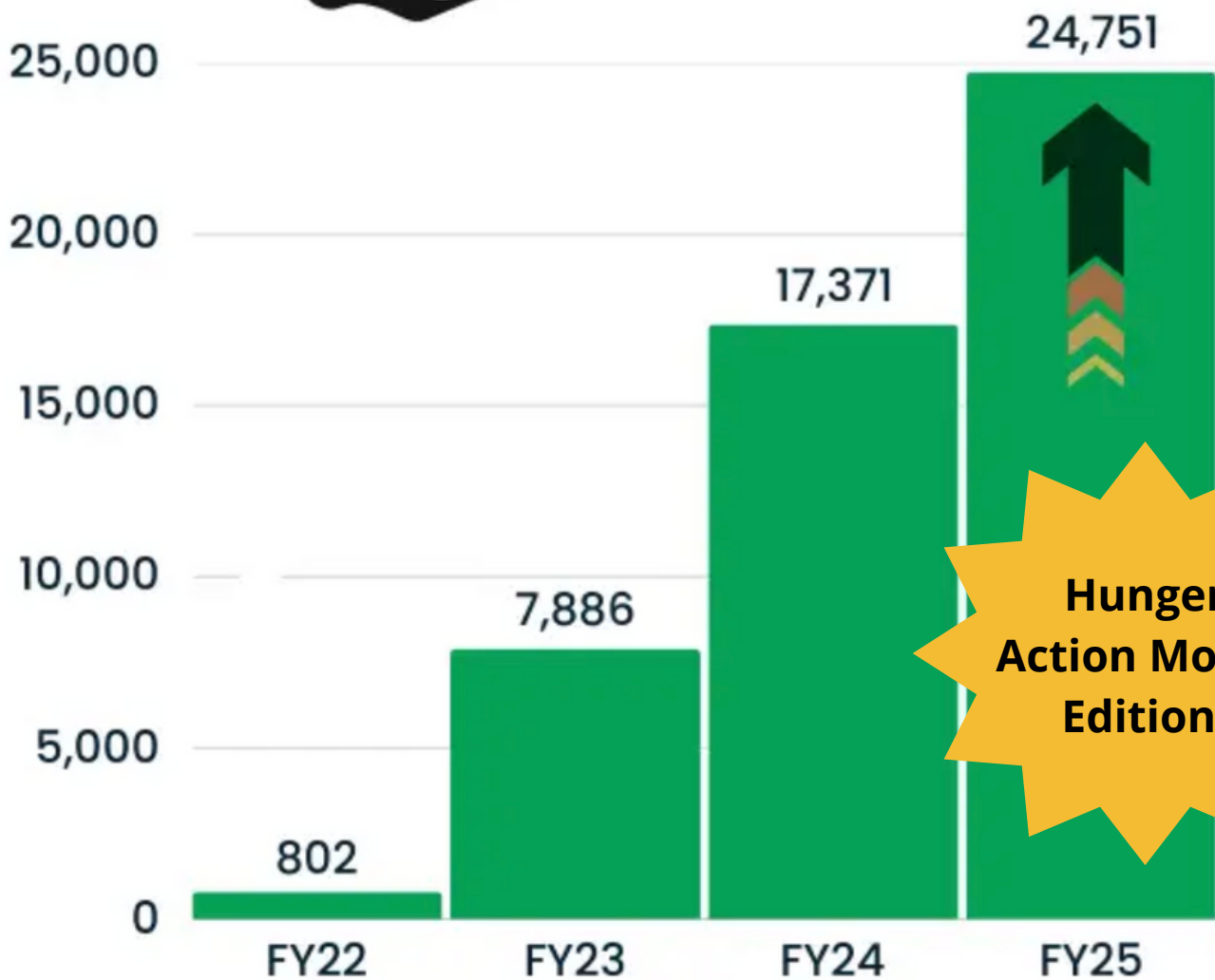
The *Bi-*Monthly Meal



Henrico Community Food Bank's Newsletter- September Edition



Clients Served



**Hunger
Action Month
Edition!**

**Because of You, We're Feeding
Henrico Neighbors in Need!**

Our Number of Clients Served Increased 42% This Year

...

Your Generosity Lets Us Meet the Rising Need

What a year it has been! We are so grateful to you - our dedicated and caring community, for making it possible for us to feed more and distribute more food to our neighbors in need in Henrico County.

While these numbers are a testament to what we are capable of as a community, they also signify an alarming trend.

The need for food assistance in Henrico County is on the rise and is expected to continue. With unemployment at a high and the cost of everyday items, like food, gas, rent, medicine and other essentials on the rise, many are turning to



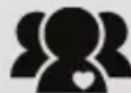
Food Distributed (lbs)

165,526



Donations Received (lbs)

33,819



Volunteer Hours

2,638

services like ours for the first time.

To meet this rising demand and ensure nobody in Henrico county goes hungry, we need your help.

We need to raise \$1,418 by October 2nd to Meet the Surge in Need. Make a Gift Today!

September's Hunger Action Month is a nationwide campaign in an effort to raise awareness around food insecurity and encourage all to take action

to end hunger in our communities. We all have the power to help end hunger and support those around us who are experiencing a moment of instability and food insecurity.

Make a gift today for Hunger Action Month to fight hunger in Henrico County!



Garden Update: The Final Harvest is Well Underway!

It's been a mixed bag in our garden this summer. The see-saw weather at the beginning of the season, plus an overactive groundhog neighbor hasn't allowed for a lot of growth. Still, we managed to harvest over 235 pounds of fresh produce! As we put the garden to bed in October, we thank Whole Kids for the garden grant and our Youth Corps who invested so much of their time planting and weeding this summer.



Our Founding Youth Corps Members Are Off to High School!

In honor of this milestone, we want you to hear from the young people who work hard to make our community stronger

Aliya

The most rewarding part for me has been growing alongside the organization and seeing it bloom into something I'm incredibly proud to be a part of. It's also deeply fulfilling to know that I've made a lasting impact on the community and that I have such a strong support system here. Some of my favorite memories are the moments when we just let loose and have fun. During our breaks, we often end up playing a makeshift game of pickleball or volleyball, but usually it's just us talking about something stupid. Those little moments of connection and laughter always stand out to me.



Going into high school, I'm excited to grow both academically and personally. I want to better myself not only in knowledge but also in understanding who I am. Middle school didn't give me the clarity I was hoping for, but in high school, I know I'll be pushing myself to excel in every area and discover more about who I want to become. Go Mavs!!

Our Founding Youth Corps Members Are Off to High School!

Cason

1. What has been the most rewarding part of your Youth Corps experience?

Getting the feeling that you are helping others and making a difference and impact on the community.

2. Are there any favorite moments or memories from Youth Corps that you would like to share?

I remember how when we would finish our work at the main pantry and then make time for bonding and fun by playing games and eating pizza together. I also love how it feels to grow and harvest fresh vegetables from our community garden that we get to send out to people.

Moments when we are able to



show younger kids the ropes who are thinking about joining, and getting to influence the younger members is really special.

3. What are you most looking forward to going into high school?

The opportunity to meet new people and start my forward journey into life.

Go Jags!!

**Winner
Announcement!**

Henrico Community Food Bank



SUMMER CAN JAM



An enourmous thank you to all of our Summer Can Jam participants for another summer of giving back! It was a close race for first place this year, with an impressive totals from all!

Coming in 3rd place this year with a fantastic 376 pounds of deliciousness was American Family Fitness, Short Pump.

In second place with an impressive 509 pounds was Richmond 22A Consistory. And coming in first place to win our 2025 contest was American Family Fitness Glen Allen/ VCC with an impressive 747 pounds of shelf stable food!

Our thanks to Dombowski Motors, Regal Cinemas W. Broad Street, and Raintree Swim & Racquet Club for their participation. Collectively, all six organizations donated over 1,800 pounds of food. Food drives are so important for our ability to serve. Congratulations to all for a another great Summer Can Jam!

Recipe Corner!

Roasted Carrots

Instructions

1. Preheat the oven to 425 degrees
2. In a large bowl, add the carrots, olive oil, honey, salt, and pepper and toss until the carrots are well coated with the other ingredients.
3. Transfer the carrots to a baking tray and spread in a single layer
4. Roast in the oven for 15 to 25 minutes or until lightly browned.
5. Take out of the oven and season to taste. Garnish with a little bit of parsley.
6. Enjoy!



Ingredients

Carrots
Olive Oil
Honey
Salt
Pepper
Parsely

A Humbled Thank You to Our Donors

We are so grateful for your contribution!

Financial Donors

Akeisha Heard
Amy Pridemore
Andrea Woods
Angela Bowman
Anonymous
Aparna Raam
Ashish & Chaitali Roy
Beth Butner - In honor of
Evvy, Sophie, Callum Butner
Bob & Anna Lou Schaberg
Foundation
Brenda Bradley
Cassandra Williams
Chris Dove
Community Foundation of
Richmond
County of Henrico
Eddie Dunlap
Elizabeth Long
Enterprise/Taylor Charitable
Entities
Feed More Inc
Floyd Menezes Photoart
George Maddox
Greater Richmond Bengali
Association
Herndon Foundation
Jacqueline Lee
Jane White
Jennifer Brown
Jeremy Gladstone
Joanna Fowler - In memory
of Mazen Rehman

John Sharp-Stevenson
Katherine Hartzler
Katie Poandl
Kerry Guerrero
Linda Maroney - In memory
of Tillie Oslin
Madeline Kelsey
Mal Park
Michael & Tania Soh
Mike and Kim Shook
Patricia O'Neill
Pauley Family Foundation
Peter Sokol
Rachael Sharp-Stevenson
Ramya Shetty - In memory
of Niranjan Shetty
Rebecca Smith
Renee Rusnak
Robert Bayless
Roger Miller
Ronda Shelton
Ryan & Alexis Shannon
Samuel Moore-Sobel
Sherry Horowitz
Soumita Lahiri
Srabani Banerjee
Suzanne Klaas
Tiara Brunson
Tim Jordan
Tomeka Berry-Mason

Food Donors

Anonymous
Capital One - Customer Services
& Operations Team)
Church of Jesus Christ of the
Latter-Day Saints
Cornerstone Farm
Debbie Gentry and Altria
friends
Ernest Atkins
Greater Richmond Bengali
Association (Sanghamitra Pal)
Henrico County Democrats
Henrico Federal Credit Union
Ian Ciejek
Michael & Tania Soh
Neighbors for Change
Pheasant Run Townhomes
Rachel Lawrence
Raji Rangan
Samuel Moore-Sobel
The Bless Cookies Community
Network
Tuckahoe Presbyterian Church

