

My Veteran's Arm (MVA) Nonprofit Organization Sponsors Groceries for Veterans and a Local Food Bank

Veteran Nonprofit Tackles Food Insecurity Challenges Facing Veterans



[BriefingWire.com](#), 11/24/2025 - Lorton, Virginia, – My Veteran's Arm (MVA), Inc., partners with military commissaries to meet the hunger needs of many veterans.

Food insecurity is real! Veterans are not exempt. The recent government shutdown, which lasted 43 days, brought this harsh reality to the forefront for many. After walking into military commissaries for years, and seeing pre-packaged bags of groceries available for sponsorship, Dr. Gillam knew that this was part of her calling. Whether it was through individual sponsorship or through an established nonprofit, Dr. Gillam wanted to make a difference in this area for veterans and their families.

Although, My Veteran's Arm, Inc., was officially started in 2024, by retired Air Force Colonel, Dr. Mary M. Gillam, its motto of "helping those who served us best," is part of Dr. Gillam's ethos. A servant leader, Dr. Gillam saw a need and chose to act. Prior to starting the nonprofit, Dr. Gillam sponsored many bags for years. She called this her, "Bags of Hope Program."

In addition to sponsoring bags of groceries for the veterans, My Veteran's Arm participated in the Pentagon Federal Credit Union food drive supporting the Lorton Community Center's food bank. By donating food, MVA was helping families who would otherwise go hungry, celebrate Thanksgiving.

With an initial board of four dedicated members, My Veteran's Arm is a 501(c)(3) tax-exempt nonprofit organization providing veterans and their families with resources, information, training, and development services that contribute to improving the lives of those who served. Through various food donation channels, the nonprofit supports veterans facing food insecurities.

When asked why she cares so desperately about veterans in need, Dr. Gillam replied, "Having served in the military for almost 30 years from field operations to the Pentagon, I have witnessed first-hand the struggles that our veterans face especially in the area of food insecurity. I knew that our families required more than a mere 'thank you for your service.' They needed people who cared enough to step forward and sponsor some bags of groceries and show forth the love of Christ. As one author noted, people don't care how much you know, until they see how much you care."

Contact: Dr. Mary Gillam, Col (Ret), USAF

<https://www.myveteransarm.org>