



2025 IMPACT REPORT





Together, We're Improving Food Security for Virginia

All people need nutritious food to thrive. Yet in 2025, hunger in Virginia reached an unprecedented level, with more than one million residents - that's 1 in 9 Virginians - facing food insecurity. Despite working hard to support their families, many of our neighbors face persistently high food costs and household expenses. The Federation of Virginia Food Banks continues to mobilize partners, resources, and advocacy to strengthen food access across Virginia.

Partners of Blue Ridge Area Food Bank (Verona) offer after-school healthy cooking demos

172 million pounds
of food distributed to neighbors

734,000
neighbors served

63 million pounds
of fruits & vegetables distributed to neighbors

\$5 million
in grants enabled for food banks

60+ local farmers & growers
providing healthy food

1,800+ food pantries
and distribution sites like schools and clinics

Promoting Healthy Choices with Dignity

Through support from the Healthy Pantry Initiative, partner pantries are expanding access to nutritious foods while empowering neighbors to make informed choices. This year, micro-grant funds not only added healthy foods to pantries' inventories but also provided evidenced-backed nutrition education strategies, including thoughtful signage, pantry layout improvements, and staff and volunteer training. This judgment-free approach encourages healthy habits while preserving choice and dignity. In 2025, pantries that received a micro-grant increased their fresh fruit and vegetable distribution by 30% on average, demonstrating how small investments can lead to meaningful gains in community health.

(right) Partners of Capital Area Food Bank (Lorton) help neighbors choose healthy options while they shop



Building Partnerships to Improve Health Equity



Feeding Southwest Virginia (Salem) partners with clinics to hold “Food Smarts” nutrition education classes with fresh foods for patients to take home

Food Pharmacy

Food Pharmacies provide healthy groceries to food-insecure patients in a clinical setting. In 2025:

- 98 food pharmacies served about **4,600 patients monthly**, a 32% annual increase
- 79% of patients reported **improved health outcomes**
- 86% of patients would **highly recommend** Food Pharmacy to a friend or family member
- 95% of clinicians would **highly recommend** a Food Pharmacy program to another clinic, hospital, or healthcare provider

*“The Food Pharmacy allows us to utilize a holistic approach, treating our patients as a **whole [person]** and not a single disease or symptom.”*

-Manager, Healthy Chesapeake HUB

55,200 Patients
served annually

Our Approach: “Food is Medicine”

Food insecurity is linked to diet-sensitive diseases like high blood pressure and diabetes. Yet healthy food can help prevent and manage poor health, often more affordably than formal healthcare. As a result, both clinics and food pantries play a key role in breaking a cycle of hunger and poor health. We prioritize interventions that are evidence-based and can meet neighbors where they are: from home delivery to culturally-preferred foods to direct connection with other service providers.

Healthy Pantry Initiative (HPI)

HPI supports expansion of 20 best practices through assessment, training, and grants. In 2025, HPI:

- Doubled the training tools in the Virginia Learning Center from 14 to **28 free courses**
- Granted **\$210,000** in micro-grants to **45 pantries** that:
 - Increased **fresh produce, dairy, and protein** by an average of 30% each
 - Increased **culturally preferred foods** (like ingredients for Halal, Vietnamese, South & Central American cooking) by 20%

*“We sought these funds to **finally** open our ‘client choice’ option. Rolling shelves and a glass front cooler were needed. As a result, we have been able to organize our offerings to meet neighbors’ specific **health, dietary, and cultural needs.**”*

-FACES Food Pantry (Farmville, VA)

805 Pantries
or 70% statewide
have opted in

Food that Heals

Feed More (Richmond)

Melissa was diagnosed with breast cancer in 2023 and received care at VCU Massey Comprehensive Cancer Center in Richmond. When difficult treatments resulted in lost income, the Food Pharmacy program came through to help. Through nutrient-dense food boxes, produce vouchers, and nutrition education, Melissa found more than groceries – she found the support she needed to focus on healing, not hunger.

*“My body doesn’t crave the chemo... my body doesn’t crave any of the pills I take. But my body craves food. It’s a much more **vital medicine** than anything else because none of the other stuff would matter if I didn’t have something to eat.”*

- Melissa



Melissa shops for healthy food with assistance from Feed More and partners of the VCU Massey Comprehensive Cancer Center Food is Medicine initiative

Food for Today. Advocacy for a Better Tomorrow.

When need increased this fall, Virginia's food banks took action. During the longest government shutdown in U.S. history, our network mobilized to expand food distributions and support local pantries as families missed paychecks and faced uncertainty.

In partnership with Governor Youngkin's office, the Federation administered \$1 million in emergency funds to backfill food bank inventory and support affected families. Within 60 days, food banks and volunteers distributed over 830,000 meals to more than 63,000 children and their families in 60 localities across the Commonwealth.

In 2026, the Federation will continue to work with policymakers and partners to turn short-term relief into long-term progress for Virginia families.



Federation Executive Director, Eddie Oliver, and Feeding Southwest Virginia CEO, Pamela Irvine, serve on the Virginia Commission to End Hunger, which brings together legislators and citizen members to discuss policy solutions to food insecurity in the Commonwealth



Dear Friends and Supporters,

The Federation stands shoulder to shoulder with Virginia's food banks and community partners to meet urgent needs and advance lasting solutions. We are focused not only on responding to hunger today, but on strengthening the nutrition safety net for tomorrow. In the year ahead, we will continue working to protect federal nutrition programs, connect families with Virginia-grown foods, and expand Food is Medicine partnerships to improve health outcomes.

In 2025, families across the Commonwealth faced high household costs and economic uncertainty. In the face of the longest government shutdown in history and the most severe cuts to federal nutrition programs on record, we remained clear in our commitment: access to food is fundamental to thriving communities. The value of our strategic partnerships has never been greater.

In 2026, we will focus on mitigating federal cuts while advancing practical, bipartisan solutions. We look forward to working with Governor Spanberger's administration and leaders in the General Assembly to strengthen SNAP and expand healthy food access statewide.

Thank you for standing with Virginia's food banks. Your partnership makes it possible not only to respond in moments of crisis, but to build a future where everyone has the nutrition they need to thrive.

With gratitude,

Eddie Oliver
Executive Director

We are grateful to our many partners for their support this year!



Join the movement with Virginia's food banks at vafoodbanks.org.

