

Loaves & Fishes



YOUR HEALTHY FOOD PANTRY
2024 IMPACT REPORT

Dear Loaves & Fishes Donors and Volunteers,



On behalf of the pantry's Board of Directors and staff, thank you so much for your contributions of time and money in 2024. Your support enabled us to provide almost three million pounds of nourishing food to our food-insecure neighbors.

The need for food in our area continues to grow, especially with the high cost of groceries. Because of you, we served 22% more households and 28% more individuals in 2024 than in 2023. Your generous support has enabled us to respond to the significant growth in need in each of the last five years.

Without our dedicated volunteers contributing 13,000+ hours in 2024, the pantry would need to hire 6.5 more full-time staff to sort and distribute food each week. These cost savings allow us to buy healthy food that is unavailable to the pantry from the Blue Ridge Area Food Bank or our valued local grocery partners. About two-thirds of the food Loaves and Fishes gives out is perishable, not canned or shelf-stable. Families that come to us genuinely appreciate the fresh food we can provide to them.

Staff and volunteers work hard to tailor the food each household receives to their dietary needs, household size, and cultural preferences. Our staff dietitian, Monica Davis, provides samples, recipes, a regular nutrition newsletter, and cooking demonstrations with food offered at the pantry.

Although some nonprofits have experienced a decline in monetary gifts in recent years, the years-long commitments of our 800+ active donors have sustained Loaves and Fishes through our continued growth. We deeply appreciate your commitment to our mission to ensure all neighbors have access to nourishing food.

With sincere gratitude,

A handwritten signature in black ink that reads "Amy A. O'Leary".

Amy A. O'Leary, Board Chair, 2022-2024

A handwritten signature in black ink that reads "Jane Colony Mills".

Jane Colony Mills, Executive Director



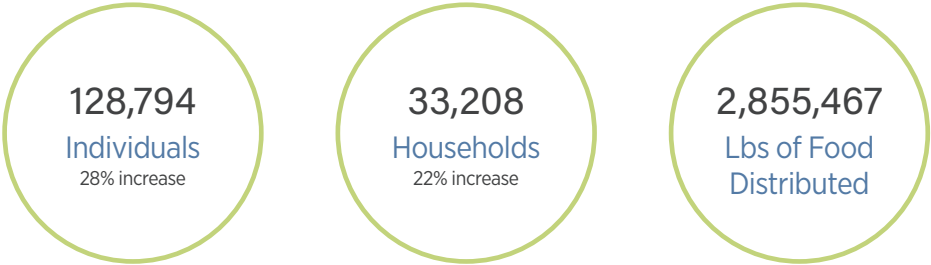
Loaves & Fishes provides nourishing food with respect and dignity to all who seek assistance, while offering robust opportunities for community engagement through volunteerism, partnerships, and nutrition education.

Loaves & Fishes provides a week's worth of free, healthy groceries, customized for dietary restrictions and cultural preferences, for everyone in a household up to two times a month; offers nutrition education services, including samples, recipes, and cooking classes and videos to help pantry visitors prepare and enjoy the food they receive; and offers 55 volunteer shifts each week to engage 140 community members in the processes of rescuing, inspecting, sorting, packing, and distributing food.

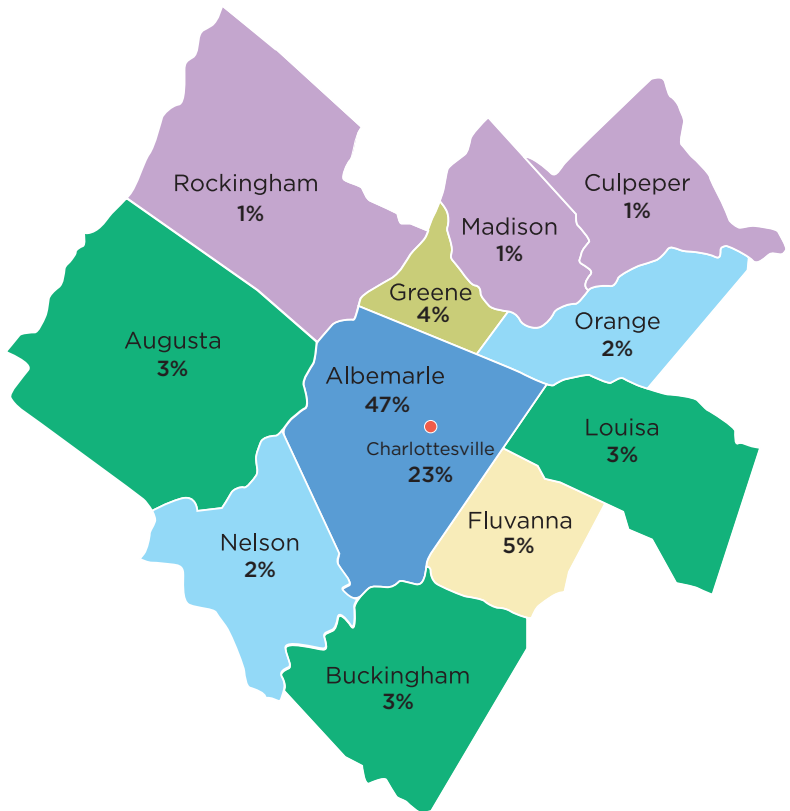
Food Distribution: 128,794 individuals in 33,208 households received groceries in 2024. That's **22% more households** and **28% more individuals** than we served in 2023.

Served an average of **163 households/day, 651 households/week** versus 533 households/week, in 2023.

35% of households were visiting Loaves for the first time.



Distribution by Region



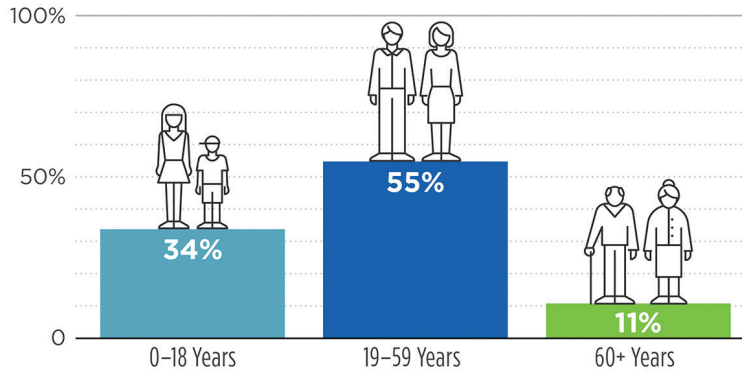
Dietary Restrictions

Cardiac-Friendly	7%
Diabetic-Friendly	19%
Halal	19%
No Pork	20%
Shellfish or Milk Allergy	4%
Low Sodium	3%
Vegetarian	3%
Gluten Free	3%
Vegan	1%

Language of Visitors

English	54%
Spanish	19%
Dari, Farsi, or Pashto	3%
Arabic	1%

Recipients by Age



“First time visit for me. Everyone was very friendly. So kind. They even had a huge assortment of cookbooks to choose from. Lots of products. They ask what you can have and if you have allergies. Fresh produce, eggs, and milk—a real lifesaver if you live on social security.”

Number of Visits during 2024

Households receive a full cart of food up to two times each month.

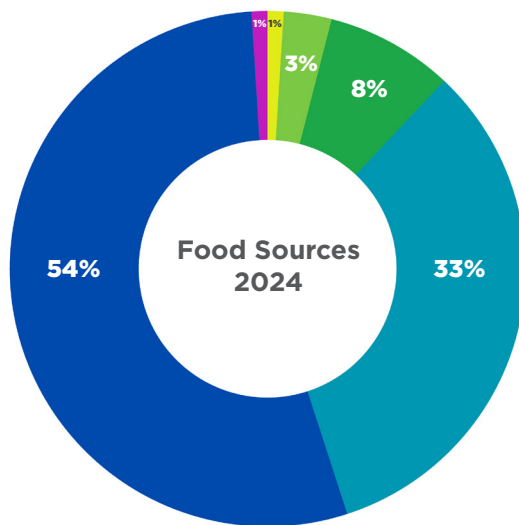




"What can I say about this place except that it's a blessing? My family goes once or twice a month. They are kind, considerate, compassionate people. ... Thank you. God bless you for helping."

Sources of Food

2,855,469 lbs. of food received through donations (90%) and purchases (10%)



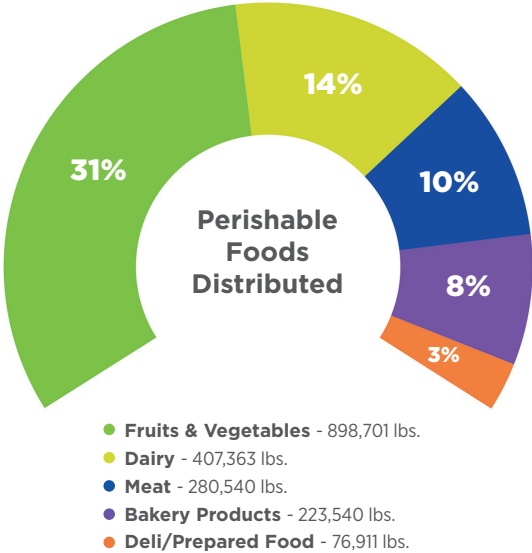
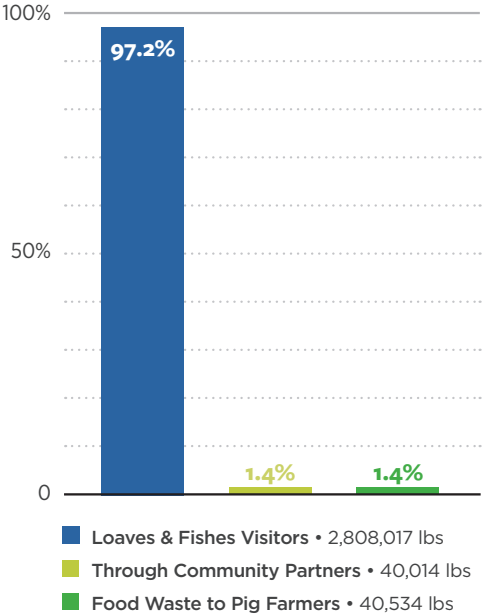
- BRAFB (Blue Ridge Area Food Bank)
- Grocery Store Donations
- Purchased*
- Food Transporter/Distribution/Processors
- Gleaners (unsellable food collected from orchards and farms)
- Food & Supply Drives (Individuals, Organizations, Churches, etc.)
- >1% Farms & Gardens, and Food Service

Food Source	lbs. of food
BRAFB	1,551,152
Church	1,985
Distributor	36,493
Farm	8,405
Food Drive	2,656
Food Service	6,326
Garden	211
Gleaned	31,672
Individuals	10,485
Organization	2,424
Partner	1,732
Processor	4,138
Purchase	221,680
Retail	933,371
Supply drive	375
Transportation	42,364
TOTAL	2,855,469

* Your monetary support allows us to purchase essential proteins like milk and eggs for all households, since these items are not available through donations.

Food Distributed

Loaves & Fishes distributed 2,855,469 lbs. of food



2,808,017 lbs. of food distributed to people visiting the pantry or their proxies—approximately 7.25 days of food per person per visit.



40,014 lbs of food was distributed through partnerships with Salvation Army, The Haven, PVCC Panther Pantry, Piedmont Housing Alliance, Peace Lutheran Church pantry, Mid-Atlantic Food Resilience and Access Coalition (MAFRAC), Emergency Food Network, and other food pantries and soup kitchens.



40,534 lbs food waste to farmers to feed their livestock.

THE EVOLUTION OF LOAVES & FISHES' NUTRITION EDUCATION PROGRAM



Monica Davis

When Monica Davis began volunteering at Loaves & Fishes as a Client Guide in 2014, she noticed that pantry visitors often wouldn't take certain types of produce. Seeing an opportunity to educate visitors about how to prepare new-to-them foods and possibly eat a healthier diet, she approached then-Executive Director Margaret Burruss. She asked if she could offer food samples and recipes during distributions to help visitors try unusual foods such as avocado, mango, and cauliflower.

Monica's food demonstrations in the pantry waiting room got visitors to try some of the foods being distributed that day. They set the stage for Loaves & Fishes' nutrition education program today. While we still offer food samples and recipes during distributions, they

are often combined with a "farmer's market" where pantry visitors try samples and pick out additional food only available in small quantities, slightly damaged, or preferred by specific cultures. Instead of giving everyone avocados, mangos, or cauliflower, we let visitors who know how to prepare and eat specific foods pick those out at the market.

Our nutrition education program includes a regular Nutrition-to-Go newsletter, in English and Spanish, that highlights some of the food we are giving out and ways to prepare and store it; cooking classes in an on-site kitchen for individuals wanting to learn how to prepare simple, nutritious meals; and online videos they can watch at home.

A Registered Dietitian Nutritionist, Monica has cooked since she was a

small child and wants to “take the fear out of cooking! It’s quite easy to make healthy and delicious food. People see all the beautiful food on TV or online and get scared and think they can’t do it—but we can give them the tools and knowledge so they can!” Monica is also a big fan of cooking as a family so everyone feels pride when they sit down together to enjoy a meal.

Since joining Loaves & Fishes’ staff during the COVID pandemic, when Loaves & Fishes needed to reduce the number of volunteers and the possibility of spreading the virus, Monica raised the bar on the quantity and quality of food the pantry gives each household. Loaves & Fishes focuses on sourcing nutritionally dense food, including milk, eggs, meat, fish, and other alternate proteins, and lots of fresh produce so we can provide a week’s worth of

food for everyone who visits. She’s developed partnerships with other local organizations that donate and/or receive food or other services from the pantry, including the Virginia Cooperative Extension (VCE), Piedmont Housing Alliance, the Emergency Food Network, local Eagle Scouts, who’ve built raised beds to grow and offer fresh herbs for visitors, and UVa Dining. Our collaboration with VCE has led to grants to purchase plants, seeds, and pots so pantry visitors can learn to grow their own food, and we encourage local farmers and backyard gardeners to donate excess produce so those unable to buy it at the store have access to fresh, healthy food.

Monica believes that “Many clouds have silver linings—that’s true at Loaves & Fishes. Our visitors are getting—and trying—more varied types of produce



now.” With her nutrition education program, they are more likely to try and enjoy new foods, which we hope will help maintain or improve their health. Some pantry visitors have told us they no longer require surgery, have lost weight, and are able to save their money for other living expenses because they can get healthy food for free at Loaves & Fishes.

Volunteers are the backbone of our success.

140 weekly volunteers help us inspect, sort, pack, and distribute fresh produce, meat, bread, dairy, and shelf-stable foods. Shifts are offered six days a week and range in length from 1 to 4 hours. Volunteers work alongside staff members; training is provided at the start of each shift, so no prior experience is needed. Some volunteers like to do only one job, while others will work in various positions to fully understand the variety of work in food charity.



We love our volunteers.

- **211 new volunteers** in 2024
- **500 volunteers contributed 13,913 hours**, saving L&F the cost of 6.5 additional full-time staff
- **295 repeat volunteers**
 - 5+ years: 111
 - 4 years: 27
 - 3 years: 38
 - 2 years: 119
- **146 volunteers donated** to L&F, an 83% increase from 2023

Hours Volunteered	# of Volunteers
200+	6
100–199	38
50–99	41
25–49	42
3–24	231
less than 3	116



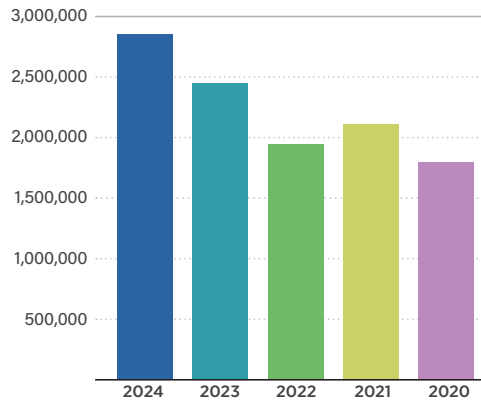
Nicholas's Volunteer Story

Nicholas started volunteering at Loaves & Fishes in January 2023 to build his resumé before he applied to medical School. In 2024 alone, Nicholas gave 893 hours of his time to a wide variety of volunteer jobs, including produce and bread sorting and stocking, USDA packing, and distribution. He also stepped forward to check in Tuesday appointment-holders in the parking lot and translate for Spanish-speaking visitors.

Impact Year Over Year

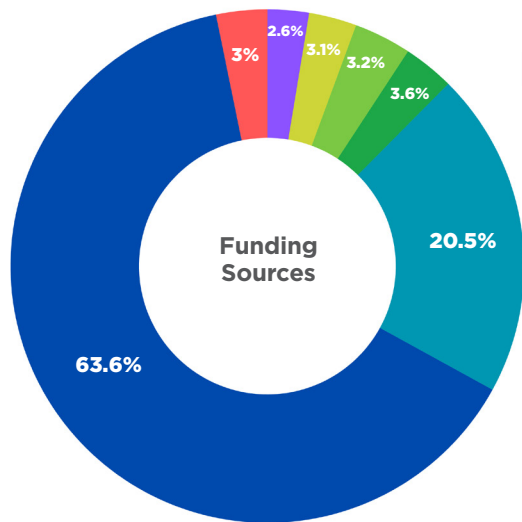
Year	Weight Distributed	% Perishable	# of People Fed	Lbs/Person	Meals/Person
2024	2,855,467	66%	128,794	22.17	18.5
2023	2,453,030	64%	100,235	24.47	20.4
2022	1,946,580	69%	67,134	29.00	24.2
2021	2,110,901	68%	52,548	40.17	33.5
2020	1,991,768	69%	53,616	37.14	31.0

Food Weight Distribution by Year



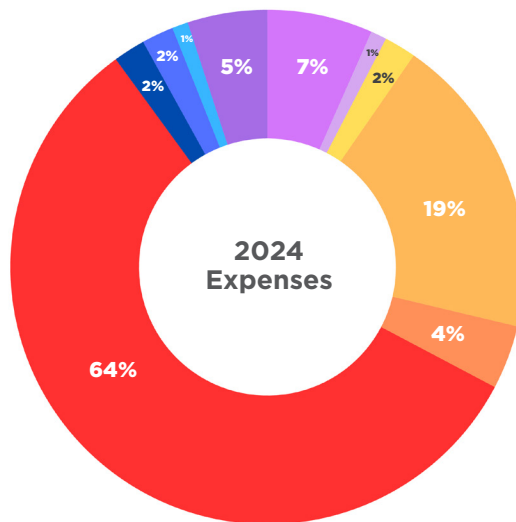
Past 3 Years

- Average net pounds distributed: 2,419,968
- Average of operating expenses: \$775,919
- 3.12 Pounds distributed per dollar spent
- 2.60 Meals per dollar spent



Funding Sources

- **Individuals & Families** - \$865,229
(including 31% from Builders Circle)
- **Foundations** - \$279,142
- **Businesses** - \$48,931
(does not include in-kind donation of food from groceries)
- **Investment Income** - \$43,378
- **Local Government** - \$42,500
- **Non-profit Organizations** - \$41,229
- **Faith Communities** - \$35,590



2024 Expenses

- **Payroll** - \$501,078
- **Employee Benefits** - \$35,721
- **Food Purchases** - \$166,500
- **Fees for Services** - \$20,610
- **Contract Services** - \$13,954
- **Occupancy** - \$58,954
- **Other Operating Expenses** - \$43,798
- **Strategic Planning** - \$9,784
- **Fundraising Expenses** - \$15,681
- **Insurance** - \$20,688

Fundraising in 2024

Total cash raised: \$1,312,621

(Total raised in 2023: \$1,191,817)

Number of Donors by Amount Donated

Donation Amount	2024	2023	2022
\$150,000	1	1	0
\$25,000 – \$99,999	8	3	6
\$15,000 – \$24,999	13	7	6
\$10,000 – \$14,999	13	12	10
\$5,000 – \$9,999	22	23	24
\$2,500 – \$4,999	33	30	34
\$1,000 – \$2,499	135	125	129
\$500 – \$999	136	99	120
\$100 – \$499	308	251	295
\$1 – \$99	121	204	215

68 Builders Circle Donors

Donors who have committed to giving at least
\$1,000/year for three or more years.

**881
active
donors**

**199
new
donors**

**22 new
donors gave
\$1,000
or more**

**14 In-Kind
donors gave
10K+ lbs
of food**

**455
donors
retained**

**155
donors
recaptured**
(did not give in 2023)

2024 Board of Directors

Formed in 2011, Loaves & Fishes is a 501 (c)(3) non-profit organization led by a Board of Directors.

Board Officers

Amy A. O'Leary, Ph.D., Chair
Jennifer Sulzberger, Vice Chair
J. Kermit Anderson, Treasurer
Lorna Gerome, Secretary

Board of Directors

Esmeralda Amos
Jim Berlin
Tasha Durrett
John Griffin
Nate Hixson
Stephanie Lyman
William J. Schoelwer
Susan Thomas
Jane Colony Mills, *ex-officio*

Learn more at:

cvillefoodpantry.org

Donor List



Partnerships



Donate Today!

Loaves & Fishes



YOUR HEALTHY FOOD PANTRY

2050 Lambs Road | Charlottesville, VA 22901

