



**“If you give a man a fish, you feed him for a day.
If you teach a man to fish, you feed him for a lifetime.”**

We at **FEAST Virginia** couldn't have said it better than the ancient Chinese philosopher Lao Tzu. Ancient wisdom informs us still.

We are deeply grateful to see all the grants, funding, supplies, and awareness flooding our state and region to address immediate hunger and food shortages. The pandemic has caused and still causes all kinds of horrific stress, especially in economically challenged neighborhoods. So feeding the hungry now is of critical importance.

But what happens when the pandemic abates, the funding stops, grants end? The hunger and the food insecurity are still there.

That's where **FEAST Virginia** comes in.

You see, we think **sustainability** is the key to breaking the ongoing cycle of food insecurity.

FEAST Virginia provides food education that lasts a lifetime. We offer six- and twelve-week programs that teach neighborhood participants why eating healthy food is essential. We discuss the nutritional benefits that counter illness, where and how to access healthy food, and prepare and cook that healthy food. Our programs are plant-based with curricula that teach shopping on a budget, how to read package labels, food access options, cooking demonstrations with easy hacks and tasting samples, and most importantly, create a network or “community” of like-minded neighbors.

We honor and celebrate the incredible job that our food banks and church food pantries are doing in our challenged neighborhoods. We are grateful to them and all of their volunteers.

There are neighborhoods with no grocery stores, but fast-food franchises and liquor stores are only food sources. There are neighborhoods where at least two generations don't know how to cook the most important meal, and 50% are single mothers with no reliable transportation to grocery stores. That's where **FEAST Virginia** offers the hope of something better, something **sustainable**.

Please help us break the cycle of food insecurity and hunger in our neighborhoods by teaching sustainable approaches and providing resources that will last a lifetime. Please support **FEAST Virginia** with a tax-deductible donation of any amount.

Here are some examples of what your donation can do:

\$60 provides a family of 4 with one meal for 6 weeks

\$120 provides a family of 4 with one meal for 12 weeks

\$120 provides Cooking demonstration for 6 weeks

\$240 provides Cooking demonstration for 12 weeks

\$275 provides Recipe Cards for 3,000 students through our cooperation with Norfolk Public Schools meal program

\$2,000 provides a 12-week program for 12 participants

Whatever amount you choose to send to help our teaching programs, please know that our participants and we are truly grateful **FEAST Virginia** is a 501c.3 charitable organization, so your contributions are tax-deductible. Please make checks out to FEAST Virginia and mail to: 3610 Henrico Street Norfolk, Va 23513, or pay online at: feastva.org/donate.

If you would like to know more about FEAST Virginia, please visit our website feastva.org or call me, Bev Sell -757-650-1428. We would love to hear from you.

With gratitude and kind regards,
Bev

Bev Sell, Chief Food Advocate

FEAST Virginia

Feastva.org

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