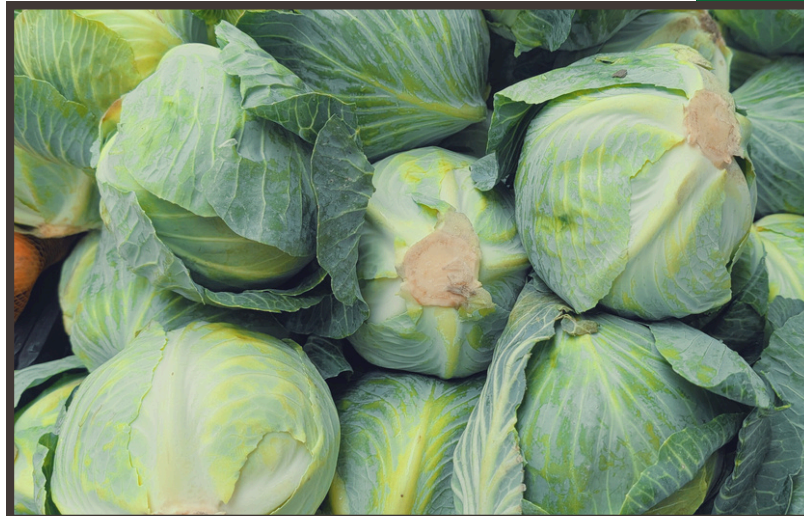


March 2025



A Monthly Newsletter by Feeding Greene



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Feeding Greene Inc-
The Food Pantry of
Greene County VA



@feedinggreene.inc

March News

Feeding Greene continues to see many new families each month who are finding themselves having to make that tough choice of paying for food or paying bills. The economy continues to make food insecurity a reality for many households. We try to fill that gap by providing groceries through our 3 main food programs: Full Client Choice where we serve families 4/days a week through a grocery store model, our Home Delivery Program where we make deliveries throughout the month to the elderly, disabled, and those without transportation, and our Backpack Program where we deliver food to children every Friday to provide for the weekends. We know we could not accomplish all of this without our generous donors and our committed volunteers.

Below you will find some ways you can support Feeding Greene and grow the impact in our community. Together we can make a difference and build a stronger tomorrow.

QR Code Stands Introduced!

We've begun delivering QR code stands to local businesses and appreciate them allowing us to take up a little of their counter space to benefit Feeding Greene! These local businesses are helping generate much needed donations for our community!

United Bank, Greene Pharmacy, Miranda's, Jack's Shop, Murphy's Bagel, Bittersweet Java, Fabio's, Batten Funeral Home and PJ Networks, Pioneer Bank, Rudy's Cleaners, Two Brothers, Dutch Pantry, UVA Credit Union

Upcoming Events

Blue Ridge Cafe and Silver Creek Band

March 23rd - 29th, Blue Ridge Cafe will be donating 10% of all food sales to Feeding Greene. Come out and enjoy some good food and support a good cause!

On Saturday, March 29th, from 7-10 pm, The Silver Creek Band will be performing at Blue Ridge Cafe. Join us for a 50/50 raffle, a silent auction, good food, and good entertainment!

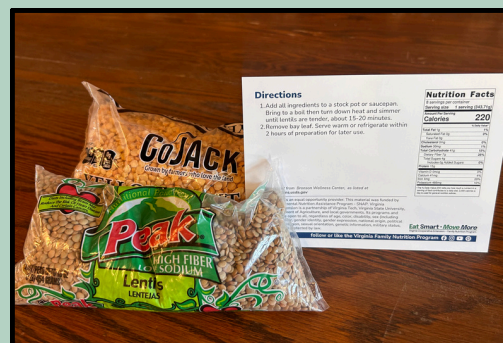


Recipe of the Month

Lentil Soup

This recipe is a great healthy option for a meal. It is wonderful for the cold this winter season and will warm you right up! A typical serving of 1 ½ cup of this soup will offer 18 grams of protein and 10 grams of fiber!! As you browse through the newsletter and locate the “Nourish” link, you’ll be able to access this recipe through the “Nourish” link, along with many other recipes.

<https://eatsmartmovemoreva.org/recipes/lentil-soup/>



Recipe of the Month (continued)

Eggs are incredibly healthy and versatile, making them a popular food for many. They're especially common in baking, where nearly every recipe calls for them. At Feeding Greene we've always been fortunate to be able to provide eggs as a protein source for our clients. But with sky-high prices and limited availability these days, we are rarely able to provide eggs. Check out this link to view a great list of egg substitutes!

<https://cdn.jwplayer.com/previews/RspYPyAW>



Nourish



Nourish is the Family Nutrition Program's digital education page that was launched late last year. It is updated monthly. While it is geared toward folks who visit the food pantry, most topics covered (other than accessing benefits) can be useful for most folks regardless of income status. The link for the page is below.

<https://eatSMARTmoveMoreVA.org/nourish/>

Featured Recipe: This month is a homemade Apple Cinnamon Oatmeal!

Featured Physical Activity: This month's physical activity is a 10-minute resistance band workout. For anyone who doesn't have a stretch band, it can be replaced with a towel, water bottles, or even just your own body weight.

Nutrition Education/Physical Activity: How to read and interpret a nutrition label.

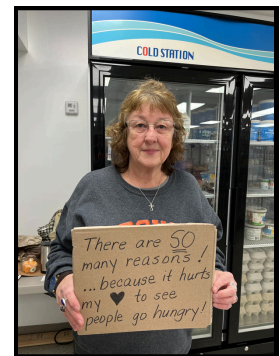
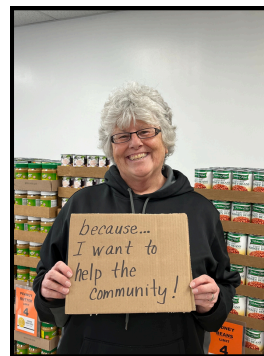
Additional Resources: The Virginia CommonHealth page helps connect people to assistance and benefit programs (e.g. SNAP, Medicaid).

Volunteer Info

We'd like to give a huge shout-out to our incredible volunteers!

During the month of January **159** volunteers provided **2,145** hours of service, stocking, delivering, picking up food donations, greeting, providing tech support, office management skills and every possible job you can perform in an organization! Each volunteer has a valuable part to play in our efforts to serve our community AND each volunteer has a special reason "WHY" he/she volunteers. Together, their passion and hard work have made a real difference in our community. Thank you for being an inspiration to us all!!

Reasons We Volunteer



DONATE