



nrvthrive

Thrive is a coalition of the willing, based in the New River Valley of Virginia, working to collectively increase access to affordable nutritious food through shared learning, informed advocacy, and responsive strategic action.

The NRV Food Assistance Directory

2021-2022

HOW TO USE THIS GUIDE

Choice Pantry: Allows a recipient to choose from an assortment of shelf-stable items and may also include fresh produce, frozen meat, eggs, milk and bread.

Pre-Packed Box Pantry: A pre-packed box (or bag) of an assortment of canned and/or fresh items will be given.

Mobile Market/Pantry: Often a combination of free fresh produce and nonperishable items brought to central locations.

Food Recovery/Cleaning: Excess crops donated by and collected from farmers' fields or excess food donated from commercial outlets (groceries, etc.)

Community Garden: Place for individuals to grow their own fruits and vegetables

Prepared Meal On-site: A hot or cold meal depending on the site.

SNAP: Farmers Markets where SNAP benefits are accepted and that often double the value of SNAP when spent on fruits and vegetables.

Other Support Services: can include referral to additional support services, thrift store, housing, transportation, utilities, case management, social services, workforce development and nutrition counseling. Please contact providers directly for specific information.



Food Type Key: FRESH includes whole fruits, vegetables, and bread REFRIGERATED includes perishable items including dairy and meat. PERSONAL CARE products include items such as toothbrushes and toilet paper.

AVAILABLE FOOD ASSISTANCE PROGRAMS AND SERVICES IN THE NRV

BENEFIT PROGRAMS

The Supplemental Nutrition Assistance Program (SNAP) provides federal assistance to supplement low income families' ability to buy food. To Apply: Online via Common Help <https://www.dss.virginia.gov/benefit/snap.cgi> or an application may be filed in person at the closest Department of Social Service office.

Women, Infants and Children Program (WIC) provides assistance for supplemental foods and other related health services to women who are pregnant or have recently given birth, and infants and children under the age of 5 years old. To Apply or determine eligibility: <http://www.vdh.virginia.gov/wic/> or call your local health department.

RESOURCE REFERRAL

2-1-1 Virginia

211 Virginia is a state-wide resource providing information and referral for health and human services. To get your agency listed, or to get help with an existing listing, contact: carissas@councilofcommunityservices.org 540-339-9146.

Feeding Southwest Virginia

Feeding Southwest Virginia is our regional food bank providing free and discounted food in bulk to its partner hunger relief agencies. For more information visit <https://www.feedingswva.org/>

SUPPORT SERVICES

Campus Kitchen at Virginia Tech

Recovers unserved/unsold food from VT Dining Services to distribute to NRV food access organizations. Contact: engage@vt.edu, 540-231-6964

NRV Glean Team

Gleans produce and fruit from nearby farms and delivers that food to local food providers. Contact: john.galbraith@vt.edu, 540-392-1184

Healthy Floyd

Delivers fresh produce to Floyd County Public preschool and head start families and provides nutrition education. Contact: HealthyFloyd@swva.net

Giles FOCUS

Helps facilitate coordination of local food access providers. Contact: cmcklarney@gilescounty.org

Carilion New River Valley Medical Center

Offers free or low-cost community programs including health education programming and health screenings. Interested in partnering, contact: amhash@carilionclinic.org, 540-731-2027

Hunters for the Hungry

Provides venison to area food pantries. Contact hunt4hungry@cs.com or call 1-800-352-4868.

Organization	Physical Address	Email Address/ Phone/ Website	Program Type/s											Population/s Served					Food Type				Other Program Information								
			Backpack Program	Choice Pantry	Pre-Packed Box Pantry	Food Recovery, Gleaning	After School Program	Community Garden	Prepared Meals On-site	Home Delivered Food	Mobile Market/Pantry	SNAP	Other Support Services	Children	Families	Seniors	Homeless	College Student	Onsite Residents	Any in Need	Fresh	Refrigerated	Frozen	Shelf Stable	Personal Care Products	Pet Food	Infant Care	Frequency	Hours	Documents Required	ADA
FLOYD																															
Cavalry Baptist Church	1400 Floyd Hwy. N., Floyd, VA 24091	Pam Rumburg (540) 745-3744 cbcfloyd.org			√														√									Monthly	3rd Thursday, 6pm	Proof of Residency and Income	
Copper Hill Church of the Brethren	8838 Floyd Hwy N., Copper Hill, VA 24079	Don & Opal Gearhart donopal@swva.net		√	√							√	√	√	√	√		√	√	√	√	√	√	√	√	√	Weekly by appointment only. Will purchase needed items, especially eggs, bread, milk and cheese on Wed. for a Thurs. pick up	Thursdays 4pm-6pm			
Eagles Nest Regeneration Ministries	148 Rehoboth Ln. NE, Floyd, VA 24091	Tracy Doss or Skinner White rtdoss192@gmail.com/ eaglesnest@enrm.org 540-838-5765/ 540-745-4001 Enrm.org			√						√	√	√	√	√		√	√	√	√	√	√	√	√	√	By appointment only. Call by Wed. each week to set Thurs. appointment	Thurs. 4-6pm				
Harris Chapel United Methodist Church	3711 Connor Grove, Willis, VA 24380	276-952-1809 umc.org/find-a-church/church/45112			√												√					√			Monthly	1st Saturday, 10:00-12pm					
Havens Chapel Food Bank	3375 Daniels Run Road, Check, VA 24072	Diann Conner dconner@swva.net 540-651-8215		√													√		√	√	√	√	√		Monthly	3rd Saturday, 10am-12pm					
New Harvest Ministries	6236 Floyd Highway S., Floyd, VA 24091	Nora Bentley harvest@swva.net 540-397-1588			√			√									√	√	√	√	√				Monthly	3rd Saturday, 11am-1pm					
NRCA, Floyd County Emergency Assistance Program	120 Epperly Mill Rd, SW, Floyd, VA 24091	Teresa Moses tmoses@nrca.org 540-745-2102 newrivercommunityaction.org	√	√			√			√							√		√	√					Monthly	Pantry: Mon-Fri 9am-3pm, Backpacks delivered during school hours each week.	Proof of Residency, Income, and Citizenship	√			
Plenty!	192 Elephant Curve Road, Floyd, VA 24091	Kerry Ackerson plenty@swva.net 540-745-3898 plentylocal.org		√	√	√		√	√	√	√						√	√	√	√	√		√		Weekly	Pantry: Mon 1-4pm, Tues 10-1pm, Thurs 4-6:30pm, Portable Produce: Scheduled deliveries June-November.		√			
GILES																															
Giles Community Garden	529 Wenonah Ave., Pearisburg, VA 24134	Charlie Herbert cnherbertjr@hotmail.com 540-505-7444 facebook.com/GilesCommunityGarden/								√							√	√							As available	By appointment		√			

Organization	Physical Address	Email Address/ Phone/ Website	Backpack Program	Choice Pantry	Pre-Packed Box Pantry	Food Recovery, Gleaning	After School Program	Community Garden	Prepared Meals On-site	Home Delivered Food	Mobile Market/Pantry	SNAP	Other Support Services	Children	Families	Seniors	Homeless	College Student	Onsite Residents	Any in Need	Fresh	Refrigerated	Frozen	Shelf Stable	Personal Care Products	Pet Food	Infant Care	Frequency	Hours	Documents Required	ADA
Giles County Christian Service Mission	516 Wenonah Ave., Pearisburg, VA 24134	Leisa Palmer gccsmissiondirector@gmail.com 540-921-3006 facebook.com/gilesmission/		✓									✓	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	Monthly	Mon-Weds, Fri 9:30am-2:30pm, Thurs 9:30-7pm, Sat. 10am-2pm	Proof of Residency, Income, Family Size	✓	
Giles County Public Schools	151 School Road, Pearisburg, VA 24134	Christy Lawson clawson@gilesk12.net 540-921-1421				✓		✓												✓		✓	✓	✓			As available	Prepared Meals: June 10 - August 15, 2019 11:30am - 1:00 pm		✓	
Giles Health and Family Center	701 Wenonah Ave., Pearisburg, VA 24134	Helen Wallace 540-921-3024 gileshealthandfamily.org					✓						✓						✓									Provided directly to those receiving child or adult day care.			
Helping Hands Narrows Elementary/ Middle Backpack Program	110 Mary St. Narrows, 24124	Terri Dunford tldunford@verizon.net 540-921-1070	✓											✓										✓	✓		Weekly	Backpacks delivered during school hours each Friday during the school year	Request from teacher or parent		
Macy Backpack Ministries	401 Hale Street, Pearisburg, VA 24134	Teresa Fields formacykids@gmail.com 540-922-7220	✓											✓										✓	✓		Weekly	Friday 8am-3pm, School year	Approval by School Counselor		
Newport Community Center	434 Blue Grass Trail, Newport, VA 24128	Larry Greene lgreene@pemt.net 540-544-6822/ 599-7248		✓				✓	✓											✓	✓		✓	✓			Free Lunch On-site and Home Delivery: Weekly, Senior Food Boxes: Monthly	On-site Lunches: 11:00-1pm on Fridays, Deliveries: Scheduled	Home Delivered Meals: for Homebound Individuals, Senior Food Boxes: Proof of Income		
Newport-Mt. Olivet United Methodist Church	311 Blue Grass Trail, Newport, VA 24128	Morris Fleischer morrisfleischer@gmail.com 540-544-7183 nmoumc.org Carol Grippo mmgrippo@hotmail.com	✓											✓						✓				✓	✓		Weekly	Backpacks are delivered to school each Friday, Summer boxes are also provided	Backpacks: Approval by Guidance Counselor	✓	
NRCA, Giles Emergency Assistance Program	516 Wenonah Ave., Pearisburg, VA 24134	Donna Thompson dthompson@nrca.org 540-921-2146 newrivercommunityaction.org	✓	✓		✓		✓				✓								✓		✓	✓	✓	✓	✓	Monthly	Mon-Fri 9am-3pm	Proof of Residency, Age and Income	✓	
MONTGOMERY																															
209 Manna Ministries	209 W. Roanoke St.t, Blacksburg, VA 24060	Bret Gresham wesfound@vt.edu 540-552-2827 209mannaministries.org		✓																								Weekly	Mon, Wed, Thurs 4-6:30pm	Virginia Tech Student ID	
Blacksburg Community Gardens (Hale Community Garden & Wong Park Community Garden)	215 Maywood Street, Blacksburg, VA 24060	Jenny Schwanke blacksburgcommunitygardens@gmail.com 540-315-4820 blacksburgcommunitygardens.com/						✓												✓	✓							Seasonally	Outdoor growing season		

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Blacksburg Interfaith Food Pantry	706 Harding Ave., Blacksburg, VA 24060	Andrea Muscatello andrea@webmail.us 540-951-8134 newrivercommunityaction.org/IFP		√										√	√	√	√					√	√	√	√	√	√	Monthly	Mon. & Tues. 4-6pm, Wed. & Thurs. 10-11:30am	Proof of Residency	√
Christiansburg Farmers' Market	Hickok St. NW, Christiansburg, VA 24073	Marty Gordon mgordon@christiansburg.org 540-382-2349 ext. 2017 christiansburg.org/876/Christiansburg-Farmers-Market					√				√			√	√	√	√	√	√	√	√	√	√	√	√		Weekly, Seasonal	Thurs.3-7pm	SNAP card	√	
Eagles Nest Regeneration Ministries	148 Rehoboth Ln. NE, Floyd, VA 24091	Tracy Doss or Skinner White rtdoss192@gmail.com/ eaglesnest@enrm.org 540-838-5765/ 540-745-4001 Enrm.org			√								√							√	√		√	√			Weekly	Thursday, 1-4pm			
Friends of the Farmers Market Inc.	108 W. Roanoke St., Blacksburg, VA 24060	Ian Littlejohn bbfarmersmarket@gmail.com blacksburgfarmersmarket.com										√								√	√						Seasonally	Weds 12-6pm, Sat 2-8pm	SNAP card	√	
Meadowbrook Public Library	267 Alleghany Spring Rd., Shawsville, VA 24162	Cindy Minnick cminnick@mfrl.org 540-268-1964 mfrl.org	√										√							√			√				Weekly, Summer from June-August	Tuesday 3:30-6:30pm	Proof of Residency	√	
Micah's Backpack	2308 Merrimac Road, Blacksburg, VA 24060	John Stramiello hope@micahsbackpack.org 540-599-4682 micahsbackpack.org	√								√			√													Backpack: Weekly, Mobile Program: Summer	Thurs 12-6pm, Fri 8:30-11:30am		√	
Montgomery County Christmas Store	30 W. Main St., Christiansburg, VA 24073	Beth Armstrong beth1@vt.edu www.mcchristmasstore.org			√															√			√				Annually	First full week of December	Proof of Residency and Income	√	
NRCA, Montgomery County Emergency Assistance Program	110 Roanoke St. Christiansburg, VA 24073	Melissa Pointdexter mpointdexter@nrca.org 540-382-6186/ 381-1561 www.newrivercommunityaction.org	√	√		√		√					√							√	√	√	√	√	√	√	Monthly	Mon-Fri 9am-3pm	Proof of Residency and Income	√	
Shawsville Lay Ministerial Association, Dale's Place	870 Big Spring Drive, Elliston VA 24087	Joyce Kelley oldvet43@comcast.net (540) 268-2916			√										√							√	√	√	√		Weekly	Tues 11-12 by appointment		√	
Spiritual Roots Food Bank	3325 N Franklin St., Christiansburg, VA 24073	Tullio O'Reilly foodbank@dprnv.org 540-391-0654 dprnv.org/food-bank/		√							√									√	√	√	√	√			Twice a Month/ Monthly	On-site Pantry: 3rd & 4th Weds, 4-6pm Mobile Pantry: Scheduled w/ participants monthly			
The Bridge Ministry for Christiansburg Elementary Schools	880 Life Dr., Christiansburg, VA 24073	Robert Hall robhall101@yahoo.com 540-381-9766 www.bridgefamily.church	√											√													Weekly	Backpacks are delivered during school hours each Friday during the school year	Request to school		

Organization	Physical Address	Email Address/ Phone/ Website	Backpack Program	Choice Pantry	Pre-Packaged Box Pantry	Food Recovery, Gleaning	After School Program	Community Garden	Prepared Meals On-site	Home Delivered Food	Mobile Market/Pantry	SNAP	Other Support Services	Children	Families	Seniors	Homeless	College Student	Onsite Residents	Any in Need	Fresh	Refrigerated	Frozen	Shelf Stable	Personal Care Products	Pet Food	Infant Care	Frequency	Hours	Documents Required	ADA
The Giving Tree Food Pantry	2455 Peppers Ferry Rd NW, Christiansburg, VA 24073	thegivingtreefoodpantry@gmail.com 540-239-1760 thegivingtreefoodpantry.org		√		√							√							√	√	√	√	√	√		Weekly	Friday 4:30-7pm	Photo ID		
Warm Hearth Village	2603 Warm Hearth Dr., Blacksburg, VA 24060	Karen Nelson knelson@warmhearth.org 540-443-3406 or 540-605-0193 retire.org			√		√	√	√				√		√						√	√	√	√	√	√	Daily	Mon.-Fri. 9am-5pm	Proof of WHV Residency, Photo ID, Proof of Age	√	
YMCA at Virginia Tech	1000 N. Main St., Blacksburg, VA 24060	Enrique Rebolledo outreach@vtymca.org 540-961-9622					√		√					√						√				√		After-school program: Daily and Prepared Meals On-site: Weekly	Summer, Prepared meals on-site for any in need 11:30-12:30pm				
PULASKI																															
Beans and Rice, Inc.	246 N. Washington Ave, Ste. B, Pulaski, VA 24301	Lee Spiegel lspiegel@beansandrice.org 540-980-4111 Food Distribution Contact: mgilman@beansandrice.org Backpack Program: pwhitesell@beansandrice.org www.beansandrice.org	√			√							√							√	√	√	√	√	√	√	Weekly	TBA		√	
City of Refuge	249 Dora Highway, Pulaski, VA 24301	Joe and Kelly Blankenship jblankenship@cityofrefugepc.org 540-629-1030 www.cityofrefugepc.org			√	√	√		√				√	√	√	√	√	√	√	√	√	√	√	√	√	√	Weekly Produce Distribution, Monthly Food Box Distribution	Produce: Fri. 2pm-4pm Food Box: 4th Monday of the Month 10am-12pm	Photo ID or Address ID required	√	
Emergency Needs Task Force of Pulaski County	412 N. Jefferson St., Pulaski, VA 24301	Sarah Gray sgray@nrcaa.org 540-980-5525 facebook.com/ENTFPC			√								√							√				√		Monthly	Mon-Fri, 9am-3:30pm	Proof of Residency, Income, Family Size, SSN	√		
Pulaski County Public Schools	202 N. Washington Avenue, Pulaski, VA 24301	Ethelene Sadler esadler@pcva.us www.pcv.us	√			√		√													√	√	√	√						√	
Pulaski Daily Bread	408 N. Jefferson St., Pulaski, VA 24301	Debbra Harrell pulaskidailybread@yahoo.com 540-980-2131							√					√	√	√	√			√	√	√	√			Daily	Mon-Fri, 11-12:30pm				
Radford Fairlawn Daily Bread	501 2nd Street, Radford, VA 24141	Dora Butler director@radfordfairlawnbread.org 540-838-2210 radfordfairlawnbread.org			√			√	√					√	√	√				√	√	√	√	√		Daily	Mon-Fri, 11-12:15pm				

Organization	Physical Address	Email Address/ Phone/ Website	Backpack Program	Choice Pantry	Pre-Packaged Box Pantry	Food Recovery, Gleaning	After School Program	Community Garden	Prepared Meals On-site	Home Delivered Food	Mobile Market/Pantry	SNAP	Other Support Services	Children	Families	Seniors	Homeless	College Student	Onsite Residents	Any in Need	Fresh	Refrigerated	Frozen	Shelf Stable	Personal Care Products	Pet Food	Infant Care	Frequency	Hours	Documents Required	ADA
RADFORD																															
Beans and Rice, Inc.	1608 West Main Street, Radford, VA 24141	Lee Spiegel lspiegel@beansandrice.org 540-980-4111 Food Distribution Contact: mgilman@beansandrice.org Backpack Program: pwhitesell@beansandrice.org www.beansandrice.org	√	√		√	√													√	√		√	√				Weekly	Food Distribution: Tues. 11am-3:45pm, Backpacks go home on Fridays		√
Bobcat Backpacks Program	201 4th St., Radford, VA 24141	Bobcatbackpacks@gmail.com Facebook.com/bobcatbackpacks	√	√										√													Weekly	Food is dropped off at the schools on Friday mornings.	Receipt of Free/Reduced meal Status at RCPS schools or Enrollment in Head Start program	√	
NRCA, Radford City/Fairlawn Emergency Assistance Program	1608 West Main St., Radford VA 24141	Kim Honaker khonaker@nrcaa.org 540-320-7460 newrivercommunityaction.org	√	√								√	√							√			√	√			Monthly	Mon-Fri 9am-3pm	Proof of Residency and Income	√	
Radford Fairlawn Daily Bread	501 2nd Street, Radford, VA 24141	Dora Butler director@radfordfairlawnbread.org 540-838-2210 radfordfairlawnbread.org			√			√	√					√	√	√					√	√	√	√	√		Daily	Mon-Fri 11-12:15pm			
Radford Farmers Market	911 Gilbert St., Radford, VA 24241	blove4@radford.edu www.radroots.org										√									√						Seasonally	May-October, Sat 8am-1pm	SNAP card		
Radford Worship Center: His Provision Food House	1820 2nd St., Radford, VA 24141	Traci Fisher tfishrwc@gmail.com (540) 639-6287 www.radfordworshipcenter.com			√															√	√	√		√			Monthly	2:00pm 4th Sunday of each month, except for Nov & Dec. on Sun before each holiday.	Valid ID		
Unity Church	400 Tyler Ave., Radford, VA 24141	Sally Davis sasdavis70@aol.com (540)-639-3696 unitychristianchurchradford.org						√												√	√						Weekly	Saturday 4-5 P.M			
REGIONAL																															
Community Housing Partners	448 Depot St., NE, Christiansburg, VA 24073	Sarah Hoke shoke@chpc2.org 540-958-3809 communityhousingpartners.org		√		√	√	√				√								√	√		√				As available	Varies		√	
His Provision Food Ministry	1820 2nd St., Radford, VA 24141	Traci Fisher tfishrwc@gmail.com 540-639-6287			√							√								√	√	√	√	√			Monthly	Sunday 1-3pm	Photo ID	√	
New River Community Action	1093 E. Main St., Radford, VA 24141	Jonathan Penn jpenn@nrcaa.org 540-5133 ext. 418 www.newrivercommunityaction.org	√	√				√			√	√								√	√	√	√	√			Monthly	Mon-Fri 9am-3pm	Proof of Income, Photo ID, SSN		

Organization	Physical Address	Email Address/ Phone/ Website	Backpack Program	Choice Pantry	Pre-Packed Box Pantry	Food Recovery, Gleaning	After School Program	Community Garden	Prepared Meals On-site	Home Delivered Food	Mobile Market/Pantry	SNAP	Other Support Services	Children	Families	Seniors	Homeless	College Student	Onsite Residents	Any in Need	Fresh	Refrigerated	Frozen	Shelf Stable	Personal Care Products	Pet Food	Infant Care	Frequency	Hours	Documents Required	ADA
New River Valley Agency on Aging	6226 University Park Drive, Suite 3100, Fairlawn, VA 24141	Shannon Hammons shammons@nrvaooa.org 540-994-2617	√						√			√				√					√	√				Home Delivered Meals: Daily Mon-Fri, Backpacks: Monthly, Personal Care: Quarterly	Scheduled deliveries	Agency active client			
Salvation Army NRV	Office: 80 College St., Suite M, Christiansburg, VA 24073 Service Location: 1125 Roanoke Street Christiansburg, VA 24073	Captain Charlene Cover NewRiverValleyVA@uss.salvationarmy.org 540-394-1037 https://salvationarmypotomac.org/nrv/			√			√												√		√	√	√	√	Once per month for canned foods & non-perishables. Daily for breads/pastries.	Pantry: Mon-Fri, 10am-12pm & 1pm-3:30pm Soup Kitchen: Mondays & Fridays 12pm-1pm (currently takeout only)	Photo ID, Proof of Residency & Income			
Spiritual Roots Food Bank	3325 N. Franklin St., Christiansburg, VA 24073	Tullio O'Reilly foodbank@dprnv.org 540-391-0654 dprnv.org/food-bank/		√						√										√	√	√	√			Twice a Month/ Monthly	On-site Pantry: 3rd & 4th Weds, 4-6pm Mobile Pantry: Scheduled w/ participants monthly				
The Giving Tree Food Pantry	2455 Peppers Ferry Rd NW, Christiansburg, VA 24073	thegivingtreefoodpantry@gmail.com 540-239-1760 thegivingtreefoodpantry.org		√		√						√								√	√	√	√	√	√	Weekly	Friday 4:30-7pm	Photo ID			
United Way of the New River Valley	111 West Main Street, Christiansburg, VA 24073	info@unitedwaynrnv.org 540-381-2066 www.unitedwaynrnv.org			√															√			√	√	√	As needed	Mon-Thurs 9-5pm, Fri 9am-1pm	Photo ID	√		