



Setting the Table for the Future

Feeding West Virginians, One Meal at a Time



We Believe in a West Virginia Where No One Goes to Bed Hungry...Today or Tomorrow

One in seven West Virginians don't know where their next meal is coming from. Many friends, families and neighbors lack the crucial foundation of food security to reach their full potential.

Food insecurity impacts us all, including adverse health effects for those struggling to consistently put food on the table.

With the costs of goods surging, more of our neighbors are struggling to put food on their tables...we've expanded our distribution by 200% — delivering 19.7 million meals each year.

Mountaineer Food Bank is the largest emergency food provider in West Virginia serving families, children, seniors, veterans, and individuals at risk of hunger. We are confident in our ability to secure healthy food and essentials for our Mountain State communities — and efficiently mobilize and distribute these resources throughout 48 of our state's 55 counties.

We accomplish our mission of feeding West Virginians and empowering communities to end hunger by working with more than 450 community partners — through a variety of programming that meets neighbors where they are — so that together we can move forward beyond hunger.

There is still more work to be done.

Throughout West Virginia, hunger impacts every walk of life — directly or indirectly. With more than 250,000 West Virginians food insecure, our collective response must match our region's resiliency, community, and generosity.



**But it's about more than a single meal.
It's about creating a healthier West Virginia . . .**

For Our Children

Children deserve the chance to just be kids, instead of wondering where their next meal is going to come from.

For Our Seniors

Without food, our seniors are at higher risk for chronic illness and depression. But we can keep food on their tables and ensure they're independent and healthy.

For Our Families

Parents, guardians, and caregivers who have children to care for shouldn't be sacrificing their own meals so their children can eat.

For Our Veterans

Despite their brave sacrifices for our country, thousands of West Virginia veterans are food insecure. It is past time for us to show our thanks by ending veteran hunger.

There's No Time to Lose . . .

We believe food is a critical ingredient for people and communities to thrive. When everyone has access to the nutrition they need, a healthy and bright future is possible.

It'll take a really big table to feed everyone experiencing food insecurity in West Virginia.

This once-in-a-lifetime opportunity will mean more of our neighbors will have a place at our table, and experience a future that's just as amazing as they are.

And there's no time to lose. Right now . . .

> 250,000

Over 250,000 West Virginians are struggling with hunger, and do not know where their next meal will come from.

85%

We're providing 85% of the food sitting on food pantries' shelves across the state, but it's not enough to meet the ever-growing need.

20 million

We've doubled distribution since 2015, from 10.6 million pounds to over 20 million pounds annually, but it's still not enough to close the hunger gap.

Seeing a hunger-free West Virginia become a reality is possible . . . if we can take advantage of this moment and opportunity in time to grow, expand, and multiply our efforts to bridge the growing hunger gap for families like Steve and Jenna's.



Steve, Jenna, and their daughter Katie were like many hardworking West Virginia families. They were overwhelmed with joy when they learned they had another little one on the way. But then the floor dropped out from beneath their feet . . .

Steve, a union journeyman electrician, suddenly lost his job due to circumstances outside his control. They didn't know how they'd pay for rent, utilities, prenatal visits, and food.

Then they heard about the Mountaineer Food Bank mobile food pantry. They were relieved as they went through the line, picking out foods like fresh vegetables and fruits.

Suddenly, hope for the future burned bright in their hearts again.

Creating More Opportunities for Successful Families, Businesses, and West Virginians Alike

We believe in a West Virginia where no one goes to bed hungry . . . today **or** tomorrow. And a West Virginia where families have the opportunity to thrive (not just survive)!

In collaboration with our generous partners and supporters, we've been able to increase our positive impact on the ever-growing and widening need. However, more needs to be done and we're at capacity — unable to meet the full scope of our region's hunger gap.

In fact, we must grow and expand as soon as possible to ensure we can bridge more of the hunger gap by providing more than 10 million additional meals every year.

Bridging the Hunger Gap + 10,000,000 Meals



How? We need to expand our reach, and expand our table ...

Through this critical capital building project, we plan to centralize and build upon the foundation of our headquarters, including:

Adding 864,000 cubic feet



594,000 cubic feet of dry storage space



50,000 cubic feet of frozen storage space



40,000 cubic feet of refrigerated storage space



180,000 cubic feet of loading docks, ground-level loading areas, volunteer workspace, office space, and bathrooms

Expanding Our Table

With this expansion of our home base, we are eliminating three facilities that are currently leased for \$250,000, while increasing our services and growing our staff.

Where We've Been



A Better Way Forward



Building upon our current facility will mean more food, more programs, and more services that will help us address the issues West Virginians who are food-insecure face head on . . . today, tomorrow, and beyond.

Together, we can create a healthy and thriving future for the children and families in the great state we love.

Will you be a part of it . . . expanding our table and reaching more families and neighbors struggling with hunger throughout West Virginia?



A Vision for the Future!

Expanding Mountaineer Food Bank will allow an increased capacity to meet the needs of our state more effectively. This new facility will allow us to continue to build on essential programs and reach more hungry families throughout West Virginia with a lifesaving, life-changing invitation to join us at our table.



Setting the Table for the Future



The people of West Virginia need us now more than ever. They need YOU more than ever.

Together, we can build a new future for individuals, families, and entire communities where hope is at the very center and everyone has enough healthy food to eat.

It's going to take all of us, standing and caring together.

Please join us and be a part — the very foundation — of expanding Mountaineer Food Bank to reach more hungry families throughout our Mountain State with a lifesaving, life-changing seat at our table.



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