

# FXBG Fridge & Food Rescue

*Our mission is to enhance food security in Fredericksburg, VA and surrounding areas by reducing food waste through food rescue and gleaning, providing free fridges for community access, donating food to existing pantries already serving our community, and promoting self-sufficiency and neighbor support with home gardening education.*

## Food Insecurity

1. Food insecurity means you lack reliable access to a sufficient quantity of affordable, nutritious food to maintain a healthy and active lifestyle.
2. As off 2023, 13.5% of U.S. households (over 45 million people) were food insecure at least some time during the year.
3. The estimated food insecurity rate in Fredericksburg, VA is 10.6%, equating to 2,960 people lacking reliable access to nutritious and affordable food. Spotsylvania County and Stafford County are 5.8% and 4.3% respectively.

*2, USDA Economic Research Service, Food Security and Nutrition Assistance; 3, Fredericksburg Regional Food Bank*

## Food Waste

1. Food waste is food that is thrown away even though it is safe to eat.
2. Up to 40% of the U.S. food supply is wasted, with millions of pounds of excess food ending up in landfills.
3. A 15% reduction in food waste would reduce climate change caused by emissions from landfills, and provide enough food for more than 25 million Americans each year.

*1-3, Food Rescue US*

## How Do We Help?

1. Food Rescue
  - a. Food rescue is the practice of gleaning food from local farms, markets, grocery stores, etc. that would otherwise be discarded, and distributing it for free throughout the community.
  - b. By partnering with local businesses, FXBG Fridge & Food Rescue gleans perfectly good, unsold food from our dedicated partners and redistributes that food amongst our free fridges and already established community pantries.
2. Free Fridges
  - a. Free Fridges are community fridges set up in areas with easy accessibility, with the purpose of providing free access to food in order to combat food waste and food insecurity.
  - b. Anyone can access a free fridge at any time and without the need to provide proof of income, and anyone can contribute to a free fridge, as long as their food items are unopened and not past their expiration date. Fresh produce is always welcome!

### 3. Existing Pantries

- a. There are many existing community pantries serving our city and surrounding areas, and we want to support these organizations by partnering with them as distribution sites for the food we glean.

### 4. Home Gardening Education

- a. Another part of our initiative to promote self-sufficiency and a regenerative food economy is to provide education on home and container gardening.
- b. With the efficiencies of home, container, and community gardening, we encourage folks to grow not just for themselves but also for their neighbors. For every four plants you grow, grow one additional to place in the fridge. For every four rows in your garden, plant one row for your neighbors.

## **How Can You Help?**

### 1. Contribute Food

- a. Contributing food to our fridges and other community pantries reduces food waste and food insecurity.

### 2. Lend a Hand

- a. Join us on our Discord server and our Email Newsgroup via our website <https://fxbg.food/> to get involved and build out mutual aid initiatives in our area.

### 3. Host a Fridge

- a. We are actively seeking new locations to build more free fridges to reach a wider population looking to access food and reduce their food waste.
- b. If you own a business and want to host a fridge on your property, or if you know of a good location for a free fridge, please visit our website <https://fxbg.food/> and join our Discord server and leave a message under our “main-chat\_fridge-coordination” tab, or email us at [info@fxbg.food](mailto:info@fxbg.food).

### 4. Utilize the Fridge

- a. This is mutual aid and not charity. You should contribute when you are able and receive food when you want or need. Place extra food in the fridge but also take food that you can use.
- b. Encourage your family, friends, and neighbors to check the fridge often to see if there is any food that you could use. Encourage them to drop off and contribute food if they find they have extra.
- c. These fridges are for all of us and act as a method for us to share with our neighbors and receive from our neighbors!