

# Hosting A Free Fridge

## What is a “Free Fridge”?

1. 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.
2. Anyone can access a free fridge at any time and without the need to provide proof of income. Anyone can also contribute to a free fridge.

## What is required of a Free Fridge Host?

1. The only things a Host is required to provide are an outdoor space and electricity for the Fridge.
2. FXBG Fridge & Food Rescue (FFFR) is responsible for sourcing the materials and equipment for the installation of the Fridge. However, Hosts are welcome to contribute as well.
3. The members of FFFR are responsible for regular maintenance and cleaning of the Fridge. Host and surrounding community involvement are encouraged, but not required.
4. Stocking of the Fridge is not required by the Host or FFFR, however, the Fridge will serve as a node of distribution for FFFR’s food rescue efforts. The Host and surrounding community are also greatly encouraged to contribute food to the Fridge.
5. FFFR is the owner and operator of the Fridge, however the Host reserves the right to end their relationship with FFFR and request the removal of the Fridge from their property at any time.

## What CAN be contributed to a Free Fridge?

1. *Shelf-stable pantry items* (if a pantry is constructed alongside the Fridge), such as peanut butter, dried pasta, canned food, rice, cereal, oatmeal, chips, etc. Must be store-bought, packaging unopened, and not past the expiration date. “Best By” dates are more flexible.
2. *Fresh produce*, either store-bought or home-grown, wholly intact and free of any signs of mold or degradation.
3. *Eggs*, either store-bought or farm-raised. All farm-raised eggs must be labeled as such with instructions on storage and cleaning. Store-bought eggs must not be past the expiration date.
4. *Dairy products*, such a cheese, yogurt, milk, etc. Must be store-bought, packaging unopened, and not past the expiration date.
5. *Frozen meat* may be contributed at the Host’s discretion. Our suggestion is to only allow meat that was purchased frozen and remained frozen until deposited in the Fridge’s freezer. Must be store-bought, packaging unopened, and not past the expiration date or “Freeze By” date.
6. *Prepared meals* (e.g. from a restaurant or school) and home-cooked food may be contributed on a case-by-case basis. Our suggestion is for individuals and entities who

desire to contribute pre-prepared or home-cooked meals to be vetted by the Host or FFFR members to ensure safe food handling and preparation. All food contributions falling under this category should adhere to the following protocols:

- a. Person or entity is vetted by the Host or FFFR before contributing food.
  - b. Food is properly contained and sealed with tape, sticker, or other device requiring breaking of said seal to indicate freshness.
  - c. Food is to be labeled with ingredients, all possible allergens, preparation/package date, estimated expiration date, and who prepared the food.
7. *Other food items* that do not directly fall under any of the above categories (e.g. bread, bottled water, popsicles, etc.), but that still adhere to the basic food safety guidelines: fresh, unopened, labeled, and not expired.

## **What CANNOT be contributed to a Free Fridge?**

1. Unsealed, unlabeled, and expired food.
2. Food with damaged packaging.
3. Unvetted homemade food.
4. Alcohol.
5. Leftovers.
6. Non-food items, such as clothing, books, etc.

## **Resources**

1. FXBG Fridge & Food Rescue
  - a. <https://fxbg.food/>
  - b. FFFR Discord server where members coordinate their efforts. Anyone may join.
2. Downtown Greens Free Fridge & Pantry
  - a. <https://www.downtowngreens.org/>
  - b. Fridge and pantry in operation since 2022, located on the corner of Princess Anne and Dixon St. in downtown Fredericksburg.
3. RVA Community Fridges
  - a. <https://www.rvacomunityfridges.com/>
  - b. Operating 14 different Free Fridges throughout the Richmond metropolitan area.
4. Freedge
  - a. <https://freedge.org/>
  - b. Good resource for Free Fridge information.