

The Table at St. George's

Overview

St. George's Episcopal Church serves an extended local community with robust feeding ministries, created with the goal of building relationships with those in need and blurring the lines between those serving and those being served. The Table at St. George's, a market-style food pantry, emphasizes fresh produce and healthy eating. The Table is an essential part of the church's outreach.

The Table is located in the church's parish hall. Open every Tuesday from 9:30 -11:00 in the morning and 5:00- 6:30 in the evening, it serves hundreds of people from the surrounding community who experience food insecurity. Areas served include Caroline, King George, Orange, Spotsylvania and Stafford counties as well as the city of Fredericksburg.

The Table is a unique food pantry in many important ways.

- Those who come to The Table choose their own food items, thereby "shopping" in a market-style setting.
- A selection of fresh produce is available each week. During the growing season, the food pantry purchases an abundant variety of fruits and vegetables from a local farmer.
- The Table encourages shoppers to come weekly in order to replenish perishable produce and protein items.
- Many of those who shop also volunteer, and several have stepped up to assume leadership roles at The Table.
- The Table partners with local agencies to make valuable nutritional and food preparation information available to shoppers.

The Table is grateful for the generosity of all who support its efforts to improve the lives of people living with food insecurity. Funding for The Table comes from grants and private donations. In-kind donations are provided by a number of corporations and local businesses. The Table operates as a 501(c) (3) organization, thus enabling donors to take a tax deduction for their contributions.

History

The Table builds on St. George's long tradition of serving the community. The parish, when founded in 1720, cared for the widows and orphans of Fredericksburg. Over the decades, St. George's has continued to work for those in need, founding and providing support for important local facilities such as the Fredericksburg Regional Food Bank.

The Table evolved from an emergency-style food pantry that operated out of a closet for more than 20 years. People coming to the pantry, many of whom suffered from health challenges such as diabetes and hypertension, required a wider variety of food and more healthy items, especially fresh produce. Seeking a better way to serve the community, St. Georges radically changed its food distribution in 2012, opening a market-style food pantry, The Table, in January of that year. The new food pantry, open each Tuesday morning, focused on fresh produce and other perishables in addition to staples. The Table also presented the opportunity for shoppers to choose their own items from a much broader selection than formerly offered.

The new approach was embraced by the community and became the cornerstone of St. George's feeding ministry. The Table was further expanded as it became apparent that a morning market could not serve many who worked or might lack transportation during the day. In September 2013, with the support of a major grant, The Table began operating evening sessions, offering shoppers the convenience of coming to The Table on Tuesdays, either morning or evening.

Cold storage of fresh produce quickly became a challenge as the large amount of perishables gleaned and purchased by the food pantry exceeded storage space at St. George's. In 2014, The Table was fortunate to receive a grant, providing funds for the building of a cooling shed. This shed, completed in spring 2015, greatly expanded the food pantry's ability to store produce and keep it fresh for distribution each week.

In 2015, The Table began to offer cooking classes, made possible by a grant. These classes teach shoppers ways to prepare nutritious, tasty dishes using fresh produce and other items available at the food pantry.

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Quick Facts

The Table at St. George's offers its guests, who come from the ever-growing population of those facing financial stress in the Fredericksburg area, a variety of fresh produce, protein, breads and staple items.

- The Table provides food for all who come, regardless of their situation.
- Food is available in a market-style setting each Tuesday at two sessions: 9:30-11:00 a.m. and 5:00-6:30 p.m. in St. George's parish hall.
- The Table gathers food from a variety of sources: purchases from the Fredericksburg Regional Food Bank and local farmers, grocers and wholesalers; private donations; and gleaning of excess food from neighboring retailers.

In one day

- A shopper leaves The Table with grocery bags totaling 22-25 pounds.
- A shopper's bags will contain approximately 60% of perishable food, including fresh produce, protein and bread.
- The Table draws shoppers from the city of Fredericksburg and at least five surrounding counties.

In one week

- The Table distributes approximately 4,100 pounds of food.
- A total of 45-50 volunteers, spanning all ages, work approximately 200 hours for The Table. Of these volunteers, 30% are themselves also shoppers.
- The Table gathers and distributes about 375 loaves of bread, 100 bagels, 130 sweet rolls/breads, and 475 breakfast sandwiches/hot dogs through gleaning.

January 2016

In one year **

- The Table served 23,146 household members. ***
 - 2,237 were seniors (61+ years)
 - 5,870 were adults (41-60 years)
 - 7,635 were children (0-18 years)
- The Table distributed more than 206,000 pounds of food.
- Of the above, a total of 109,375 pounds was fresh produce, provided by the Fredericksburg Regional Food Bank or purchased from a local farmer or grocer.

***Figures reflect 2015 activity.*

****The Table invites all people to come weekly in order to replenish perishable items. Therefore, The Table uses duplicated numbers to represent numbers served.*

More Information

To contact The Table, call 540-373-4133 or email outreach@stgeorgesepiscopal.net.

To learn more, go to the following links.

For The Table's Facebook page:

<https://www.facebook.com/thetableatstg>

For St. George's Twitter account, including The Table's blog, *Table Talk*:

<https://twitter.com/stgeorgesfxbg>

For The Table's Instagram account:

<https://www.instagram.com/thetableatstg/>

For a video about The Table:

<https://www.youtube.com/channel/UCBRcKSPp7sHI-gdc23Y6lig>

The Table at St. George's
540-373-4133

905 Princess Anne St.

Fredericksburg, VA 22401

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Current Grants and Donations

BJ's Charitable Foundation

Community Give 2015 Donations

The Honeywell Charitable Fund of The Community Foundation of the Rappahannock
River Region

The David Morgan Fund of The Community Foundation of the Rappahannock
River Region

Rappahannock Electric Cooperative (REC)

Walmart Community Grant Program

Store # 1833 — Carl D. Silver Parkway, Fredericksburg, VA

Store # 2438 — Garrisonville Road, Stafford, VA

Store # 4258 — Village Parkway, Fredericksburg, VA

Store # 5343 — Southpoint Parkway, Fredericksburg, VA

Store # 5731 — Germanna Highway, Locust Grove, VA

In-Kind Donations

Gleaning Partners

Chipotle

Jimmy John's Gourmet Sandwiches

Panera Bread

Wawa

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