St. George's Episcopal Church Established 1720

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The Table at St. George’s: Feeding the Whole Person

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**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, Prince William, Spotsylvania, and Stafford counties as well as the city of Fredericksburg.

The Table is distinctive among local food pantries in many important ways.

* Those who come to The Table choose their own food items, thereby “shopping” in a market-style setting, promoting shopper choice and dignity.
* 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 assumed 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 awards, donations, fundraisers and grants. In-kind donations are provided by a number of corporations and local businesses. The Table operates as a 501(c) (3) organization.

**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 healthier items, especially fresh produce. To better serve the community, St. George’s radically changed its food distribution in January 2012, opening a market-style food pantry, The Table. The new pop-up food pantry, open each Tuesday morning, focused on fresh produce and other perishables in addition to staples. The Table presented the opportunity for shoppers to choose their own items from a much broader selection than formerly offered. In 2013, The Table received its first grant, which was targeted to fresh produce purchases that again increased availability to shoppers.

The new approach was embraced by the community and became the cornerstone of St. George’s feeding ministry. It soon became apparent that a morning market could not serve many who worked or lacked daytime transportation. In September 2013, a major grant enabled The Table to begin operating evening sessions, offering shoppers the convenience of coming to The Table on Tuesdays, either morning or evening.

Cold storage of fresh produce became a challenge as the large amount of perishables gleaned and purchased by the food pantry exceeded available storage space. In 2014, The Table was fortunate to receive a grant, providing funds for the building of a cooling shed that greatly expanded the food pantry’s ability to store produce for weekly distribution.

Additional grants and community partnerships enable The Table to offer a wide variety of services for shoppers, such as cooking classes and nutritional information, a children’s books distribution, access to legal aid counsel, and delivery of flu shots. The Table is a major distributor of Food for Life boxes, a federal monthly food program for seniors and the disabled administered through the local food bank. A new initiative in summer 2018 called The Table in the World, implemented delivery of fresh produce during the growing season to seniors and the affordable housing community. The Table has the ability to respond to temporary circumstances that diminish food security, such as the federal government shutdown of 2018 - 2019 when The Table quickly reached out to those affected in the surrounding area.

**Quick Facts**

The Table at St. George’s offers its guests, who come from the ever-growing population of those facing financial stress in Fredericksburg and surrounding counties, 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 25 - 30 pounds.
* A shopper’s bags will contain approximately 60% of perishable food, including fresh produce, protein, and bread.
* The Table serves 150 - 180 shoppers from the city of Fredericksburg and neighboring counties, including Caroline, King George, Orange, Prince William, Spotsylvania, and Stafford.

In one week:

* The Table distributes approximately 3,500 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.

In one year: \*\*

* The Table served 7,960 households. \*\*\*
* The Table distributed more than 160,000 pounds of food.
* Of the above, 43% or a total of 68,816 pounds was fresh produce, provided by the Fredericksburg Regional Food Bank or purchased from a local farmer or grocer.
* From June through September, a special initiative called The Table in the World operates a pop-up fresh produce distribution at five local sites in order to increase service to seniors and the affordable housing community.

*\*\*Figures reflect 2018 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.](mailto:outreach@stgeorgesepiscopal.net?subject=Info%20Request%20-%20The%20Table%20at%20St.%20George's)

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: <https://twitter.com/stgeorgesfxbg>
* For The Table’s Instagram account: <https://www.instagram.com/thetableatstg>
* For a video about The Table: <https://www.stgeorgesepiscopal.net/outreach-and-mission/the-table-at-st-georges>

The Table, which operates as a 501(c) (3) organization, is grateful for the generosity of all who support its efforts to improve the lives of people living with food insecurity. More than 90% of funding for The Table comes from awards, donations, fundraisers and grants. In-kind donations are provided by corporations and local businesses. Following is a sample of funding and in-kind sources.

**Awards, Donations, Fundraisers and Grants**

Access Eye

BJ's Charitable Foundation

Community Give 2015 and 2016 Fundraisers

The Community Foundation of the Rappahannock River Region – grants (some multiple) from nine funds:

The Forbush Family Legacy Fund

The Honeywell Charitable Fund

The King Family Endowment Fund

The Hugh and Marian McCabe Charitable Fund

The David Morgan Fund

The Robert Cullen O’Neill Memorial Fund

The Dulcie H. Potter Memorial Fund

The Doug and Betsy Quarles Family Fund

The Wafle Family Fund

Diocese of Virginia – multiple grants

Foode – auction of antique safe deposit box doors

Giving Tuesday 2017, 2018 and 2019 Fundraisers

Mary Washington Hospital Foundation -- The Lawrence and Martha McMurtry Award

*for Excellence and Innovation in Community Health and Wellness*

Rappahannock Electric Cooperative – multiple grants

Transurban Express Lanes Community Grant Program

Walmart – grants from five local stores

**In-Kind Donations – Gleaning Partners**

Eileen’s Bakery & Cafe

Jimmy John's Gourmet Sandwiches

Panera Bread

Wawa

Wegmans