



# Fauquier FISH

# IMPACT REPORT

2025





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**A Message from Executive Director:**  
**Charity Furness**

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Dear Friends of Fauquier FISH,

This past year reminded us how quickly circumstances can change. Families came to FISH carrying uncertainty, often with just one question: What do we do now? Our answer stayed the same. Keep the doors open and take care of one another.

At Fauquier FISH, our work is guided by a simple purpose: to feed our neighbors, inspire hope, support those in need, and promote health - strengthening our community with dignity and kindness. In a year filled with change, that mission grounded us and shaped every decision we made.

We chose preparation, not panic. That meant looking honestly at how we serve our neighbors and making thoughtful adjustments so help was easier to access. We reduced barriers wherever possible and created the FISH Network to strengthen the connections that allow neighbors to support neighbors when it matters most.

During the government shutdown, we were reminded just how close any of us can be to needing help. We welcomed friends who had once stood beside us as donors and volunteers, now finding themselves in need of support. They were met with the same kindness and respect we would want for ourselves. In those moments, our mission came to life. Roles changed, but dignity did not.

Behind the scenes, we worked to ensure this organization remains strong and dependable. We completed our first strategic plan, welcomed two new board members, and brought on two part-time staff members to support the daily work of serving our community. These steps weren't about growth for its own sake, but about making sure FISH can continue to show up for our neighbors with consistency and care.

At the heart of everything are our volunteers. 275 active volunteers, (with more than 100 serving each week), show up quietly and faithfully, packing food, making deliveries, listening, lifting boxes, and offering hope. They are the reason our mission is more than words.

Fauquier FISH is, and always will be, neighbors helping neighbors just as we would want to be treated in a time of need. As we look to the year ahead, we continue to envision Fauquier County as a place where no one goes hungry and anyone in need as a place to turn. Thank you for being part of this community—whether you give your time, your resources, or your trust.

With heartfelt gratitude,

*Charity Furness*

# Fauquier FISH

Feed. Inspire. Support. Health.



## Strategic Planning

In 2025, Fauquier FISH paused to reflect and plan for the future through a strategic planning session supported by the PATH Foundation's Technical Assistance grant. This process brought board, staff, and our leadership team together to clarify priorities, strengthen our programs, and ensure we remain a trusted place to turn for our neighbors in need in the years ahead. This process resulted in prioritizing the following **Goals and Strategic Objectives** for the coming years.

**Organizational Excellence:** We strive to be a nonprofit that embodies kindness and efficiency, balancing accountability with compassion. By strengthening our governance and supporting those who make our work possible, we create a sustainable foundation that attracts and retains the best staff, volunteers, and leaders.

**Program Sustainability & Growth:** Our programs are most effective when they evolve alongside the changing needs of our neighbors. By assessing impact, improving efficiencies, and building partnerships, we will ensure that our services remain relevant, responsive, and sustainable.

**Financial Stability:** A strong financial foundation makes our mission possible. By diversifying revenue, strengthening donor relationships, and maintaining responsible fiscal practices, we will ensure FISH remains resilient and ready to meet future needs.

**Communications & Outreach:** Clear, compelling communication connects us to those we serve and those who support us. By improving storytelling, creating feedback loops, and expanding outreach, we will strengthen trust, visibility, and engagement across our community.

### Board of Directors

**Lisa Tondreau**  
*Chair*

**Rachael Brinson**  
*Vice-chair*

**Julie Jones**  
*Past-chair*

**Elaine Harris**  
*Treasurer*

**Linda Boaz**  
*Secretary*

# Fauquier FISH

Feed. Inspire. Support. Health.

## Our Mission

Fauquier FISH feeds our neighbors, inspires hope, supports those in need, and promotes health to strengthen our community through dignity and kindness.



## Our Vision

We envision Fauquier county as a place where no one goes hungry and anyone in need has a place to turn.

Founded in 1983 and a 501(c)(3) nonprofit since 2000, Fauquier FISH serves families, children, and seniors across Fauquier County by providing food, meals, and school supplies. Through programs that promote health, dignity, and stability, FISH empowers neighbors in need while offering meaningful opportunities for volunteers to give back. Together, we are building a stronger, healthier Fauquier.

## Our Core Principles

**Feed:** Alleviating hunger through nutritious food options and essential resources to individuals, families, children, and seniors facing food insecurity.

**Inspire:** Empowering those in need to strive for a brighter future through support, encouragement, and opportunities for personal and collective growth.

**Support:** Strengthening the overall fabric of our community by collaborating with others to provide compassionate assistance and advocacy to our community's most vulnerable citizens.

**Health:** Promoting inclusive and equitable access to nutritious food while prioritizing physical, mental, and emotional well-being as integral components of a thriving community.

## Our Values



Advocacy



Collaboration



Humility



Nutrition



Integrity



Respect



Empowerment



Mission



Food Pantry

2023	2025	2024
<b>1821</b>	<b>2117</b>	<b>2060</b>
People Served	People Served	People Served



Weekend Power Pack

2023	2025	2024
<b>450</b>	<b>471</b>	<b>572</b>
students	students	students



Senior Supplemental Nutrition Program

2023	2025	2024
<b>60</b>	<b>79</b>	<b>73</b>
seniors	seniors	seniors

# 6

## Initiatives Changing Lives



Book Bags & School Supplies

2023	2025	2024
<b>1215</b>	<b>1516</b>	<b>1331</b>
students	students	students



FISH Network

**13**  
Locations



Benevolent Funds

**∞**

# Food Pantry

## Nutrition and More

*Fauquier FISH is committed to helping our neighbors in need. Asking for help can be difficult. We remove as many barriers as possible.*



**2023**  
**1,821**  
 people served

**2024**  
**2,060**  
 people served

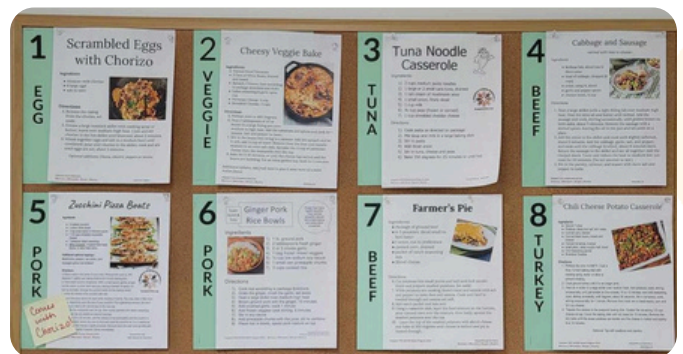
**2025**  
**2,117**  
 people served

Many of the families who rely on FISH for food support are living "on the margins" of poverty, earning just enough to disqualify them from public assistance, but not enough to make ends meet. When food budgets are stretched thin, even one unexpected expense can force impossible choices. No neighbor should have to decide between paying the bills and putting food on the table.

When neighbors facing food insecurity walk through FISH's doors, they are met with compassion and respect. Our client-choice pantry allows families to select the foods that best meet their needs and preferences. They fill out a menu, volunteers carefully pull and package the requested items, and families leave with a week's worth of groceries. It is a straightforward model, but one rooted in food equity, dignity, and the belief that choice matters, supporting immediate food security while contributing to long-term health.

In 2025, FISH served neighbors in moments of profound transition and crisis. A father and his young children received food and diapers after being placed in emergency housing following a domestic violence incident. A gentleman bicycling his way home to Florida was offered on-the-go meals. A pregnant mother fleeing an abusive situation was able to rest safely in our conference room while the Department of Social Services coordinated a secure place for her to stay. During the longest government shutdown, we expanded access to meet rising need, welcoming neighbors facing economic uncertainty for the first time.

Each family we serve has a unique story, yet they are united by the kindness and nourishment they receive through FISH. We are neighbors helping neighbors, committed to ensuring every family has access to nutritious, meal-based food that supports health, stability, and hope.





## DASH Meals

Fauquier FISH created our DASH (Delicious, Affordable, Simple, and Healthy) Meals program to help families answer the universal question: What's for dinner? Each DASH meal kit includes a recipe, spices, and all the ingredients needed to prepare a complete, nutritious meal. Families leave the pantry with multiple kits for dinners and lunches, giving them the confidence to prepare balanced meals at home.

DASH Meals allow FISH to meet immediate needs while also supporting long-term health. The program helps reduce food insecurity for households facing tight budgets, increases access to nutritious, meal-based foods, and provides low-cost recipes that families can easily recreate between pantry visits.

Building on this success, FISH also offers kid-friendly meal kits through our Kids in the Kitchen (KitK) program. These simple, hands-on meals are designed for children to help prepare and enjoy with their families. KitK kits provide additional food support for families with children while encouraging shared meals, skill-building, and connection.



## 2025 Food Pantry Fast Facts

12,962 DASH kits distributed  
1,287 KitK kits distributed



## Beyond Food

During monthly food pantry visits, clients also receive comprehensive support for daily living. Along with nutritious groceries, FISH provides hygiene products, cleaning supplies, diapers, and pet food, addressing a wide range of needs. Our team builds relationships with clients, offering personalized care and connecting them with other community resources when necessary.

# Weekend Power Pack

## Bridging the Gap

When children are hungry, their ability to learn, and thrive is compromised. The Weekend Power Pack program provides critical support to students on weekends, school holidays, snow days and summer break.

2023

450  
Students

2024

572  
Students

2025

471\*  
Students

Since 2014, Fauquier FISH's Weekend Power Pack (WPP) program has been a lifeline for children in our community. In May of 2026, the very first children FISH provided with power packs will walk across the stage to receive their High School diploma. Without a doubt, food security was an integral part of their journey.

During the school year, 25-30 volunteers pack and deliver bags filled with meals for students to take home on weekends. For extended school holidays, multiple bags of food are provided ensuring food security throughout the break.

In the winter, schools are provided with emergency 'snow day kits' – zip-lock bags containing a small breakfast, lunch, and dinner – to be sent home in the event of an unplanned school closure.

The summer months include partnerships with Fauquier Reaches for Excellence in School Health (FRESH), Fauquier Community Child Care (FCCC), and Fauquier County Libraries to continue supporting children during the critical 10-week break.

When children have the nutrition they need, they are able to thrive – personally, emotionally, and academically – empowering them to succeed and build a brighter future.

*\*Declines in program enrollment from 2024 to 2025 are attributed to an overall decrease in student enrollment across Fauquier County Public Schools.*



BE THE KID WHO CAN GET ALONG.  
BE THE KID WHO IS generous.  
KID WHO IS happy FOR OTHER PEOPLE  
THE KID WHO DOES THE RIGHT THING





## What's Inside a Power Pack?

Power Packs contain breakfast, lunch, dinner and snack items. Examples include cereal, peanut butter, spaghetti & sauce, granola bars, an apple, and other healthy options. Following the food pantry's model, we attempt to include at least one DASH (Delicious, Affordable, Simple and Healthy) meal in each bag, complete with a recipe and non-perishable ingredients to make a wholesome meal for the child's household.

*Our kids love that the bags come once a week and are completely anonymous. The students look forward to Thursdays to find out what's in the bag this week. Keep doing what you doing. It's more appreciated than you know.*

*- Anonymous Teacher, Fauquier County Public Schools*

## 2025 Power Pack Fast Facts<sup>1</sup>

19,909 bags distributed  
121,889 pound of food



<sup>1</sup> These figures reflect Power Pack distributions during the 2024-2025 school year and Summer 2025.

# Senior Supplemental Nutrition

Designed to provide homebound seniors with the food and support they need to stay healthy & independent, this program also offers a chance for this vulnerable population to forge connections and combat loneliness.



2023

**60**  
Seniors

2024

**73**  
Seniors

2025

**79**  
Seniors

During the ongoing challenges of the COVID-19 pandemic, Fauquier FISH recognized that many seniors were facing heightened food insecurity, often compounded by isolation and limited mobility. In response, we launched the Senior Supplemental Nutrition Program to ensure older neighbors had reliable access to nourishing food.

Working in partnership with the Department of Social Services, FISH identifies seniors who are unable to visit our food pantry due to medical, mobility, or transportation barriers. These are neighbors who might otherwise be left without enough to eat.

Each month, FISH volunteers pack and deliver a week's worth of food directly to seniors' homes. Deliveries are thoughtfully planned to reflect individual dietary needs, including heart-healthy and low-sodium options, along with fresh produce and essential pantry items.

## Impact

This program provides more than nourishment. Our volunteers offer reassurance, human connection, and the reminder that our seniors are valued and cared for by their community.

For many of those we deliver to, the monthly visit from familiar faces is just as meaningful as the food itself. Volunteers take time to connect, listen, and offer help when needs arise.

In 2025, that care included sourcing and delivering a new refrigerator for a senior who could not safely store food, and chopping firewood so another could heat his home through the winter. These moments reflect the heart of the Senior Supplemental Nutrition Program, ensuring our most vulnerable neighbors are not only fed, but truly seen and supported.



# Book Bag and School Supplies

For over 20 years, FISH has partnered with the community to provide backpacks and supplies to families, ensuring every child starts the school year ready to succeed.

Each summer, FISH brings the community together to promote educational equity by helping students start the school year prepared and confident. Local organizations, businesses, churches, and individuals sponsor a child in need, providing backpacks and school supplies tailored to specific grade-level needs. This personalized approach eases the financial burden on families and helps level the playing field for students across our community. 2025 was our largest distribution to date, serving over 1,500 children, nearly 13% of the student population of Fauquier County Public Schools.

In 2025, FISH expanded this effort through a new partnership with the school system's ESL Intake Coordinator. This partnership ensures students facing language barriers who enroll after the first day of school receive backpacks and supplies as they transition into a new school environment. FISH also launched its first Teacher Supply Distribution, supporting more than 200 Fauquier County teachers with classroom supplies – extending the impact of this program beyond individual students to classrooms across the county.

2023

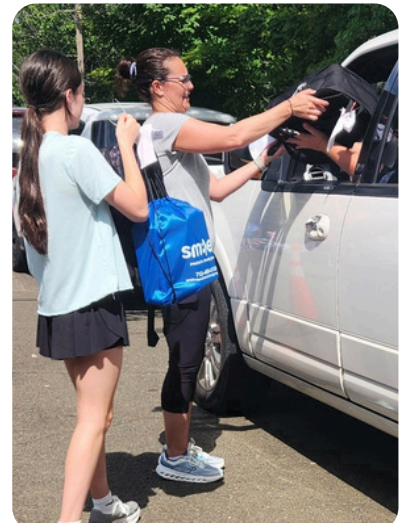
**1215**  
Students

2024

**1331**  
Students

2025

**1516**  
Students



# FISH Network

A community collaboration to increase access to complete, nutritious meals through free little pantries.

In 2025, Fauquier FISH began a pilot-program of satellite food pantries across the county, expanding our reach and continuing our efforts to ensure no one in our community goes hungry. Many families face barriers to traditional food pantry access. Pride, transportation, work schedules, or weather may make it difficult for those in need to receive help. Through partnerships with schools, churches, and civic groups, the FISH Network provides meal kits and pantry staples to be placed in neighborhood blessing boxes / free little pantries. These weather-proofed shelters offers discreet, 24/7 access to non-perishable meal kits.



2025

13

Locations



# Benevolent Fund

While the families we serve struggle to make ends meet, some face especially difficult moments of crisis. FISH's Benevolent Fund allows us to provide immediate, sympathetic help to these families.

When our staff and volunteers interact with families at the food pantry, we sometimes learn just how severe their struggles can be. To support those facing immediate, urgent needs, we maintain a small pool of Benevolent Funds – specifically set aside to help families in times of crisis, preventing situations from escalating into longer-term hardships and greater financial strain.

Highlights of 2025 Benevolent Fund assistance, includes:

- Cremation services for a client who lost a loved one;
- Providing a new tent, bedding, and weather proofing materials for a homeless individual;
- Paying for Behind the Wheel courses for numerous teens so they could obtain their license and drive themselves to work to help support their families.

# Volunteers

**Our mission extends beyond the families we feed. FISH's programs foster connection, purpose, and community health through acts of service.**

While FISH's three dedicated staff members and active Board of Directors provide leadership and direction, our volunteers are the heart and soul of our programs. By offering meaningful volunteer opportunities, FISH creates space for neighbors of all ages and abilities to connect, serve, and experience the value of giving back.

From packing and delivering food, stocking shelves, filling spice cups, unloading box trucks, and breaking down mountains of cardboard, to greeting clients with warmth and respect, our volunteers step in wherever they are needed.

FISH welcomes individuals, corporate groups, adults with special needs, families, and children, helping teach the next generation the importance of service and community care. With approximately 100 volunteers serving weekly, another 175 assisting on a semi-regular basis, and more than 100 others volunteering throughout the year, our organization is powered by people who show up again and again to ensure no one in Fauquier County goes hungry, and anyone who walks through our doors is treated with dignity and respect.

**100**  
Weekly  
Volunteers

**275**  
Regular  
Volunteers

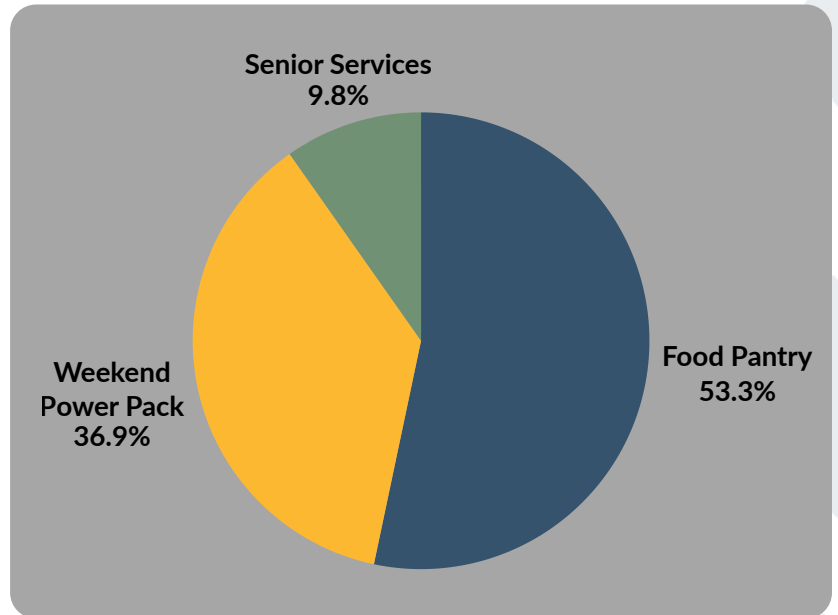
**375**  
Annual  
Volunteers



# 2025 Financial Snapshot

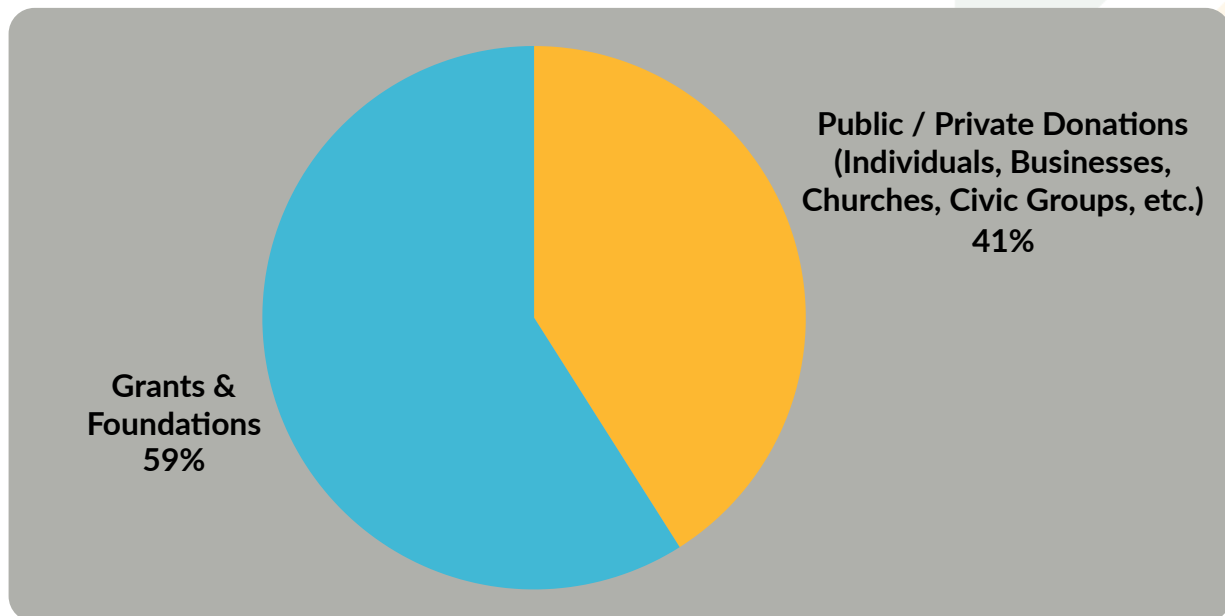
## Program Expenditures

This chart highlights how FISH invests program dollars directly into the services that address food insecurity. More than half of program spending (53.3%) supports our Food Pantry, while 36.9% is dedicated to Weekend Power Pack, helping ensure children have food beyond the school day. Senior Services accounts for 9.8% of program expenses, providing vital nutrition support to older adults. These figures reflect intentional, program-focused investments aligned with the needs of our community.



## Funding Sources

FISH benefits from a diverse portfolio of funders that ensure we are able to achieve the many accomplishments outlined in this report. Nearly 60% of our funding comes from foundations and grants, reflecting strong institutional confidence in our mission and impact. The remaining 41% is made possible through the generosity of individuals, businesses, civic organizations, and community groups, demonstrating broad community investment in our work.

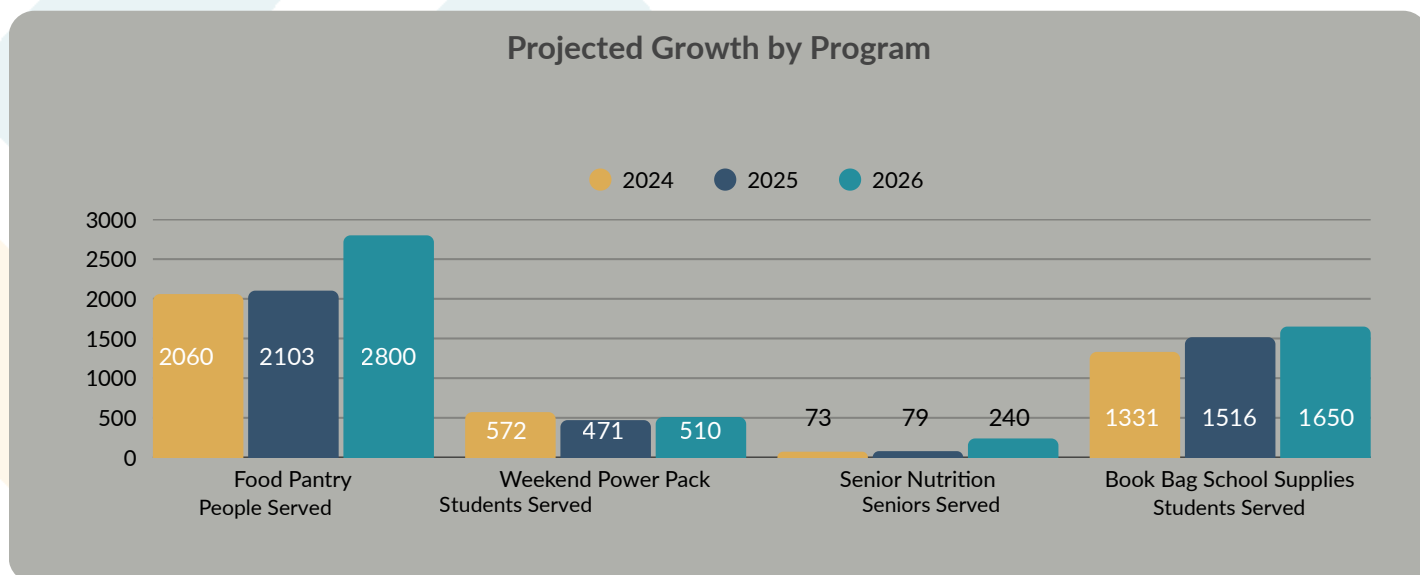


# 2026 Projection

In 2026, we anticipate a significant rise in need as changes to SNAP eligibility and benefits place new strain on family food budgets. For many of our neighbors, fewer grocery dollars will mean difficult choices, and we expect this shift to drive nearly a 25% increase in visits to the food pantry. At the same time, we are seeing growing demand from our senior population, reminding us that fixed incomes and rising costs leave many older neighbors especially vulnerable.

We are responding by listening and adapting. In the year ahead, Fauquier FISH will explore ways to continue removing barriers by bringing food directly to senior apartment communities through a mobile pantry model. We will also reimagine access to Weekend Power Packs by building partnerships with public libraries to reach children outside the traditional school setting. Guided by our strategic plan and strengthened by neighbors helping neighbors through an extraordinary volunteer force, Fauquier FISH remains prepared to meet these challenges with compassion, flexibility, and hope.

Fauquier FISH projects a **25%** increase in the number of individuals served reaching an estimated **5200** individuals in 2026





## Ways to Contribute

### Give Funds

The success of our programs is only possible with your support. Fauquier FISH is a 501(c)(3) and as such, your donation may be tax deductible.

### Donate Via Credit Card



### Mail a Check

PO Box 891  
Warrenton, VA  
20188

### Sponsor a Weekend Power Pack Student



### Workplace Giving

Many employers will match tax-deductible charitable contributions made by their employees. Please check with your employer to see if they participate in such a program.

### Donate Stocks

We are now able to accept long-term appreciated securities such as stock and bonds. Please send a message to [treasurer@fauquierfish.org](mailto:treasurer@fauquierfish.org) for our DTC number and brokerage account information.

### Donate Food

Our most-needed food donations always include the following:

- Single-Serve Snacks
- Peanut Butter
- Jelly
- Boxed Pasta
- Pasta Sauce
- Boxed Cereal

Visit our food pantry Tuesdays/Saturdays from 9:30-12 or Thursdays from 6-7:30 to drop off in person, or drop off anytime in the box outside our front door at 680A Industrial Drive.



## Do you know someone who is in need?

Fauquier FISH is committed to helping our neighbors in need. We know that asking for help can sometimes be difficult to do. We try to make the process as easy and as confidential as possible. If you or someone you care about are in need of food assistance, please contact us or visit us during the pantry hours below.

680A Industrial Road  
Warrenton, VA 20186  
[info@fauquierfish.org](mailto:info@fauquierfish.org)  
(540) 347-3474

#### Hours:

Tuesday 9:30 am – 12:00 pm  
Thursday 6:00 pm – 7:30 pm  
Saturday 9:30 am – 12:00 pm