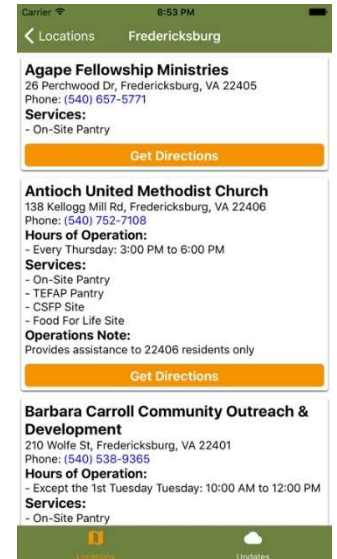
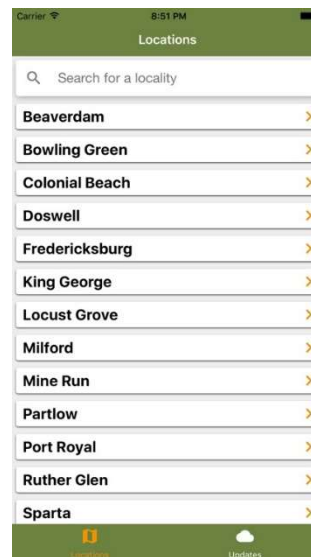


Opciones de asistencia alimentaria

1. FredFoodVA

Esta es una aplicación que puedes descargar gratis a través de la tienda de aplicaciones para iPhone o a través de la tienda Google Play. Esta aplicación le muestra los bancos de alimentos cercanos y cuándo están abiertos. En general, la mayoría de los bancos de alimentos solo le piden una identificación (ID).



Fredericksburg Regional Food Bank's
Pantry Locator App

The Fredericksburg Regional Food Bank has launched a pantry locator app called FredFoodVA, available for download on Android and Apple devices.

The FredFood app will give you the most up-to-date information about the locations of food pantries as well as other food assistance programs in our community, their hours of operation, and any updates about pantry hours, pop up pantries, mobile pantry stops, closures, etc.

Scan for our app!



Download the app on Google Play (Android)
Download the app on App Store (Apple)

[Find us on the web at www.fredfood.org](http://www.fredfood.org)

2. Las familias han sido referidas a este banco de alimentos que ofrece muchas opciones, como productos, carnes y bocadillos. Todos los alimentos han sido manipulados adecuadamente. Están abiertos los fines de **semana**:

Centro de Ministerio Comunitario

Dirección: 918 Bragg Rd, Fredericksburg VA 22407

Horario de la despensa de alimentos los fines de semana:

Todas las semanas sábados 9am-12pm



3. Orderahead.org

Este sitio web le permite "ordenar en línea" para elegir qué comestibles le gustaría. Le hará algunas preguntas sobre ingresos, pero no lo descalifica de los servicios si gana demasiado o muy poco. Es solo una pregunta que hace el sitio web. Una vez que esté listo para el pago, tendrá que recoger sus comestibles en el lugar que eligió.

A screenshot of the OrderAhead website. The browser address bar shows "orderahead.org". The website has a navigation menu on the left and a user profile icon on the right. The main content area is divided into three columns. The first column features a colorful illustration of various fruits and vegetables (carrots, apples, bananas, mushrooms, a bottle of oil) and a brown paper bag. Below the illustration is the heading "OrderAhead" and a paragraph: "OrderAhead is a fast, private, & easy way to order free groceries online. Brought to you by the Feeding America Network and your local food bank." At the bottom of this column is a link "About OrderAhead". The second column has a photograph of a man in a blue shirt and white gloves holding a green pepper. Below the photo is the heading "About Us" and a paragraph: "We are a partnership of several non-profit organizations who seek to end hunger in the US." At the bottom of this column is a link "Learn More". The third column has a dark teal background with the heading "How It Works" and a numbered list: "1. Choose a pick up location and time.", "2. Shop what is in stock that week.", "3. Register and get a confirmation.", "4. Pick up your free groceries!". At the bottom of this column is a link "FAQs" and a large blue button that says "Get Started".

Opciones de asistencia hipotecaria (mortgage) o alquiler

1. United Way – Asistencia de Alice

United Way brinda asistencia única a las personas que necesitan alivio hipotecario o alivio de alquiler. Puede llamar a United Way para obtener ayuda con la solicitud o puede completarla usted mismo a través de su portal en línea.

Sitio web de la aplicación:

<https://ruw.charitytracker.net/kiosk/0ce888b9c6d92bd9f094c05405dcfad03319718be30e2718308966d0bbd1f2f7/>

Cualquier pregunta O necesita ayuda para completar la solicitud: 540-373-0041 x300

Horario: 9am-4pm de lunes a viernes



ALICE Financial Assistance

Required Documents



The following lists are provided as a basis for documents you should prepare and submit to Rappahannock United Way (RUW), to be considered for ALICE financial assistance.

RUW staff reserves the right to request additional documents, at any time during the process, to support your application.

Official Photo ID for all Adults in Household (select one per adult):

- Passport
- Driver's License

Proof of Residency (select one per household):

- Rental Lease Agreement – current year
- Mortgage Statement – current month
- Utility Bill – current month

Proof of Household Income (as applicable):

- Paystubs for all Adults - 2 most recent months
- Child Support Statements – current
- Spousal Support Statements – current
- Retirement / Pension Statements – current
- Benefit Statements – current
- New Employment Offer Letter – current

Proof of Financial Hardship (as applicable):

- Most recent Paystub (before employment ended)
- Paystubs – 3 most recent months showing reduced hours
- Employment Benefits Statement
- Loss of Income Form – completed

Proof of Life Event (as applicable):

- Proof of Employment Termination – dated email / letter
- Death Certificate
- Divorce Papers
- Doctor's Note – within 60 days
- Medical Bill / Statement – within 60 days

If You Are Requesting Rent Assistance:

- IRS Form W9 – completed by landlord/property management
- Rental Ledger – within 14 days
- Rental Lease – current year
- Landlord Affidavit Form – within 14 days

If You Are Requesting Security Deposit Assistance:

- IRS Form W9 – completed by landlord/property management
- Rental Lease Agreement or Welcome Letter – current month (including address, move in date, amount of deposit and first month's rent)

If You Are Requesting Mortgage Assistance:

- Mortgage Statement – current month

If You Are Requesting Car Repair Assistance:

- IRS Form W9 – must be completed by car repair company
- Car Repair Estimate and Bill

If You Are Requesting Car Loan Payment Assistance:

- IRS Form W9 – must be completed by car loan lender
- Car Loan Statement / Bill – current month

If You Are Requesting Child Care Assistance:

- IRS Form W9 – must be completed by child care provider
- Child Care Statement / Bill – current month

CVHS brinda asistencia a las familias que actualmente se encuentran en dificultades financieras debido a un evento de la vida. Pueden proporcionar recursos, pero también pueden proporcionar asistencia para localizar viviendas, entre otros servicios. Es posible que puedan brindarle asistencia financiera o dirigirlo a una organización que pueda ayudarlo más. Esta organización apoya a todos los condados de Fredericksburg, Spotsylvania, Stafford, King George y Caroline.

Teléfono: 540-604-9946

Horario: 7:30am-5pm de lunes a viernes

Dirección: 2300 Charles St Fredericksburg VA 22401

