"I can’t stop off at the store on the way home. We buy all our groceries at the beginning of the month and use food pantries to fill in the gaps." - Jeanette, Winchester

Since the COVID-19 outbreak began, VAN has seen a 72% increase in requests for help, with an average of 130 new families each month. Thousands of our neighbors – who have never needed help before – are struggling with housing, food and utilities.

Thanks to Valley Assistance Network hundreds of people like Jeanette have more options and a place to reach out to when things get hard.

41% of the people living in the Shenandoah Valley don’t make enough to make end’s meet.

That’s where we come in, to be there for people on their hardest days. We work with local nonprofits, finding creative solutions to old problems. We work directly with families, to make sure no one gets left behind when they reach out for help.