

## FY2023 marks a new era for LCAC,

with the convergence of the ending of Covid restrictions and our move to the new Lorton Community Center, an achievement more than 10 years in the making.



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The move of LCAC to the newly constructed Community Center launched many new opportunities to interact with our clients and to build partnerships towards a stronger community.

Molly Lynch,  
President of the Board of Directors



## Lorton Community Action Center FY2023 Annual Report



# Building a Strong Community

The mission of the **Lorton Community Action Center (LCAC)** is to enhance the quality of life for clients by providing food, basic needs, and self-sufficiency programs made possible through the generous support of the community.



# Community Needs

In FY2023, LCAC held several town halls to better identify the needs in the community. This has resulted in a redesign of our food pantry which we've evolved into a client-choice model. With expanded fresh-food storage refrigerators and freezers, clients can select the healthy food and products that will best meet the needs of their families.

LCAC also launched several new programs including our nutrition and cooking classes for both children and adults, persuasive writing classes for young adults, a computer basics class, job readiness classes, our summer soccer and dance camps, and much more. To strengthen community access to health care, LCAC hired a Social Services Manager to help clients identify challenges and connect them with appropriate resources.



LCAC is a place where people's dreams of a strong future and good health for themselves and their families are realized.

Rob Rutland-Brown  
LCAC Executive Director

LCAC is dedicated to helping families and individuals stay in their homes and avoid homelessness while simultaneously providing programs that will ensure their basic needs are met and enable them to become self-sufficient when possible.

## Our programs fall into three primary components:

1

Healthy Families

2

Sustainability

3

Bridge Program

**The Healthy Families Program** provides supportive emergency or ongoing food assistance to address food insecurity that low-income families, seniors, military members, and children experience when living in poverty.

**The Sustainability Program** focuses on preventing homelessness by providing financial assistance and associated case management to families that have received an eviction or utility disconnect notice.

**The LCAC Bridge Program** seeks to address education and literacy across the age spectrum and employment-related issues which prevent immigrant and native-born households from becoming self-sufficient.

## Looking Forward: All Can Be Healthy

Summer 2023 marks the launch of our new *All Can Be Healthy* initiative, thanks to support from the Potomac Health Foundation and from Sentara Cares.

Having learned from our clients and partners of a significant gap in health-related programming and support we will:

- Carry out programs and workshops on nutrition and mental and physical well-being
- Further develop our partnerships with health-focused providers to offer more in-depth support
- Strengthen our food pantry by continuing to make it healthier and expand options to include culturally appropriate foods
- Create signage (in English and Spanish) to indicate nutritional value and begin providing healthy recipes to accompany food items





## Our Partners ROCK!

LCAC strongly believes that partnerships are the most effective way to fulfill our mission. Before initiating any new programming, we assess whether other organizations are carrying out similar work, and partner whenever possible.

- ESL classes with the **English Empowerment Center**
- Writing class for children led by **George Mason University**
- **Moms of Muslims** helped provide gifts for children during Ramadan
- **Lorton Library** and **Fairfax County's Department of Neighborhood and Community Services (NCS)** partnered to help host the Spring Eggs-travaganza, financial literacy workshops, presentations from **Insight Memory**, and newly expanded Warm Coat Drive
- All Can Be Healthy initiative and dental screenings with the **Medical Care for Children Partnership Foundation**
- Food pantry partners including: **BRAWS, Capital Area Food Bank, Costco, Food Lion, Fort Belvoir Commissary, Giant, Linda Vista Farm, Little Green Farm, Ochoa Produce, Panera, Paws for Justice, Vitamin Angels, Wegmans**, and so many other partners we cannot possibly name them all here



*A shout out to our  
community partners who  
make us all stronger!*

# Helping People Thrive

## Highlights of LCAC's Impact

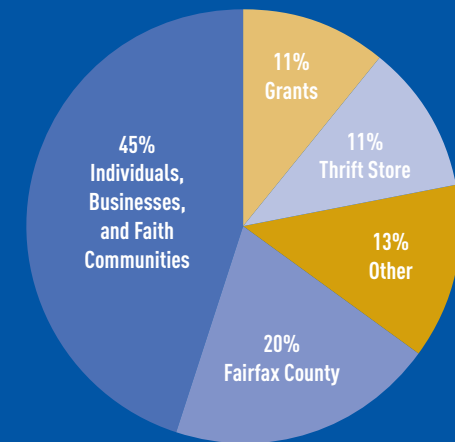
In FY2023 (July 1, 2022-June 30, 2023) LCAC provided:

- **Food distributed weekly** to 1,321 individuals, within 380 households. 90% of those households were considered extremely low income, or “less than or equal to 30% of the DC Metropolitan area median income”
- 168,379 **meals** worth of food in response to 7,576 unique **visits to our pantry**
- **Thanksgiving food** and/or **holiday food and gifts** to 1,480 individuals
- **Emergency rental/utility assistance** totaling \$196,000 to 314 households aiding 982 individuals
- **Case management services** to 107 low-income individuals to help develop a plan for a secure future in their home
- **Household items and clothing** in donated goods provided to 136 individual clients valued at over \$7,000
- **Job readiness skills training** for 21 individuals, with each successfully completing a resumé
- New **backpacks and school supplies** to help prepare for the upcoming school year to over 600 eligible students
- **Computer Basics** to 10 individuals to prepare them for further educational opportunities or to help them gain employment
- **English classes** twice-weekly during several sessions, provided free of charge to 93 students



## FY2023 Income Sources

Total Income \$1,440,700



For a listing of major donors, please see our website.

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I've lived in the Lorton community for quite some time now and this is the first time that I ever thought I would even have to avail myself of your services. And you guys really came through.

Bernice,  
Client of LCAC

**Connect with LCAC:**

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