



# Just the Facts

*"Severe and progressive malnutrition has been a common complication of HIV/AIDS. Even with the heralded new treatments, many people do not regain weight normally. Adequate nutrition is key to restoration of health for persons with AIDS." -William G. Powderly, M.D. Former Co-Director, Division of Infectious Diseases  
AIDS Clinical Trials Unit, Washington University School of Medicine*

*"Some cancer treatments are more effective if the patient is well nourished and getting enough calories and protein in the diet. People who eat well during cancer treatment may even be able to handle higher doses of certain treatments. Being well-nourished has been linked to a better chance of recovery." -National Cancer Institute*

## MISSION

To provide nutritional support and enhance the quality of life of men, women, and children living with HIV/AIDS or Cancer.

## HISTORY

FOOD OUTREACH started in October 1988 with seven clients in the pilot program.

FOOD OUTREACH, in fulfilling its mission, provides food and nutrition support to persons with HIV disease or Cancer:

- who are indigent,
- who find preparing meals difficult or impossible,
- who are in the workplace and can extend their employment by removing extraneous demands on their energy.

FOOD OUTREACH is the only St. Louis-area organization focused on providing nutritional support to men, women and children living with life threatening diseases, such as HIV or Cancer.

## LOCATION

FOOD OUTREACH's facility is conveniently located at 3117 Olive Street (near Compton Avenue), just three blocks east of Grand in the St. Louis midtown area. A security system ensures client and volunteer safety.

## DISTRIBUTION AREA

FOOD OUTREACH provides services to clients in 137 Missouri and Illinois zip codes - encompassing a 200 mile radius.

## CLIENTS SERVED

1988.....7	1999.....841
1989.....63	2000.....861
1990.....116	2001.....971
1991.....216	2002.....1,079
1992.....321	2003.....1,208
1993.....405	2004.....1,219
1994.....498	2005.....1,211
1995.....612	2006.....1,392
1996.....651	2007.....1,430
1997.....721	2008.....1,462
1998.....783	2009.....1,586

## 2009 CLIENT DEMOGRAPHICS

### Gender

Male .....	1,186.....	74.8%
Female.....	400.....	25.2%

### Ethnicity

African-American .....	924.....	58.3%
White.....	615.....	38.8%
Latino/Hispanic .....	30.....	1.7%
Native American .....	4.....	0.2%
Other .....	13.....	0.8%

### Age

<13 .....	4.....	0.3%
13-24 .....	25.....	1.6%
25-44 .....	625.....	39.4%
45+ .....	926.....	58.4%
Unreported .....	6.....	0.4%

## PROGRAMS

### PREPARED MEALS AND GROCERY PROGRAM

FOOD OUTREACH's one-stop service center provides a nutritious combination of prepared meals and groceries, year round, to men, women and children living with HIV/AIDS or cancer. Menu items, designed to create healthy meals, are selected by clients from a wide variety of frozen meals, groceries, produce and frozen meats. Food is either picked up by clients or delivered by volunteers to those unable to do so. Clients may choose from the types of foods that will best serve their needs, based on their current health status.

### HOT MEAL MONDAYS

An on-site hot lunch program offers clients opportunities for fellowship and social interaction. Volunteers prepare and serve lunch to clients restaurant style. Additional nutrition and emotional support is provided through this program.

### NUTRITION EDUCATION SERIES

Once a month, FOOD OUTREACH offers a Nutrition Education Series to its clients called Breakfast at FOOD OUTREACH. Each class offers a nutritious breakfast and a discussion about the importance of nutrition in the management of HIV/AIDS disease.

### NUTRITION COUNSELING

Individual counseling and nutrition education are available to all clients.



### EXPRESS YOURSELF! VOLUNTEERING AT FOOD OUTREACH

We need your help to carry out our mission. Food Outreach welcomes volunteers in every aspect of our program including cooking, packaging and delivering food, stocking and distributing groceries, serving hot meals and assisting in the office and with special events. Orientations for new volunteers are held periodically throughout the year. Long-term, short-term and intermittent opportunities are available. To find your "fit," please call our Volunteer Coordinator at 314.652.FOOD (3663).

### STARTING SERVICE

A person diagnosed with HIV/AIDS disease or cancer may be referred to FOOD OUTREACH by a case manager or doctor. For assistance with services, call the FOOD OUTREACH office at 314.652.FOOD (3663).

### MEALS PROVIDED

During 2009, FOOD OUTREACH provided 398,056 meals to 1,586 persons and enrolled 295 individuals new to our program. FOOD OUTREACH volunteers prepared, packed and labeled entrees, side dishes and desserts, and stocked and distributed groceries. FOOD OUTREACH hosted 47 weekly hot lunches, and volunteers or our van driver delivered meal orders to homebound clients. Food items prepared by volunteers include creole fish, pesto chicken, beef stroganoff, glazed pineapple ham, spinach and eggplant lasagna, seasoned greens, black-eyed peas, cheddar roasted potatoes, buttered broccoli, spiced carrots, okra, corn & tomatoes, and vegetable soup.

### NUTRITION / QUALITY

FOOD OUTREACH is committed to providing its clients high-quality food that is nutritious and appealing. A registered dietitian is on staff to oversee menu design, provide nutritional assessments, education and classes. Menus change every two weeks, providing variety for clients whose tastes and needs change as they cycle up and down in illness. Client surveys provide input for menu development. Cooking volunteers and staff frequently participate in taste tests for quality purposes.

### FISCAL INFORMATION

2010 Annual Projected Budget.....	\$1,488,391
Federal Funding	
(Ryan White Care Act, Older Americans Act) .....	24%
2009 Actual Funding:	
Federal Funding	
(Ryan White Care Act, Older Americans Act) .....	25%
Foundation.....	18%
Private.....	16%
Corporate.....	9%
Special Events.....	25%
Other.....	7%

### DONATIONS

Contributions of cash, securities, in-kind services and products are always appreciated. For further information, call 314.652.FOOD (3663).

### CONTACT INFORMATION

**FOOD OUTREACH, INC.**  
3117 Olive Street, Saint Louis, MO 63103  
Phone: 314.652.FOOD (3663) Fax: 314.652.3673  
www.foodoutreach.org

### BOARD OF DIRECTORS

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### FOOD OUTREACH STAFF

- Executive Director:** Greg Lukeman
- Director of Operations:** Mary Sue Rosenthal
- Director of Development:** Becky Reichardt
- Dietitian/Nutrition Specialist:** Josh Dale, R.D., L.D.
- Volunteer Coordinator/Client Service Manager:** Kathy Spencer
- Office Manager:** Keith Mosier
- Community Affairs Officer:** Karin Moody
- Kitchen Manager/Chef:** Nicholas Hatfield
- Marketing & Events Manager:** Justin O'Neal
- Grocery Center Coordinator:** Melissa Gibson
- Part-time Van Driver:** Charlie Burnett

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