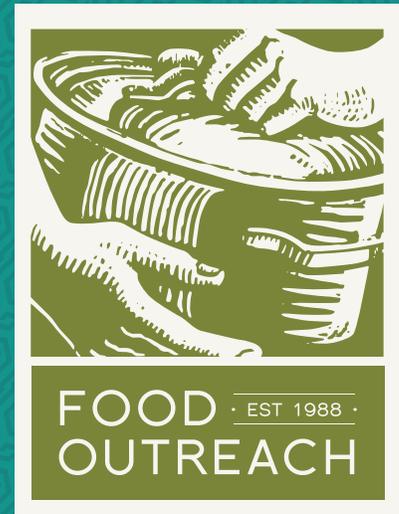


Food FOR Thought



FOOD OUTREACH'S
MAIN INGREDIENT
WEDNESDAY, NOVEMBER 29, 2017



Main Ingredient

Food Outreach is celebrating our community partners, individual donors and volunteers at our fall dinner event, the Main Ingredient, on November 29. It is being held at the Moulin Centennial Ballroom with entertainment provided by Acoustik Element. This year, we are honoring four organizations who have gone above and beyond to support the mission and goals of Food Outreach. The individuals accepting our 2017 Main Ingredient awards on behalf of their organizations are also listed.

HUNGER HEROES



Wayne Brinkman
**BWorks
Cranksgiving
Volunteers**

NOURISHMENT AWARD



Marie Artim
**Enterprise Holdings
Foundation**

PLATE PIONEERS



Christina Longnecker
**Alvin J. Siteman
Cancer Center**

SUSTENANCE AWARD



George B. Handran
**Sigmond & Marie P.
Baer Charitable Trust**

Please join us in acknowledging this year's award recipients for their ongoing and generous commitments to support the mission of Food Outreach. If you would like to learn more about the event or purchase tickets, please go to our website at www.foodoutreach.org.

Mission:

To provide nutritional support and enhance the quality of life for thousands of low-income men, women and children with HIV/AIDS or cancer in the St. Louis area.

Meet Al Viscarra

Al Viscarra has been a Food Outreach client since 2010 and was diagnosed with HIV in 2002. Upon learning of his test results, Al was completely surprised and didn't understand how a heterosexual male could have contracted the disease. At the time, many believed that HIV/AIDS only afflicted gay men or intravenous drug users. Understandably, Al was devastated and believed he had just received a death sentence. It was only by joining the clinical trials for infectious diseases at Washington University and through the guidance of his nurse clinician, Mike Conklin, that Al learned he could continue to live a full life for many years to come. Mike took great care to explain how the HIV/AIDS virus worked and what could be done to keep Al healthy. Al then decided to make a commitment to living and to participate in the clinical trials in hopes of bringing about a cure for the disease, not only for himself, but for others too. He remembers asking himself at the time, "If I don't do it, than who will?"

Shortly after Al was referred to Food Outreach by Debbie Gase, a nurse practitioner at Washington University, he met with our registered dietitian for an initial health assessment and dietary recommendations, as is required of all new Food Outreach clients. Though Al has always been into nutrition and believes that "you are what you eat," he likes the portion sizes in our made-from-scratch meals and appreciates that he can just put his food in the microwave and have healthy, nutritious meals to eat even when he doesn't feel well. He's grateful to be practicing better eating choices than when he was initially diagnosed.

When asked if Al would like to share any positive experiences he's had at Food Outreach, he said he's been shown nothing

but kindness from everyone since he came here. He's not only learned how to eat better and monitor his BMI and weight, but he's also developed a game plan to take better care of himself for years to come. He said the staff, the grocery packers and the volunteers who work the front desk are kind and considerate, and that "Food Outreach does a really wonderful job and is lifesaving."

Al said he has made some new friends at Food Outreach. In particular, he formed a close friendship with another Food Outreach HIV client by the name of Lynn Demain. They attended the same support group and saw the same doctors at Washington University. Since they both lived in Salem, IL, they would drive to meetings and appointments together. They also joined the Community Advisory Board in St. Louis and participated in clinical trials in hopes of ending the disease. Having Food Outreach as a resource for their nutritional needs was a big help to both of them, though Lynn passed away this past April due to complications from cancer. Al is still mourning the loss of Lynn as they had become very close. Having had in common the fact that they were both HIV positive created an especially strong bond between them.

Al is currently on disability but in his prior career, he was an auto mechanic and a lead diagnostician. He is an Advanced Engine Performance Master (AEP Master) under car specialist as well as with exhaust systems. He specialized in diagnostic and drivability issues (like when the engine light comes on in your car). He enjoys a good puzzle, like auto wiring and computer problems, and is very good at figuring out what's wrong. He's also done body work in the past and has owned a few body/repair shops.



After he was diagnosed with HIV, he still worked but his schedule changed to accommodate his fatigue and complications. His work career has now ended and Al says, "I'm starting a new phase in life."

When asked about his favorite foods offered by Food Outreach, Al said he loves our fresh carrots, potatoes, onions, garlic, cucumbers, bananas and tomatoes. He also enjoys our beans, peanut butter and several of our freshly prepared meals, including Baked Chicken, Meat Loaf, Salisbury Steaks, Pulled Pork, Mashed Potatoes and Chicken Fajitas. He loves how good everything tastes and that he has fully prepared meals right at his fingertips.

For Al, Food Outreach is a place where he can go to talk, be listened to and feel connected. He said he also feels our clients are well supported. He added that he sees how the clients help each other getting in and out of our center, and he sees some

clients who appear to be really suffering. He said that getting food and vitamins has removed a lot of financial pressure. He also appreciates that we understand how some foods can cause complications for people living with HIV/AIDS and cancer. Al is very grateful for the lifesaving work we do and feels that Food Outreach is a godsend. He said he can never repay the kindness he's been shown at Food Outreach; that we are about people helping people and that the world is a better place by all of us helping each other.

He said he enjoys speaking with others about his experiences with HIV/AIDS and Food Outreach as a way to "pay it forward" just like others have helped him along the way. He is committed to continuing to participate in the clinical drug trials at Washington University for long-term observation and studies. Al feels that it helps to give his life purpose by being involved in these trials which might someday lead to a cure for HIV and AIDS.

Wish List For Clients

Microwave Ovens • \$5 Gift Cards
• Blenders

Save The Dates!



Scare-E-Yolk-E

Sunday Brunch: Fun with a purpose

Our first **CARE-E-YOLK-E** Sunday brunch event was a huge success! Join us for our next Sunday Funday brunch on **October 29 at 10:30 am**, which we are calling Scare-E-Yolk-E! Tickets are available for sale on our website at www.foodoutreach.org/events. Costumes are optional.

CRANKSGIVING! Hosted by St. Louis Bicycle Works Sunday, November 5 at 9 AM - 2 PM. Last year, more than 900 participants collected over 18,000 food items riding from grocery store to grocery store, purchasing food for our clients. This year, they hope to exceed 20,000 items, with all of the food once again being donated to Food Outreach! To learn more or to participate, go to St. Louis Bicycle Works' Face Book page at [@stlbicycleworks](https://www.facebook.com/stlbicycleworks).

A Tasteful Affair 30! Sunday, April 22, 2018. We are celebrating our 30th anniversary! Watch for more information on our website www.foodoutreach.org/events



Calendar of Events

October

- 2 Monday Hot Lunch
- 5 Educational Breakfast
- 7 Saturday Cook & Pack
- 9 Monday Hot Lunch
- 10 Client Cooking Class
- 14 Saturday Cook & Pack
- 16 Monday Hot Lunch
- 21 Saturday Cook & Pack
- 23 Monday Hot Lunch
- 24 Client Cooking Class
- 29 Scare-E-Yolk-E
- 30 Monday Hot Lunch

November

- 2 Educational Breakfast
- 4 Saturday Cook & Pack
- 5 Cranksgiving
- 6 Monday Hot Lunch
- 7 Client Cooking Class
- 11 Saturday Cook & Pack
- 13 Monday Hot Lunch
- 18 Saturday Cook & Pack
- 20 Monday Hot Lunch
- 21 Client Cooking Class
- 23-26 CLOSED
- 27 Monday Hot Lunch
- 29 Main Ingredient

December

- 1 World AIDS Day
- 2 Saturday Cook & Pack
- 4 Monday Hot Lunch
- 7 Educational Breakfast

- 9 Saturday Cook & Pack
- 11 Monday Hot Lunch
- 16 Saturday Cook & Pack
- 18 Monday Hot Lunch
- 23 CLOSED
- 25 CLOSED
- 30-31 CLOSED

January 2018

- 1 CLOSED
- 4 Educational Breakfast
- 6 Saturday Cook & Pack
- 8 Monday Hot Lunch
- 13 CLOSED
- 15 CLOSED
- 20 Saturday Cook & Pack
- 22 Monday Hot Lunch
- 27 Saturday Cook & Pack

February 2018

- 1 Educational Breakfast
- 3 Saturday Cook & Pack
- 5 Monday Hot Lunch
- 10 Saturday Cook & Pack
- 12 Monday Hot Lunch
- 17 CLOSED
- 19 CLOSED
- 24 Saturday Cook & Pack
- 26 Monday Hot Lunch

March 2018

- 1 Educational Breakfast

April 2018

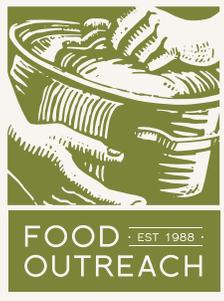
- 5 Educational Breakfast



Volunteer Opportunities

Food Outreach depends on the generosity and commitment of our volunteers, many of whom have been with us for many years. We couldn't do what we do without their support, and we are always looking to add more volunteers to our team. If you are interested in volunteering with us, we offer a variety of ways you can support us.

To learn more, please contact our Volunteer Coordinator/ Clients Service Manager, Kathy Spencer at 314.652.3663 ext. 111 or kathy@foodoutreach.org.



3117 Olive Street
St. Louis, MO 63103
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www.foodoutreach.org

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FALL 2017 NEWSLETTER



Hunger Action Month

In September, we celebrated National Hunger Action Month and partnered with West County Center to bring awareness to local hunger issues. CBL & Associates Properties, Inc., West County Center's owner and management company, hosted a food and cash donations drive in their food court on September 22, 23 and 24 with Food Outreach staff on hand. As a result of this unique partnership, we also had the honor of being featured on the front cover of *Town & Style Magazine!*

Tributes

IN MEMORY OF

- Lucille Bell**
Michael & Barbara Allen
- Beth Burns**
Thomas Burns
- Mildred & Joey Daab**
Marcia Daab
- Michael Dombard**
Sandra & James Dombard
- Scott Garnholz**
Julie Pole
- Robert Koenig**
Anne Carr
- John Larrabee**
Vincent Andrzejewski
- Stephen Lehtman**
Ken Alexander & Jerry Calcaterra
- Jason Lewis**
Laura Morrison
- Richard Lewis**
Donna Lee Tedeschi
- W. Glenn McPherson**
Frances M. Baker
- Debbie Nalley**
Michael & Barbara Allen

- Jean Rocchio**
Ken Alexander & Jerry Calcaterra
- Gene Schultz**
Dennis E. Rose
- Ruth Ann Seth**
Vicki & Bruce Ritts
- Carolyn M. Smith**
Michael & Barbara Allen
- David Staat**
Michael & Barbara Allen
- Peg Stampfer**
Michael & Barbara Allen
- David Stech**
George Smith
- Midge Tooker**
Stacey & Christian Brinkop
- Scott Wylie**
Michael & Barbara Allen

IN HONOR OF

- Dustin Acre & Jeff Barkoviak**
Marcie & Alan Brook
- Marla & Gary Goldstein**
- Diane Cash**
Thomas Cash

- Thomas Cash**
Diane Cash
- Lee Kling**
Helen Liu
- Michael Lunter**
Bob & Jan Ehlen
- Eleanore Luntar**
- Jane Matoesian**
Rich Kluesner
- Mike Naccarato**
Joe Thomas
- Duane Reed & Glenn Scrivner**
Nancy Newman Rice
- John Russell**
Rich Kluesner
- Marcia Whelan**
Anonymous
- Larry Willman**
Chuck Jones

Tributes received after September 8, 2017 will appear in the next Food For Thought.

Missouri Food Pantry Tax Credits Are Available!

If you are a Missouri resident, your donation may qualify for Missouri Food Pantry Tax Credits.

The credit is equal to 50% of the amount of the donation to a maximum of \$2,500 per tax year, per tax payer.

If married individuals filing a combined return make a contribution, each spouse may claim up to \$2,500.

All claims must be filed by the tax filing deadline.
Contact Chris Luebbert at 314.652.3663 ext. 117 or chris@foodoutreach.org for more information.

Supporting Food Outreach truly makes a difference in the lives of our clients.

DONATION	\$5,000	\$2,500	\$1,250	\$1,000	\$500	\$250
MO Tax Savings	\$2,200	\$1,100	\$550	\$440	\$220	\$110
FED Tax Savings* <small>*25% Tax Rate</small>	\$1,250	\$625	\$313	\$250	\$125	\$62.50
TOTAL SAVINGS	\$3,450	\$1,725	\$863	\$690	\$345	\$172.50
TOTAL COST TO DONOR	\$1,550	\$775	\$387	\$310	\$155	\$77.50

For Illustrative Purposes Only
Your Actual Tax Savings May Be Different

Visit <http://dor.mo.gov/taxcredit/fpt.php> to print out the form



AmazonSmile is a simple and automatic way to support your favorite charitable organization every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to Food Outreach, Inc. All you have to do is use this link so your eligible shopping will benefit Food Outreach: <https://smile.amazon.com/ch/43-1492878>. Amazon takes care of the rest by sending the donated portion of your purchases directly to us.

About Food Outreach

Food Outreach is the only St. Louis area organization whose mission is to provide nutritional support and enhance the quality of life of men, women and children living with HIV/AIDS or cancer.

General Inquiries:

e-mail: info@foodoutreach.org and your message will be forwarded to the appropriate person.

Welcome!

New Staff!

Holly Hannigan, Chef and Nutrition Center Assistant
Chris Luebbert, Director of Development
Steve Markley, Nutrition Center Coordinator and Assistant Chef

New Board Member!

Amy Hoch Hogenson, Partner, Paule, Camazine & Blumenthal, P.C.



Community CAN Make a Difference

We wish to express appreciation to all of the organizations who hosted canned food drives for our Nutrition Center over the past several months. Their generosity enables us to provide much needed food for our clients. We'd like to especially acknowledge the canned food donations provided to us by the following organizations:

- Stray Dog Theatre
- Lindbergh High School Tri-M Music Honor Society
- Wells Fargo Advisors
- T-Mobile
- Citi Bank
- Faith Works

Funding Update

Thank you to the following corporations, foundations, and partners for helping fulfill our mission. Gifts (\$1,000+) since Spring 2017:

- Becton, Dickinson and Company
- BJC HealthCare
- Broadway Care/Equity Fights AIDS
- CDA (CDBG)**
- Elsevier
- Emerson
- Express Scripts
- FEMA
- First Congregational Church of St. Louis
- Gateway Combined Federal Campaign
- Jordan Charitable Foundation
- Lutheran Foundation
- Pershing Charitable Trust
- Pott Family Foundation
- Scottrade
- Sigmond & Marie P. Baer Charitable Trust
- Simon Foundation
- SLAAA*
- St. Louis Men's Group Against Cancer
- St. Louis Philanthropic Organization, Inc.
- Steward Family Foundation
- The Cummins Foundation
- The Foundation for Barnes-Jewish Hospital
- The Mildred, Herbert and Julian Simon Foundation
- Ultimate Software
- Union Ave Christian Church
- Wells Fargo Advisors
- World Wide Technology Foundation

*The funds were provided in part by the St. Louis Area Agency on Aging through a federal grant by the Missouri Department of Health and Senior Services, under the provision of Title III, Older Americans Act of 1965, as amended, and/or funding of the Social Services Block Grant (Title XX of the Social Security Act); the Community Development Block Grant, and/or funding from the State of Missouri.

**CDGB acknowledgement: This activity is financed (in part) (wholly) through an allocation of Community Development Block Grant funds from the Department of Housing and Urban Development and the City of St. Louis' Community Development Administration.

eScrip Info

Sign up your Macy's Card or your Schnucks Community Card with eScrip and help Food Outreach. For more details or to register: www.escrip.com or call 1.800.931.6258. ID#500005087

Connect with us

 FoodOutreach  FoodOutreachSTL

 FoodOutreachSTL

www.foodoutreach.org

Check out Food Outreach's new agency video,
www.foodoutreach.org/mission-video/