



FOOD · EST 1988 ·
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.

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FoodOutreachSTL

Check out
Food Outreach's
agency video:
[www.foodoutreach.org/
mission-video/](http://www.foodoutreach.org/mission-video/)

General Inquiries:

E-mail: [info@
foodoutreach.org](mailto:info@foodoutreach.org)
and your message will
be forwarded to the
appropriate person.

www.foodoutreach.org

food FOR thought

Mark Your Calendars!



A Tasteful Affair 31 Sizzlin' Beats for Healthy Eats

Please join us for our signature event, which will include live entertainment, 25+ culinary and beverage partners, hundreds of silent and live auction items, and a few new surprises for 2019!

Sunday, April 14, 2019, 2 - 5:00 p.m.

Four Seasons - St. Louis

\$75 Admission

Congratulations to A Tasteful Affair 30's culinary winners!

- Eleven Eleven Mississippi - Best Savory
- Narwhal's Crafted Urban Ice- Best Sweet
- Hidden Lake Winery & Banquet Center - Best Decorated Station

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

This credit is equal to 50% of the donation amount to a maximum of \$2,500 per tax year, per tax payer. If married individuals filing jointly make a donation, each spouse may claim up to \$2,500.

Donation	\$ 5,000	\$ 2,500	\$ 1,250	\$ 1,000	\$ 500	\$ 250
MO Tax Credit	\$ 2,500	\$ 1,250	\$ 625	\$ 500	\$ 250	\$ 125
MO Income Tax Deduction (6%)	\$ 300	\$ 150	\$ 75	\$ 60	\$ 30	\$ 15
Total Savings	\$ 2,800	\$ 1,400	\$ 700	\$ 560	\$ 280	\$ 140
Total Cost to Donor*	\$ 2,200	\$ 1,100	\$ 550	\$ 440	\$ 220	\$ 110

*Your actual tax savings may be different.

All claims must be filed by the tax filing deadline. If you have any questions, please feel free to contact Julie Pole at 314.652.3663 ext. 115 or julie@foodoutreach.org. For more information or visit <http://dor.mo.gov/teaxcredit/ftp.php>.



Planned Giving

Carol Gruen Creates a Planned Gift to Help Support Food Outreach's Future

When Carol Gruen was invited to visit Food Outreach, her position at a major St. Louis bank included decisions about the bank's community relations. Carol toured Food Outreach with former Executive Director, Mark Utterback, and was immediately interested in our work. "I was amazed. I had no idea that an organization like Food Outreach existed."

Carol recommended that the bank support our mission through its charitable giving; moreover, Carol "decided to start personally giving to Food Outreach. I knew there were food pantries. But I had never seen anything where the food was actually hand-prepared and cooked for community members in need. I was impressed by the amount of time, care and thought that went into this process as a way to help so many people with HIV/AIDS."

Carol began volunteering at Food Outreach and was subsequently invited to join the board of directors. "At the time I was on the board, we set a goal to literally go out of business when a cure for HIV/AIDS would be discovered." Carol served on the board for six years. "I used my circle of influence and contacts to help Food Outreach earn additional funding."

For many years, Carol has been sponsoring a yearly Monday Hot Lunch in memory of her mom's life. "I always get a smile on my face. I believe I've done something special for our clients. Not many organizations provide these delicious three-course lunches to their clients."

In addition to her ongoing, annual gifts to Food Outreach, Carol recently shared that she has included Food Outreach in her estate plan to ensure her giving will impact our future. "As long as Food Outreach is in the business of serving their clients, I am going to give. Food Outreach does a wonderful job and fills a real need, not only for clients with HIV/AIDS, but for clients with cancer, too."

“I’m of the thinking that I need to give back. Food Outreach has been a part of my life for over 20 years, and it’s for many reasons that I have included Food Outreach in my estate plan.”

- Carol Gruen

MAKING A BEQUEST TO FOOD OUTREACH

Planning for our future includes planned gifts. If you are interested in exploring ways to make a donation to Food Outreach through your estate or to share that you have made a planned gift to benefit our mission, please contact Julie Pole, Executive Director, at (314) 652-3663, ext. 115, or julie@foodoutreach.org.

WISH LIST FOR CLIENTS

Microwave Ovens

\$5 Gift Cards

Blenders

Can Openers

welcome

New Staff!

Ashley Green Otto, Bookkeeper

New Board Members!

Ben Cooper, Manager, Data Analysis
(Health Economics & Research Outcomes)
Centene Corporation

LaDawn Ostmann, Director, Labor Relations
Ameren Missouri

Noah Tennyson, Director
Schnucks Specialty Pharmacy

Meet Our Registered Dietitians



Though it is a necessity to have a registered dietitian on our staff, we are privileged to have two registered dietitians working on the Food Outreach team. Natalie Myers, MS, RDN, LD and Holly Faivre-Hannigan, MS, RDN, (shown left) have Bachelor and Master of Science degrees in Nutrition and Dietetics from Saint Louis University. Each performs a unique role within our organization; however, they also work closely together to serve our low-income HIV/AIDS and cancer clients.

Natalie Myers is the first person a client meets at intake and evaluates their nutrition status. This forms the basis for a personalized nutrition plan, and is our most critical intervention for all of our new clients. During a client's enrollment, she monitors progress toward goals and provides ongoing individualized dietetic counseling. Holly manages all aspects of our services related to food preparation. This includes menu planning, recipe development, kitchen management, ingredient procurement, food safety and sanitation, and culinary skills training for both clients and volunteers.

Natalie and Holly utilize their training, knowledge, education and experience to collaborate on recipes and menus, tailoring them to include healthy ingredients such as low-fat dairy products, whole grains, lean meats, and foods that are nutritionally dense and full of vegetables. Both understand the importance of offering our clients a wide variety of freshly prepared entrées and side dishes that they know our clients will enjoy, while also introducing new cuisines. Our dietitians understand the importance of preparing foods that will appeal to many people with a variety of health challenges, remembering that some clients have dietary restrictions. They are mindful of utilizing all of the food we receive to eliminate food waste in our community, a passion they both share.

Holly's and Natalie's tremendous contributions permeate each of our services for our clients' health and well-being, including our Monday hot lunches, educational breakfast and cooking classes, dietetic counseling, freshly prepared meals, and our home delivery program. Their expertise and passion to serve the most vulnerable in our community are exemplary, and they embody our mission to address hunger, poverty and to support our clients' health goals.



Save The Dates!

SCare-E-Yolk-E (at Food Outreach)
Sunday, October 21, 10:30 a.m. – 1:00 p.m.
Single tickets \$40 each OR \$320 for a table of eight

Turn your Sunday Funday Brunch plans into a HAUNTINGly good time! Guests will be treated to a SPOOKtacular three-course meal with unlimited trips to our Tito's BLOODY Mary/Barefoot Bubbly Mimosa bar. PLUS you'll get the chance to SCREAM out some tunes courtesy of our favorite Karaoke GHOUL, Jeff Barnes. Wear your favorite costume and be entered into our costume contest (optional)! Buy your ticket by Friday, October 5th and be entered into a special raffle for a drawing at the event (prize valued at over \$100)! More information and tickets for purchase can be found on our website at <http://foodoutreach.org/events/>



Turkey Trot STL
Thursday, November 22
Kiener Plaza Park, 500 Chestnut St., 63101. Opens at 6 a.m.

Food Outreach is proud to announce our newest community partnership with Fleet Feet St. Louis! We are honored to be one of four beneficiaries of canned food items and monetary gifts generously donated by participants during this year's Turkey Trot STL. The annual event will welcome thousands of fitness enthusiasts to downtown Saint Louis on Thanksgiving morning. Those interested in participating in Turkey Trot STL and supporting Food Outreach can register for the event here: <http://turkeytrotstl.com/downtown.html>

Tributes

Tributes received after September 7, 2018 will appear in the next Food For Thought.

In Memory Of

Joseph Balk
Ken Alexander & Jerry Calcaterra

Ruth Bartlett
Ken Alexander & Jerry Calcaterra

John Bischoff
Julie H. Reilly

Joe Brammeier
William Hart & George Tracy

Beth Burns
Thomas Burns

Joan Callis
Patty Ackerman
Bob Barnes
Bosslet & O'Leary, Ltd.
Jack & Deborah Buchheit
James & Patricia Buckhannon
Missy Callis
Larry & Sharon Calvo
Albert & Mary Danziger
Kenneth Danziger
Cassie & Andy Downer
Derek Filcoff
George Filcoff, Jr.
Kimberly & Mark Gaertner
Carlene Givens
Goldenberg Heller & Antognoli, P.C.
JoAnn Heien
Tom Holbrook
David & Lori James
Keith & Janis Jensen
Tom Keefe
David & Stephanie Lathrop
Jerome & Anna Lenz
Julia M. Matoesian
William Mudge
Judith Nelson
Casper Nighohossian
Steve Nonn
Sherry Price & Bob Miner
Cathy Reich
Beverly & Thomas Ross
Scroggins Law Office, Ltd.
Dilnawaz & Daniel Stack
James & Karen Stack
Loren, Carol & Megan Travis
Patricia Tweedy
Mary Jo Votaw
Janet Webb
Judy & Bill Wegrzyn
Joseph Whyte
Diana Williams

Steve Cameron
Mary, Chris & John

Sister Loretta Costa
Diana Burnson & Kathy Grewe

Stephen J. Davis, Jr.
Nancy Marti

Michael Dombard
Sandra & James Dombard

Gary Ebrecht
Michael Marchwinski

Larry J. Fierce
John D. Watt

Jeanne Giesler
Barbara & Larry Poger

Tillie Gruen
Carol Gruen & Norm Thompson

Tim Harbaugh
Julie H. Reilly

Wayne A. Marin
James Roy

Glenn McPherson
Frances M. Baker

Norma Mendoza
Nancy Marti

William K. Nyberg
Annmary King

John Pavitt
William Hart & George Tracy

Don Reilly
Julie H. Reilly

Mary E. Richardson
Ric Louis

Jay M. Ring
Dr. Lisa Ring

Charles J. Ritts
Bruce & Vicki Ritts

Rosemary Rowe
Kate McDaniel

Thomas Stockdale
Pat Stockdale

Col. Thomas A Studer
Justin & Rob Schneider

Marjorie Tooker
Stacey & Christian Brinkop

Maria Vallese
Carla Vallese

In Honor Of

Jean Barkoviak
Jeff Barkoviak & Dustin Acre

Diane Cash
Thomas A. Cash

Goska Cherrick
Martina Stern

Colin & Quinn Ebert
Vicki & Bruce Ritts

Craig & Denise Evans
Brian Pultman

The Staff of Food Outreach
Clare Davis

Carol Gruen
Rich Kluesner
Norm Thompson

Joan Katz
Jeremy Katz
Jonathan Katz
Joshua Katz
Judy Katz

Rich Kluesner
Darryl Redhage

Dorothy Kohne
Marcia Whelan

Michael & Adam Lunter
Michael DiPilla

Keith Mosier
Rita & Fred Boren

Brittany & Eric Perrine
Jerry Ballard
Morgan Campbell
Melissa Eckhoff
Karin Pennington
Michelle Wirth

Darryl Redhage
Barbara Brown
Rosemary Kalikow
Karen & Mont Levy
Franklin F. Wallis

Vicki & Bruce Ritts
Katie Slocum

Donna Rogers
Carol Myers
Mary Sue & Alison Gee

Tao & Lee Associates
Susan Davis-McCarter

Marcia Whelan
Jennifer Prichard

Funding Updates

Boeing Company
Broadway Cares/Equity Fights AIDS
CDA (CDBG)*
Delta Dental of Missouri
Enterprise Holdings Foundation
FEMA/Emergency Food & Shelter Program
Fox Family Foundation
Janssen Pharmaceuticals Inc.
Monsanto Fund

Pilot / Flying J
Pott Foundation
Rudis Men's Leather Society
Ryan White Part A & B
Sigmond & Marie P. Baer Charitable Trust
St. Louis College of Pharmacy
St. Louis Men's Group Against Cancer
St. Louis Philanthropic Organization, Inc.
SLAAA**

Steward Family Foundation
Tapped
The Conduent Foundation
The Staenberg Family Foundation
Tromblee Foundation
Union Avenue Christian Church
Wal-Mart Foundation

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Friends of Food Outreach

Check out what Friends of Food Outreach have been doing to support the lives of our clients!



A group of team members from **Centene**, led by our newest board member, **Ben Cooper**, recently volunteered in our Nutrition Center. They worked tirelessly stocking pantry items and filling food orders for our clients. We depend on the kindness and generosity of our community volunteers, and we greatly appreciate Centene's assistance in helping us to serve our clients and our mission.

We received a generous gift from the **St. Louis Blues** and **Blues for Kids** to benefit our clients diagnosed with cancer. Thanks to the commitment of Blues players, alumni, volunteers and fans, Blues for Kids has contributed more than \$3 million to the St. Louis community. A BIG THANK YOU to our hometown hockey team for making a difference in the lives of our clients with cancer!



The **St. Louis Men's Group Against Cancer (SLMGAC)** invited **Julie Pole** to their annual radiothon on August 16th to help raise awareness and funds for their important mission. **Kelly Jackson** and **McGraw Milhaven** from The Big 550 KTRS spoke with Julie about how the SLMGAC supports our mission through their philanthropy for our cancer clients. Thank you to SLMGAC for the important work you do for the entire

Several employees from **Delta Dental of Missouri** enthusiastically prepared food in our kitchen and filled grocery orders for our clients in our Nutrition Center. While here, we also acknowledged and celebrated a \$2,500 grant we recently received from Delta Dental. Thank you to Delta's employees for their generosity of time and resources and for making such a positive difference in the lives of our clients.



In 2018 more than 100 employees from **U.S. Bank** volunteered with us over 8 days in our kitchen and Nutrition Center. We truly appreciate their exemplary and caring volunteers to help us fulfill our mission.

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.





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314.652.FOOD (3663)
www.foodoutreach.org



Fall 2018 News!

Community CAN Make a Difference

Katie Hediger and Darcy Bandy, members of the Pride Network from Citi, kindly hosted a very successful canned food drive with their fellow team members in honor of Pride Month to benefit Food Outreach. (Pictured here with Marcia Whelan, Food Outreach Marketing and Events Manager.)

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.

If you are interested in hosting your own canned food drive, we make it VERY easy! Food Outreach provides posters, collection bins and a list of preferred foods for our clients. For more details, contact our Marketing & Events Manager, Marcia Whelan at 314.652.3663 ext. 118 or marcia@foodoutreach.org.



You shop. Amazon gives.

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.



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