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.

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

*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/fpt.php](http://dor.mo.gov/teaxcredit/fpt.php).
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
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.

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.

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.
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
Julie H. Reilly
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
Karim 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
Sigmund & 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

*CDGB acknowledgement: Our activity is financed (in part) 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. **SLAAA acknowledgement: 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.
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 St. Louis community.

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.
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

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.