



FOOD · EST 1988 ·
OUTREACH

food FOR thought

Mark Your Calendars!



A Tasteful Affair 32 - The 80's. Big Mission. Big Impact. Big Hair.

Food Outreach celebrates its 32nd year in the community with our much-anticipated “fun” raising event, A Tasteful Affair 32 on Sunday, April 19th, 2-5:00 p.m. at the Four Seasons - St. Louis. This year's theme is “The 80's: Big Mission. Big Impact. Big Hair.” and will feature:

- Food and beverage samples from 30+ top local chefs and beverage partners
- Hundreds of unique Live and Silent Auction Items
- Dancing and Music entertainment by DJ Reggie

Visit our website at www.foodoutreach.org to watch for event details.

Connect with us



FoodOutreach



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Check out
Food Outreach's
client videos at
[www.foodoutreach.org/
client-videos](http://www.foodoutreach.org/client-videos)

General Inquiries:

E-mail: [info@](mailto:info@foodoutreach.org)

foodoutreach.org

and your message will
be forwarded to the
appropriate person.

www.foodoutreach.org

Mary Sue's Retirement



On September 26, Mary Sue Rosenthal Gee, a cornerstone of Food Outreach, celebrated her plans to retire from Food Outreach. Joined by her wife, Alison, friends and many current and former volunteers, board members, donors and staff, Mary Sue enjoyed a reception held to honor her eight years as a volunteer and 20 years as the Director of Operations of Food Outreach. During this event, a resolution from the City of St. Louis was presented by Ward 6 Alderwoman Christine Ingrassia, followed by remarks and gift presentations from Keith Mosier, Office Manager; Mark Utterback, former Executive Director; Julie Pole, Executive Director; and Mary Sue's wife, Alison Gee.

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Mary Sue's Retirement *(continued)*

Mary Sue's contributions are numerous and have impacted the lives of our clients as well as our volunteers, staff and program services during the decades she has served Food Outreach's mission. Mary Sue's first responsibility on the job was to ensure a smooth transition from Union

Avenue Christian Church and the pantry on North Kingshighway to our current location, while also overseeing the combining of our frozen meal and grocery programs into our current system with one place for our clients to visit and one menu.

On April 18, 1990, the news announced that an 18-year-old boy, Ryan White, died of an AIDS-related complication. Shortly thereafter, the Ryan White HIV/AIDS Program (RWHAP) was created to address the needs of the HIV positive community. Appointed by Mayor Slay, Mary Sue has served as a representative on the Ryan White Planning Council since 2000. She helped shed light on the importance of food as nutrition and medical nutrition therapy for our clients living with HIV/AIDS. Mary Sue was subsequently appointed as co-chair of the Priorities and Resource Allocation Committee, and as a member of its Executive Committee. During these many years of serving in these roles, Mary Sue has helped to continue to evaluate our program services on behalf of our clients who depend upon the nutrition they receive from Food Outreach.



Mary Sue has reflected that her years in the novitiate of the Sisters of Saint Joseph of Carondelet and their mission of love "to serve the dear neighbor without distinction" shaped her devotion to Food Outreach when she began to volunteer for Saturday cook and packs. During these early years of the HIV/AIDS crisis, Mary Sue also found out that her dear friend, John, was HIV positive. Guided by the national and global AIDS crisis, Mary Sue has developed and managed all program activities on behalf of 13,000 community members in the St. Louis region struggling with their disease and hunger.

Our gratitude to Mary Sue will unfold as we practice what she lived each day at Food Outreach. Mary Sue's parting words for all of us exemplify how she will be remembered and celebrated: live life passionately, laugh until it hurts, love unconditionally, and above all, be kind to one another.



Did you hear that Food Outreach now has an online apparel store? Each item purchased provides a donation back to our mission.

CHECK OUT OUR NEW STORE HERE:
<https://foodoutreach.qbstores.com>



MAKING A REQUEST 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

Staff Updates

Kathy Spencer
Director of Client Services

Ashley Green Otto
Bookkeeper /
Volunteer Services Coordinator

Steve Markley
Operations Manager

New Board Members

Denise Evans
Katie Kearins
Richard Kluesner
Dennis Voegelé

Community Donations



Volunteers from Union Loafers assisting our Executive Chef, Mike Polcyn

by Ella McCarthy, Marketing Intern

A main factor when fighting illnesses like cancer and HIV is the nutritional value of the food in one's diet. At Food Outreach, we are dedicated to providing access to high quality food for our clients. For years, several local businesses, including **Union Loafers**, **Time for Dinner** and **Gus's Chicken** have made generous food donations in support of our clients' nutritional journey.

Sean Netzer and Ted Wilson, the owners of **Union Loafers**, have supported Food Outreach since their days of working together at The Good Pie. Once the two opened their own restaurant, they were determined to give back to the community, so they began making donations of handmade bread to our

nutrition center. As Union Loafers became more established, the size of their donations grew, and they started giving to many other local organizations. Having fresh and preservative-free bread available to our clients has been beneficial to their health and provided them with a tasty addition to their meals.

Since 2007, **Time for Dinner**, a meal prep and assembly facility, has also provided us with large amounts of meat trimmings on a weekly basis. This donation allows our chef to include the proper amount of protein in the meals he prepares, which helps our clients regain nutrients they may be lacking due to their illness. The owners, Carolyn Wilson and Amy Stanford, and their staff are passionate about our mission and happy to continue donating.

Unique from our other weekly donors, **Gus's Chicken** chooses one local organization to donate to in each city where they have a restaurant. They have been making donations to our nutrition center since the St. Louis location opened in 2015. Gus's Chicken chose Food Outreach because they "wanted to actively support our cause." Their weekly donation of fried chicken is a very popular item and is often asked for by our clients. Receiving prepared food like this helps our clients save their energy while getting to enjoy a delicious meal.

We greatly appreciate these generous donations from our dedicated partners as they significantly improve our clients' nutritional wellbeing. Donations like these help us enhance the variety of food in our nutrition center. If your restaurant or organization is interested in making a similar donation, please contact our Executive Chef, Mike Polcyn, at chefmike@foodoutreach.org or (314) 652-3663 ext. 123.



Save The Dates!

Turkey Trot STL
Thursday, November 28

Food Outreach is proud to once again partner with Turkey Trot STL as an official charity partner for their races! This year Food Outreach will be the beneficiary of their Downtown AND Eureka events, so make sure to take part this Thanksgiving! For more information or to register, go to www.ttstl.com

Black Friday. Cyber Monday.

#GIVINGTUESDAY

December 3, 2019

Giving Tuesday
Tuesday, December 3

Giving Tuesday is important for our organization because it gives us the opportunity to boost our effort to make a difference in the lives of men, women and children living with HIV or cancer. Please support us on this annual day of giving to provide nutritional counseling, scratch prepared meals, pantry items, cooking classes, educational breakfasts, and home delivery to our clients.

Tributes

In Memory Of

Dave Brinker

Michael & Adam Lunter

Buddy

Marcia Whelan

Beth Burns

Thomas Burns

Joan Callis

Ann Callis

Lance Callis-Lascelles Granite City

Melissa Callis

Michael Dombard

Sandra & James Dombard

Richard Fogelbach

Ingrid Aubermann

Catherine Bauer

Cofman & Townsley, LLP

Mary & Harry Ferris

Leslie Forsythe

Victoria & Charles Green

Mr. & Mrs. John C. Harper

Ken & Julie Jincks

Lee Kling

Linda McGee & Mike

The Murphy Girls

Ms. Liz Renner

Joan & Bob Robben

Matthew & Tiffany Robben

Rachel Robben

Tom & Alice Wohlgemuth

Nancee Zimmers

Dorothy Gould

Ken Alexander & Jerry Calcaterra

Tillie Gruen

Carol Gruen

Phillip James

Rich Kluesner

Beverly J. Klebert

Michael & Kathleen Klebert

Andre Ledee

Edgar Overton

Washington University

Clinical Research Unit

Leonard Kluesner

Rich Kluesner

Jerry Levy

Dennis Pleimann & Dennis Fruge

Jason Lewis

Laura Morrison & Laura Adam

Jerry Margulis

Susan & Stan Kottler

W. Glenn McPherson

Frances M. Baker

Evelyn Myers

Louis Myers

Steve O'Connell

Dr. Don Flanagan

Jeanette Radabaugh Juhala

Henry Juhala

Charles Ritts

Bruce & Vicki Ritts

Gregory Rivers

Mark Wyn

Hilda Struckhoff

Michael Lunter

Mary Teschner

Ms. Barbara Beck

Mike & Sue Ebert

Mary & Harry Ferris

Lee Kling

Jim Teschner & Rich Fogelbach

Midge Tooker

Stacey & Christian Brinkop

In Honor Of

Lynn Abernathy

Maggie Farrell

Kathy Gregory

Tiffany Mercurio

Jean Barkoviak

Jeff Barkoviak & Dustin Acre

Jim Broderick

Lisa, Neil, Shirley, Tammy, Nancy, Jeff,

Mark, Bill, Deb, Mark, Susie, Dave, Su,

Taylor & Tony

Diane Cash

Thomas Cash

The Food Outreach Staff

Norm Thompson

Mary Sue Gee

Clare Davis

Donna Rogers

Carol Gruen

Rich Kluesner

Jay Joern

Rob & Justin Schneider

Rosie Kling

David Weiss & Bobby Sanderson

Rich Kluesner

Darryl Redhage

Darryl Redhage

Rich Kluesner

Andy Struckhoff

Michael Lunter

Don Thebeau

Suzanne Sicher

Keith Thompson & Don Foster

Kelly Andrews

Sara Atchisson

Tammy Barton

Sarah Foster

Steven Goldberg & J.D. Brooks

Patricia Gowdy

Mary Haislip

Rick Hawkes

Opal Jones

Jay & Joy Liss

Melissa Markng-Crane

Kimberly McConnell

Michael Opitz

David Politte

Beth Thompson

Anthony Venturella

Thomas D. Wagen

Donald Thebeau

**Tributes received after September 20, 2019 will appear in the next Food For Thought.*

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.

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.

A portion of Food Outreach's funding for older adults is generously provided through The St. Louis City Senior Fund.

Volunteer Opportunities

Though these young students could have been out celebrating their final days of summer before school began, they chose to spend their day volunteering at our center with their moms. We are so grateful to the Young Men's Service League - YMSL and to the National Charity League, Inc. for the programs they provide for service, leadership and philanthropic opportunities for sons and daughters alongside their moms. Pictured here are Claire, Ann and Reilly Dillon along with Tricia and John Newell.



Thank You!



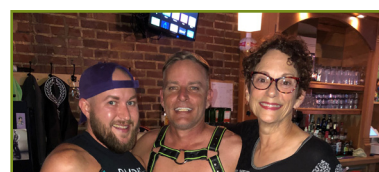
We had the privilege of working with **Chef Ben Grupe** in our kitchen for our first “**Food Outreach Dinner Series**” on October 12th. What a treat for us to have this James Beard Award Semifinalist for Best Chef: Midwest, donating his time and talents to raise funds to support our clients! He, along with our Executive Chef, Mike Polcyn, created a stunning 4-course menu accompanied by a variety of wine pairings. We wish to thank everyone who attended, and our sponsors, BJC Healthcare and Schnucks Specialty Pharmacy.

We are deeply grateful for the generous check we received from **Lucky's Market Rock Hill** as a result of their 'Bags for Change' program, and thank every team member and customer who supported us! Pictured here, left to right, is our Bookkeeper/Volunteer Services Coordinator, Ashley Green Otto and Marketing and Event Manager, Marcia Whelan, with Lucky's Market's Assistant Store Director, Karl Runge and Central Midwest Regional Marketing Specialist, Colleen Daly.



Thank you to **Tapped** owners, Lindsay and Ryan Reel and their entire staff for hosting a full week in May where all tips were donated to Food Outreach! We enjoyed sharing delicious meals and beverages at their establishment with our friends, family members and supporters. Their generosity to so many local charities is inspiring and sets a shining example of community kindness in action! Pictured here is Christopher Melkus, Beer Mentor at Tapped and Marcia Whelan, Marketing and Events Manager at Food Outreach.

We are proud to have been chosen by **Rudis Men's Leather Society and Bar: PM** as the charity partner for their 2nd Annual Hell on Heels event. The festivities included a Silent Auction followed by a Drag Show and Sexy Leg Contest. Some of our staff members attended, and Julie Pole, our Executive Director was also a judge for the show and contest! We appreciate the continued support of Rudis Men's Leather Society and Bar: PM, and for their devoted support of our mission, our clients and so many community members.



GLEAN (Gay, Lesbian, Bisexual, Trans Employees & Allies Network) from **Ameren Corporation**, hosted their annual bake sale and donated all of the proceeds to Food Outreach! As a result, we returned to our center with \$1,027.25 from all who bought baked goods that day. Thank you, Ameren, for being such a tremendous community partner, your support of GLEAN, and for your continued support of our mission and our clients! Pictured here is Julie Pole, Food Outreach's Executive Director at the bake sale.

Guiliano Mangiore and friends hosted their 2nd annual fundraiser, called **Polar Bear Plunge 2019**, to support Food Outreach. The generosity of these devoted friends and family members raised over \$3,000 to support our clients and our mission. We are truly grateful for the dedication of Guiliano and friends for their tremendous support of Food Outreach.



We received a BIG surprise from the **Show Me Bears** in August! Dennis Horman, Show Me Bears' Treasurer, presented us with a check to support our nutritional interventions and services. For nearly 25 years, The Show Me Bears have shown unwavering support for our mission. We are deeply grateful for their continued generosity and volunteerism! Pictured here are Justin Kraleman, Food Outreach's Director of Development, Dennis Horman, and Food Outreach's Director of Client Services, Kathy Spencer.

We wish to thank our neighbor, **Southern**, for choosing Food Outreach as a beneficiary of their “Round Up at the Register” program. Throughout the entire month of September, patrons of Southern could choose to round up their bill, with all of the “round up” monies donated to Food Outreach! It takes many partners to support a nonprofit, and Southern's commitment to our mission is a great example of their “kindness in action.”



This past June, **Keith Thompson**, a longtime supporter of Food Outreach, celebrated his marriage to **Don Foster**. In lieu of gifts, they asked their friends and families to make donations to Food Outreach. As a result, we received donations totaling \$1,200! We thank Keith and Don for their kindness and congratulate them on this momentous occasion!



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www.foodoutreach.org



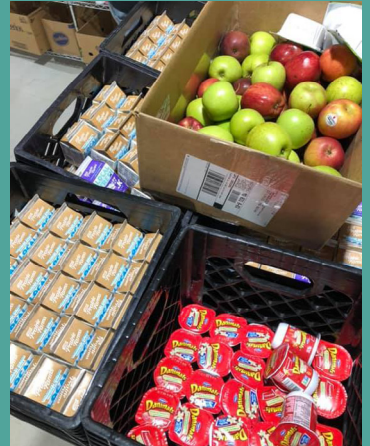
Fall 2019 News!

Community CAN Make a Difference

Every week, the Maplewood - Richmond Heights high school and grade school donate milk and fresh fruit for our clients. We are especially grateful for their tremendous kindness and for remembering the needs of those in our community who rely on our services for healthy, fresh food and nutritional support. Thank you!

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.



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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.

Food Outreach has Missouri Food Pantry tax credits available. This program provides a tax credit to any Missouri taxpayer (individual, corporation or trust) that makes a financial donation of cash (gifts-in-kind and stocks are not included) to Food Outreach.

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.