



2019 ANNUAL REPORT

ENRICHING THE BODY *Uplifting the Soul*



NUTRITION • COMPASSION • DIGNITY



FROM THE EXECUTIVE DIRECTOR



Food Outreach has a long history of providing care, through volunteers and staff, with respect and kindness. Based on three decades of service, no one in our agency is turned away because of how they look or whom they love.

We are an essential service in the City of St. Louis; consequently, we inverted our service model to curb-side delivery for the protection of our clients during phase one of the pandemic. Rather than two weeks of nutrition, we are providing 30 days of meals to each of our clients to help them stay at home.

During April, May and the coming months, we are making phone calls to all of our clients to assess their needs regarding nutrition and access to food, housing, utilities, safety, mental health and transportation challenges. Because of our clients' multiple vulnerabilities, we are encouraging them not to take public transportation to Food Outreach. As a result, we are adding many of our clients to home delivery as well as new delivery routes throughout the 7 counties we serve in MO and IL.

Since April, the CDC and other health organizations have presented statistical confirmation that COVID-19 places a disproportionate burden of illness and death upon our country's Native, Black and Latino citizens whose majorities remain disenfranchised without proper access to health care or social determinants of health.

Food Outreach serves 1,908 clients and 66% of the individuals we serve identify as Black or African-American. Over 72% of our clients live on less than 100% of the Federal Poverty Level, or \$12,760 annually. The majority of our Black clients live in North City and County. Based on COVID-19 statistics in our region, the highest incidence rates present within zip codes where the highest percentage of our Black clients live.

We remain devoted to the significance of every client we serve, strengthened by their bravery and resilience. On behalf of our volunteers and donors, we experience the constant expressions of our clients' gratitude, relief and confidence in Food Outreach.

Our clients continue to teach us the profound importance of dignity, of compassion and service to one another.

A handwritten signature in black ink that reads "Julie Lock Pole". The signature is fluid and cursive, with a long horizontal line extending to the right.

Julie Lock Pole
Executive Director
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MEET JEROME ANDERSON

Jerome has been HIV positive for over 36 years and has been coming to Food Outreach since our program began in 1988. And though he is now in college and has recently purchased a home, life has not always been easy for Jerome. He grew up in a single-parent household with other siblings and experienced a lot of stress and trauma along the way. To cope, Jerome eventually turned to drugs and alcohol.

Before Jerome came to Food Outreach, he was living with substance addiction on the streets of St. Louis, which led to other health complications. By the time he walked in our doors, he was extremely underweight and very ill. Our Director of Client Services was instrumental in providing Jerome with the additional support he needed.



“The staff here treats you just like family.”

Upon his initial intake with our registered dietitian, it was recommended that he immediately begin taking liquid nutritional supplements in order to gain weight. At the same time, Jerome decided to “get himself clean.” Food Outreach was able to help Jerome develop a healthy eating lifestyle and provide a place where he could get food. Because he was homeless, he said, “I didn’t really have any place to go, and at least I knew I could come here to get a hot meal, or something that I could warm up in a microwave.”

Due to Jerome’s challenging past and resulting health issues, he had a liver transplant two years ago. Now approaching 25 years of sobriety from drugs and alcohol, he is currently studying to become a substance abuse counselor and is pursuing an Associates Degree in Human Services. “I can give back what was freely given to me so I can help people who are HIV positive and mentor and sponsor them,” Jerome said.

Today, Jerome lives in his new home with his adopted son. His son recently told him, ‘Dad you’re in college. You’re my role model, and I’m going to go to college too. I want to be just like you.’

Reflecting on his experiences at Food Outreach, Jerome said, “The staff here treats you just like family. They have been so loving and caring and respectful to me. Even the volunteers will help you carry out your groceries if you’re unable to carry them out for yourself. When they’re waiting on you, they are very polite and very respectful. They don’t judge you or shun you because of the HIV. I’ve grown and benefitted from Food Outreach because now I have picked up a lot of weight! I make sure I eat a healthy breakfast, lunch and dinner every day, and I eat a certain portion because I have to take the HIV medicines.”

“I can give back what was freely given to me so I can help people.”

ADDRESSING THE NEED DURING THE COVID-19 PANDEMIC



944
Clients Served



137,475
Pounds of Food Distributed

February 26

The emerging crisis and vulnerabilities of our clients is discussed and we outline an emergency plan to ensure services continue should the crisis escalate.

March 2

We begin the production of 2,000 additional frozen prepared meals should there be an extended disruption of volunteers.

March 12

We close our building to the public and Monday Hot Lunches are suspended in advance of a city-wide order for restaurants and bars to no longer provide dine-in service. "A Tasteful Affair" is cancelled for the first time in 32 years.

March 16

We invert our service model, move to curb-side delivery and begin to provide 30 days of meals to encourage our clients to stay at home. The number of staff and volunteers in the building is limited to 10 people while indefinitely suspending Saturday "Cook & Packs."

April 15

We hold our first virtual "A Tasteful Affair." Sponsors and donors rally around the event and help raise \$225,000 for our mission.

April 20

Through numerous agency partners, we begin to distribute masks to clients in addition to their monthly food orders.

May 9

Saturday "Cook & Packs" resume with our team of lead volunteers - "The Red Aprons" and this group cooks and packs 2,200 initial meals.

June 15

Our registered dietitian begins virtual nutrition education classes.

June 29

A new "drive-thru" program is implemented where clients can pick up a boxed meal every Monday.

COMMUNITY IMPACT



Food Outreach is **THE ONLY** organization and nonprofit in Missouri and Western Illinois providing nutritional support to individuals of all ages living with HIV or cancer. Founded in 1988, we provide dietetic counseling, nutrition, and education to more than 1,900 people annually, at no charge, to those:

- who live with limited resources or access to food
- whose illness and treatments can make it difficult to prepare healthy meals
- who struggle with other co-morbidities which complicate their health
- who are in the workplace and can extend their employment by removing extraneous demands



1,908
Clients Served



407,802
Meals Served

10,000
Average Meals per Week



72% Male
27% Female
1% Transgender



66% Black
32% Caucasian
2% Hispanic



72%
Live Below 100% FPL
(less than \$12,760/year)



160
Zip Codes in MO & IL

84%
Of Our Clients Reside in
St. Louis City & St. Louis County



Newborn - 90
Our Clients' Age Range

Our agency, located in mid-town St. Louis, welcomes all of our clients no matter where they live, whom they love or which illness they are battling. In our three decades of service, our clients have never been charged for our services. Through a prescriptive of healthy meals and meetings with our registered dietitian, our clients build their strength through nutrition, affirmation and compassion.



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Nutrition Center Coordinator: Leizel Thomas
Van Driver: James Tuberty



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Connect with us



FoodOutreach



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