



2020 ANNUAL REPORT



NUTRITION SUPPORTING TREATMENT

Enriching The Body Uplifting Lives

FROM THE EXECUTIVE DIRECTOR



Pamela Randall's story, featured in our 2020 Annual Report, represents what Food Outreach accomplished in our first pandemic year and how we have built upon our compassionate, critical mission for over 30 years. Pamela's life radiates her spirit of intelligence and joy, a strong commitment to health and a life of helping others. Like Pamela, we are leaning into the power of "yes" and building and inspiring the capacity as an organization to help more clients, change the way we engage and channel our best selves to serve.

As a result of hiring a full-time and part-time van driver, we have increased our number of home deliveries by hundreds to ensure we are getting our one-month nutrition boxes to our clients who need to limit their time away from home. We welcomed a new client service coordinator who builds efficiencies in our delivery routes and schedules and who makes assessment calls to clients to understand their needs. The "yes" in our van drivers shows up in their willingness to make deliveries in any weather conditions and walk up 10 flights of stairs carrying 75-pound boxes when elevators are broken.

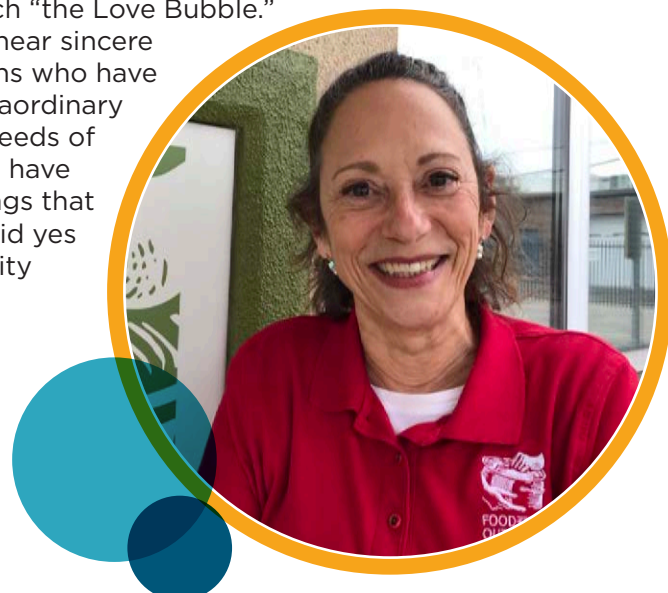
Depending on the work of over 700 volunteers is the cornerstone of our service. Even though we had to drastically reduce the number of volunteers in the building due to the pandemic, they jumped in with an eagerness to do anything to get our nutritious food to our clients. This includes smiles behind masks, responsible distancing, a willingness to pack and carry our boxes out to curbside, work in our walk-in freezer and stand outside to greet our clients in brutal heat, freezing cold and pouring rain. Our volunteers set an amazing example every day, inspire pride in our unique services and joy in the work itself.

Every Saturday, our lead volunteers, the Red Aprons, manage and oversee the packing, labelling and freezing of thousands of meals. We welcomed new but smaller teams of volunteers in the building each Saturday afternoon to pack personal care boxes containing cleaning supplies, personal hygiene and PPE items for our clients. One family of volunteers spent weeks making masks for the staff and volunteers to keep us safe in the early days. These people do more than show up – they lean in and get the work done because of their personal devotion to our clients and mission. We have connected with many volunteers who cannot be here right now and the love and care that they send to us spills over into our daily work.

Food Outreach received a historic amount of funding this year through the gifts of individuals, corporations, foundations and government grants. These donations and grants affirm the significance of our nutritional services in addressing enormous issues of inequity and instability in the lives of many in the St. Louis region and western IL. If you lose hope for a moment, I can testify to the compassion of many from across the US and the power of yes in philanthropy. We are committed to serving more clients in 2021 and this financial support will help us reach this goal.

During year one of the pandemic, I started calling Food Outreach "the Love Bubble." Every day, I witness acts of kindness, care and selflessness and hear sincere expressions of thanks from our clients. Unlike many organizations who have moved to virtual work, our work continues in this small and extraordinary place, with our team of volunteers and staff, ensuring that the needs of our clients are met with respect, compassion and dignity. As we have worked through our anxiety and fears about any number of things that happened in 2020, we each harnessed our light and love and said yes to ensure Food Outreach stayed open for nearly 1,600 community members we served this year.

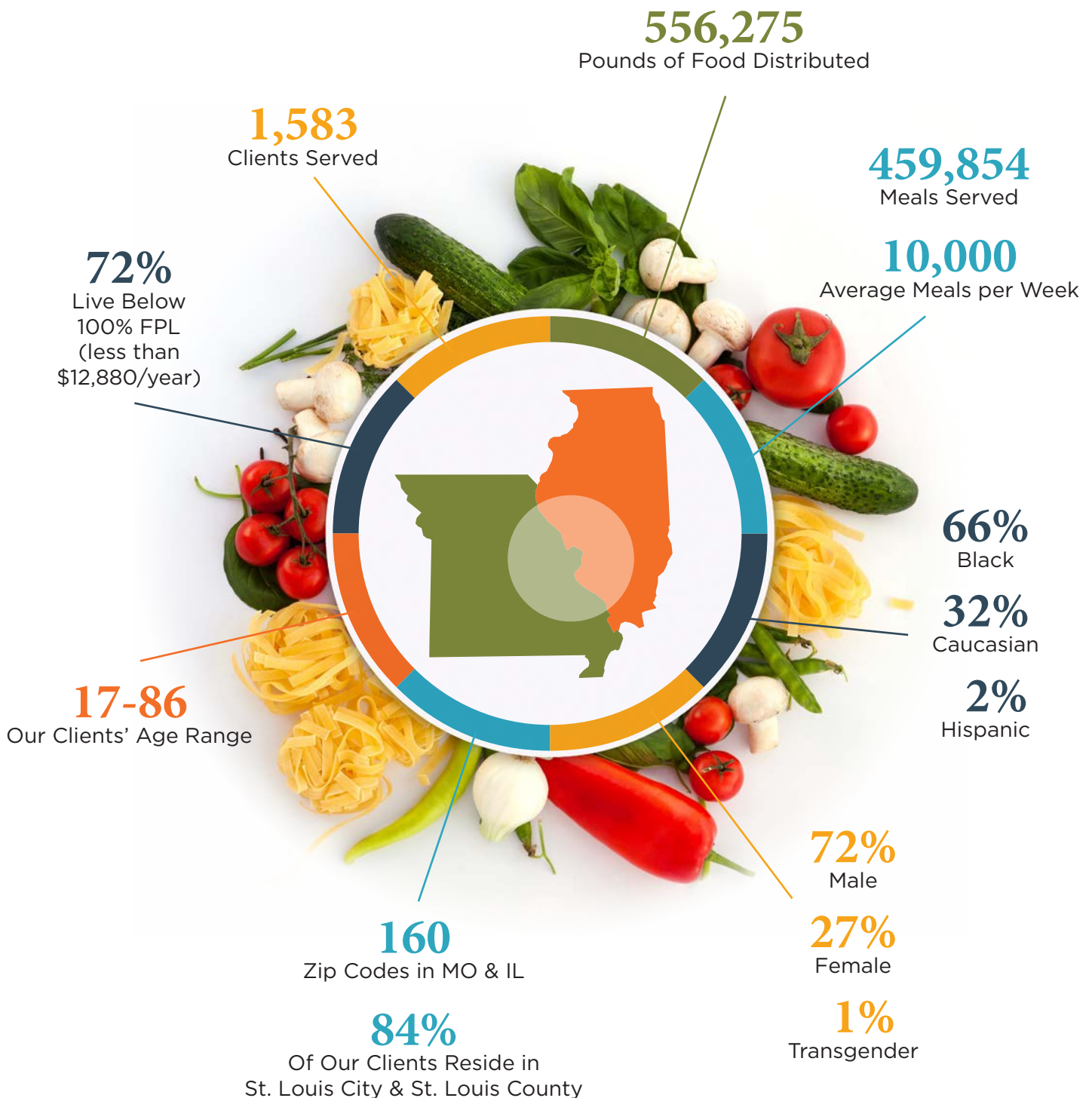
Julie Lock, Executive Director
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COMMUNITY IMPACT

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. In 2020, we provided dietetic counseling, nutrition, and education to nearly 1,600 people at no charge:

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



MEET PAMELA RANDALL

Battling a rare form of cancer since 2012, Pamela is a St. Louis resident who, up until recently, worked as a full-time employee. Pamela was referred to Food Outreach because the tumor in her lungs was too close to her main heart artery to operate, and she was experiencing significant weight loss because of her radiation and chemotherapy treatments. Following her first appointment with our registered dietitian, Pamela found her energy coming back and was able to replenish her body with the nutrients she needed. She also learned how vital a properly balanced diet is when fighting cancer. "Sometimes you might need a prepared meal, but you might not have the energy to fix your meal. So with that prepared meal, I can just go to the refrigerator, get my meal for lunch, heat it up, and then it gives me some good protein and nourishment."



"Before I started doing the Food Outreach program, I was constantly going back over to the hospital."

Since then, she has continued working part-time, and has been able to stay out of the hospital for any emergency visits. "Before I started doing the Food Outreach program, I was constantly going back over to the hospital. I learned that if I ate right, this would help me."

Pamela also ambassadors for Food Outreach and has referred someone living with cancer to participate in our services. "One of my clients at work is going through a bit of a sickness...and I encouraged her that this is a very good thing for you to partake in, because with her being more sick and being older than I am, this is really a good thing for her to have prepared meals every day. I will encourage anyone that can participate in this program...it is a great thing to do. Food Outreach is important to me because it helps you nourish yourself and it's a great place to come to."

Pamela's willingness to actively experience our services, explore new opportunities for wellness and health and refer people facing cancer treatment to Food Outreach inspires everyone on our team. As a result, Pam has joined our Community Advisory Board which provides input on Food Outreach's services and work. Pamela's journey connects us to compassion and care and how we serve our clients each day - from our van drivers delivering in Missouri and Illinois, to our staff who work closely with our teams of volunteers and Red Aprons, to friends who communicate with us via social networks, events, and gifts and to organizations who support clients like Pamela through grants and strategic investments. We celebrate Pamela's amazing life and the dignity and value of all our clients' lives.

"Food Outreach is important to me because it helps you nourish yourself and it's a great place to come to."

BUILDING CAPACITY DURING A PANDEMIC

NEW FOR CLIENTS

- Artisan bread loaf designed by Union Loafers
- Clients can choose pork-free, beef-free or vegetarian boxes
- Peanuts, almonds, olive oil and eggs added to our menu



NEW EQUIPMENT

- Home Delivery Vehicle
- 23'x13' Walk-In Freezer/Cooler
- Forklift



Bayer Fund

Through generous support from Bayer Fund, Food Outreach will:

- Double our meal home-delivery capacity
- Increase our meal storage capacity by 150%
- Provide more than 24,000 additional meals in 2021
- Expand services to reach more clients with cancer



COMMUNITY OUTREACH

Implemented city-wide advertising campaign with Metro Buses



WE ARE GROWING

We have hired:

- 2 Van Drivers
- Client Services Coordinator
- 2nd Registered Dietitian

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 prescription of healthy meals and meetings with our registered dietitians, our clients build their strength through nutrition, affirmation and compassion.



OUR TEAM

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Nutrition Center Coordinator: Leizel Thomas
Van Driver: Luke Gallagher
Van Driver: Noah Young



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Connect with us



FoodOutreach



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