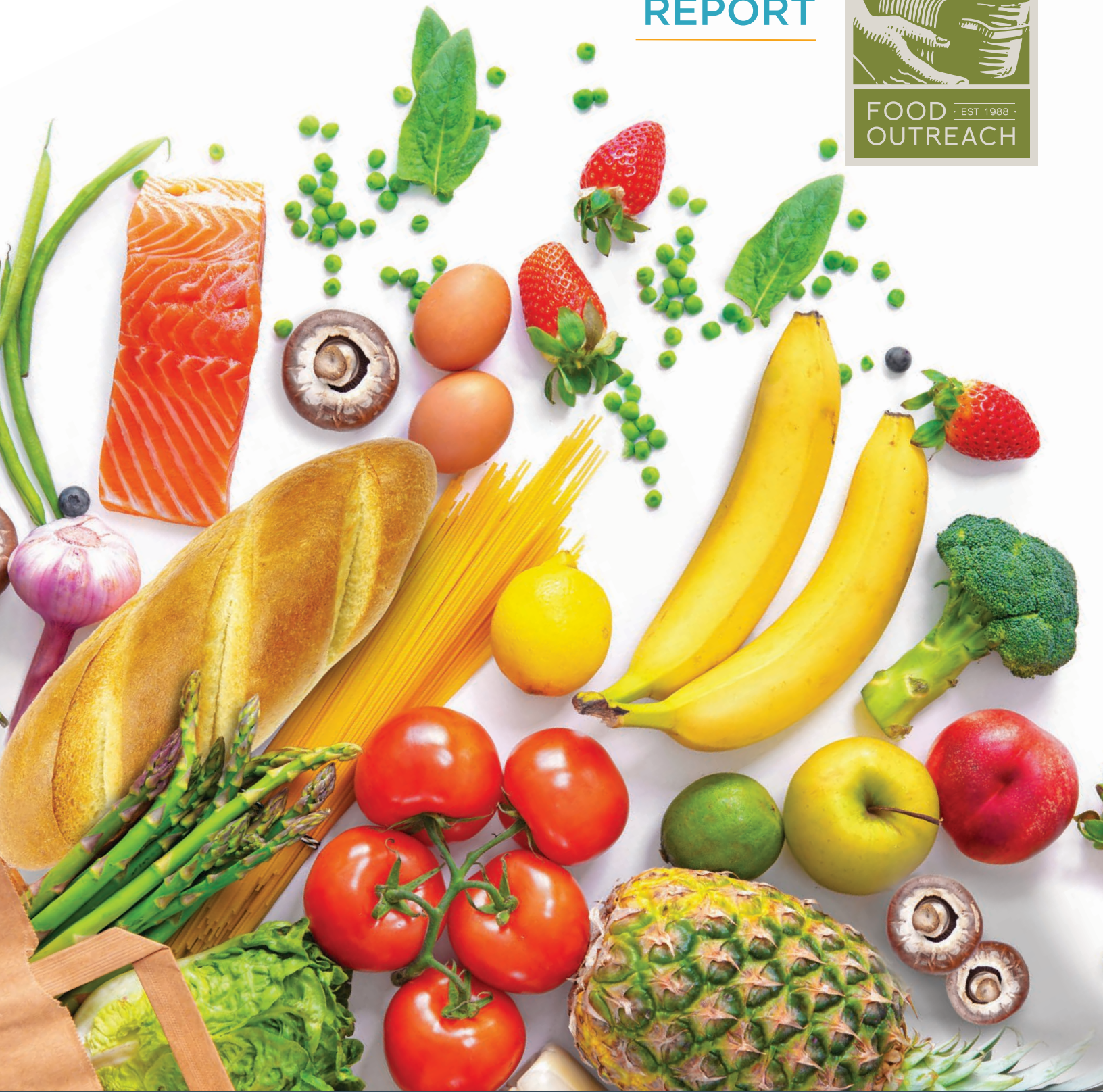


2021 ANNUAL REPORT



NUTRITION SUPPORTING TREATMENT

FROM THE EXECUTIVE DIRECTOR

As I reflect on 2021, it is with renewed hope. The past year pushed us like never before, forcing us to adapt and become more resilient in this new COVID world. Despite its challenges, Food Outreach had a very impactful year. Thanks to your support, we delivered more than 350,000 meals!



We found virtual ways to engage our clients and partners while still living our mission to fight nutritional hunger. The need for virtual connection prompted us to convert our referral process to an online platform, which eliminated challenges for our referring providers and created significant time savings for them. Evidence of this productivity enhancement also resulted in Food Outreach completing 476 intakes for new clients with our registered dietitians—a historic number—and compelling evidence that our unique services continue to be needed for many community members.

We welcomed clients back into our building in August! Our clients were happy to see volunteers and staff and be able to order their nutrition from our two- and four-week, medically tailored menus again. We continued our curbside service for clients who prefer this option. We significantly increased home delivery for over 250 clients on our delivery routes, up from 45 the previous year.

We have recognized that seemingly little things mean a lot. We received a grant in 2021, which provided us with the funds to pack extra virgin olive oil, peanuts, almonds, and increased amounts of fresh produce in our clients' nutrition orders. Our clients have repeatedly shared their delight in these menu additions and their gratitude for receiving these items when they could otherwise not afford them. A bottle of olive oil or a jar of peanut butter remains unaffordable for most of our clients--having these items can provide reassurance that Food Outreach, through your generosity, provides these nutritious comforts.

We continue to hear so many affirmations about our scratch-prepared entrees and sides, including salmon! Many of our clients had never tasted salmon before they experienced Food Outreach's frozen meals and shared their surprise that they love salmon now.

We piloted two new programs, including one program focused on veterans, to consider how our nutritional services might impact the lives of individuals affected by Type II Diabetes.

Small acts of kindness at Food Outreach connect us to a system of care that integrates the work of our volunteers, Red Aprons and Red Shirts, Board of Directors, and staff to our clients. We contribute our work to support our clients' experiences in wellness. Built on the devotion of six people cooking meals for their loved ones with AIDS, our legacy comes alive each day. We are here to welcome our clients no matter who they love, how they look, or where they live.

Thank you for being on this vital, life-affirming journey with us. We remain as committed as ever to providing nutrition, served with grace and gratitude, to our neighbors in seven counties in Missouri and Illinois.

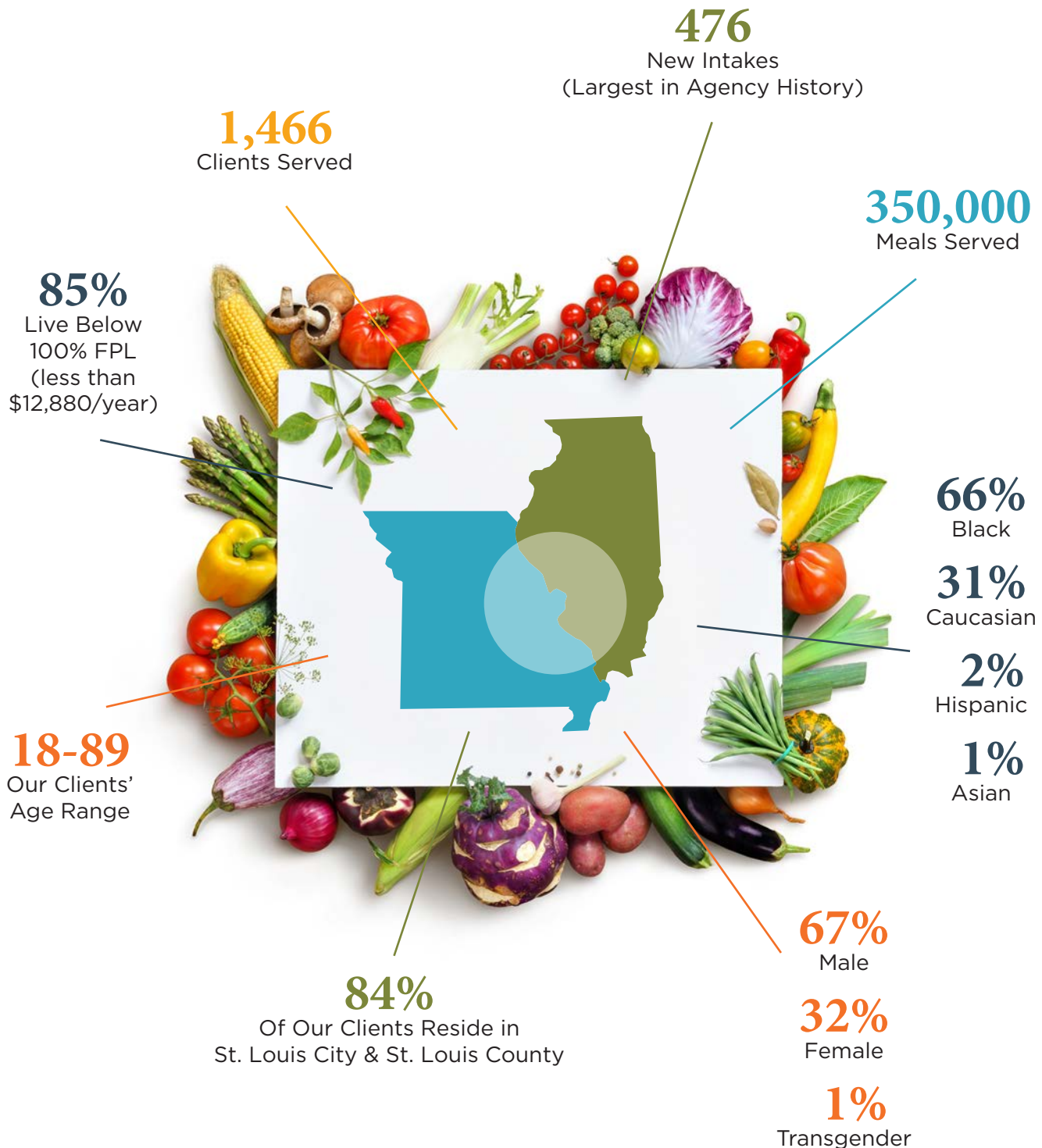
Food and nutrition insecurity are complicated issues related to Social Determinants of Health. In partnership with many other organizations, we are committed to serving more people. Together we can create a world where everyone has enough to eat, and people experiencing medical fragility can get the nutrition they need to support their treatments.



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 2021, we provided dietetic counseling, nutrition, and education to nearly 1,500 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 MARY REESE



My name is Mary “Robin” Reese. I am fighting breast cancer. I am the one who wears a camo hat, pink ribbon, and big earrings with Victory Red lipstick. Mine is a war fought on several fronts. While this is not a club I would ever want to join, cancer is a community I recognize. My life is changed forever, and I am grateful for who I am becoming because of it. The people at Food Outreach fight this battle with me with love and might.

I crossed paths with Food Outreach during a challenging time in my life. Some people run to the fire, and some people run away. When I discovered my cancer, I witnessed both kinds of people. The brave people at Food Outreach run to you.

I was embarrassed to be sick. Having people offer help and accepting it isn’t easy. Try it. Hopefully, your experience will be like mine. A group associated with Siteman Cancer Center, which helps women with breast cancer, sent me to Food Outreach. The web of support is incredible.

At Food Outreach, I experienced compassion: They smile and inquire with grace and listen with endearing latitude. They laugh easily and offer hope when that’s what you need in your bowl. They scoop you up, surrounding you with unconditional love and support. They make it easy, which is a skill set many do not have.

You might have thought this was all about the food. News flash, folks! It became clear that this was also my community; they were my people. They offered food, truth, presence, knowledge, and I love the informational handouts! I remember the luncheons, and they were spectacular! When Covid-19 hit, Food Outreach kicked into high gear, ensuring we did not fall through the cracks!

I have been diagnosed with a hormone-driven cancer. I had an immediate double mastectomy, and 14 lymph nodes were removed. I have a gene mutation called Check2. Have you heard of BRACA? It’s like that, but NOT. It’s hereditary but different. Learning and understanding the labyrinth of cancers is daunting. My particular mutant is a party crasher. The fellas at the door who keep the riff-raff out are gone. Check2 affects other organs as well. Currently, I have lesions in my lungs, liver, and thyroid. I get a colonoscopy every two years. This diligence is pretty standard for a person with a Check2 mutation. I have a 40-percent chance of reoccurrence, and I am under excellent care and under the microscope of highly experienced physicians. I will never get to ring that bell. I have a relationship with my mutation. I am a mutant! Who knew! Now I’m trying to figure out my superpower!

I am living my life and fighting the fight. I love big and plan to live long! I am in love, spring is here, and I am planning my herb garden. I have two huge Huskies that are my constant companions. You may notice, I MIGHT NEED A LINT ROLLER. Here is a secret, I love the canned sardines! They’re an option among the many delicious selections from Food Outreach. I put them on crackers. I did that with my father when I was a little girl. Currently, I am writing about my experience with breast cancer. It is called “Acquired Absence.”

My dream is to be able to volunteer at Food Outreach. Hopefully, you can see how these people touch my life. I want to help others again, and I believe in what they do. Be blessed and thank you for your support of this amazing group of people. I came not just for the food but for the kindness.

“When Covid-19 hit, Food Outreach kicked into high gear, ensuring we did not fall through the cracks!”

COMMUNITY OF CARING

We are Proud to Have

15

Weekend Red Aprons
and

25

Weekday Red Shirts,
Who Serve As Our
Lead Volunteers



172,338
Scratch-Prepared
Entrees and Sides
Created at Cook
and Packs



796
Volunteers Contributed

12,132
Hours in 2021,
The Equivalent of
Almost 6
Fulltime Employees



Our Top
19
Volunteers Donated

3,715
Hours in 2021

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

BOARD OF DIRECTORS

OFFICERS

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Amy Hoch Hogenson, Board Vice President
Amy Broadwater, CPA, Board Treasurer
Denise Phelabaum Evans, Board Secretary

Ben Cooper
Cheryl Gee
Lauren Karpman
Richard Kluesner
Paul Lovell
Kristen Nordstrom
Natalie Nyapete
Alejandro Santiago Ortega
Adriana Osorio
LaDawn Ostmann
Jo Ellen Thelen
Dennis Voegelé

COMMUNITY ADVISORY BOARD

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Sandra Chaney
Scott Eye
Julius Graham
Jay Johnson

STAFF

Executive Director: Julie Lock
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Senior Development Director: Justin Kralemann
Office Manager: Keith Mosier
Development Manager: Alyssa Hilderbrand
Operations Manager: Steve Markley
Client Services Manager: Luke Gallagher
Nutrition & Outcomes Manager: Melissa Brown, MPH, RD, LD
Registered Dietitian & Diabetic Educator: Rachel Kleinman, MS, RD, LD
Executive Chef: Mike Polcyn
Nutrition Center Coordinator: Leizel Thomas
Lead Van Driver: Noah Young
Van Driver: Cartez Bradley



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Connect with us



FoodOutreach



FoodOutreachSTL



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