



FOOD · EST 1988 ·
OUTREACH

2022 ANNUAL REPORT



NUTRITION
SUPPORTING
TREATMENT

FROM THE EXECUTIVE Director

Food Outreach impacts the lives of our clients in numerous ways. The nutrition we provide helps alleviate some of the stress our clients feel in wondering when they will eat again and where and what they will eat. What Food Outreach provides as nutritional support helps our clients' ability to pay for housing, utilities and other necessities. Our nutritional intakes help our clients understand that the nutrition they receive will help them feel better, help their medications perform more effectively and introduce them to new ideas they can consider regarding their health. The monthly visits our van drivers make to our home delivery clients give them an enormous boost as they receive 60 meals in the form of our scratch-prepared meals, fresh produce and shelf-stable groceries to help sustain them until their next delivery and addresses complicated issues they have regarding access and transportation. During their visits to Food Outreach to make their own menu choices, our clients can watch while their orders are packed and checked out by friendly, amazing teams of volunteers.

We know that related to poverty and chronic illnesses, more and more community members need our services. During 2022, Food Outreach delivered 518,878 meals (a 48% increase from 2021) to 1,757 individuals living with economic and medical fragility. More community members than ever before are relying on us to help them manage their illnesses, and we welcomed 539 new clients through intakes with our registered dietitians. The cost of our food has increased by over \$638,000 (a 42% increase) since 2021.

This is the new normal we are navigating. And unfortunately, it is one where nutrition insecurity and related disparities continue to rise. Over 82% of the people we serve live on less than \$14,580 annually. We have known for decades that the underlying conditions linked to inequities have left under-invested communities at the greatest risk for chronic illness and death.

Research consistently shows that medically tailored meals improve health outcomes, lower healthcare costs, and increase patient satisfaction. We believe no person should worry about whether they will have nutritious food on their plate or a roof over their head. As the only community-based organization in Missouri and western Illinois that prepares and delivers medically tailored meals for individuals living with chronic illnesses, we play a central role in the growing 'Food is Medicine' movement.

For more than 35 years, we have been at the forefront of advancing the idea that nutrition can be a vital and holistic part of an individual's wellness and medical treatment plan. Throughout this lived experience with our clients, our volunteers and staff provide acceptance, respect and compassion through their work. During the year, over 1,200 volunteers worked to serve our clients. We also benefit from the work of 17 people on our board of directors who contribute their time, oversight and resources for this special agency. With their support and yours, we hope to continue in our mission to enhance the lives of our courageous clients to ensure they will not have to face the unthinkable combination of hunger and illness.

Julie Lock



MEET JoAnn

JoAnn knows about health, well-being, and determination. She's been a holistic health practitioner for more than 40 years. The road began with her enrollment at St. Louis University's Parks College of Engineering, Aviation, and Technology. "I was one of 8 women in a college of 400 men," said the Nerinx Hall High School graduate, remembering her time at Parks College. "The culture [between the two] was so different."

But being there inspired JoAnn to rethink her future. Determined to use wellness to make a difference in our world, she transferred colleges, trained to become a certified massage therapist, and eventually attended the renowned Self-Heal School of Herbal Studies & Healing in San Diego, where she studied with global leaders in the field of phytotherapy. "I learned so much about herbs, tinctures, and oils," said JoAnn. "And my understanding of treating and nourishing the whole body grew as a result."

Recently, JoAnn was diagnosed with cancer. "After working on several clients, I was relaxing and had my hand on my right pec." She explained that she felt a lump and instinctively knew something wasn't right. "I immediately went to Siteman [Cancer Center]. They've been more than life-changing for me," she added. "They're amazing. They referred me to Food Outreach."

"After my first chemo, it really affected my body a lot. My treatment is clinically proven to kill the cancer in my body, but my body didn't know these drugs. **In the beginning, all I could do was lay on the couch. I could hardly eat and didn't have any energy to cook,**" said JoAnn. "It's important for me to keep my nutrition up so my body can heal from all the chemicals going through it. Food Outreach is a great help."

The meals and pantry staples provided by Food Outreach help reduce some of the stressors in our clients' lives. As a trusted provider, we are privileged to hear our client's stories, opening the door for us to provide support in every conceivable way in terms of nutrition, physical health, and emotional fortitude.

“ You don't feel like you're forgotten. I'm very intuitive. Food Outreach is not an organization that is getting all this money and not putting it where it needs to be. ”

"It's a beautiful agency. Their client services manager calls to see if I'm OK, and he's so professional. I think he should be on the news because of his voice. You can really talk to him," said JoAnn. "I told him fish wouldn't be good one week. Don't even let me smell it. Going through chemo, my nose goes through some things. And he made sure I had chicken and veggie selections that delivery. And, I know love has been put into cooking the meals."

"I'm going to beat this cancer," said JoAnn, emphasizing the importance of gratitude and not giving up. "Smiling every day is key, so your body knows you're happy, and your immune system works. Keep pushing yourself, even if you don't think you can. Even a walk around the block can be helpful. You may see a kid and their parent walking their dog, and that might change your whole day," she added.



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 2022, we provided dietetic counseling, nutrition, and education to 1,757 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

1,757

Clients Served

539

New Clients
(Largest in
Agency History)

518,878

Meals Served

150

Zip Codes



84%

Of Our Clients Resided
in St. Louis City &
St. Louis County





82%

Live Below 100% FPL
(less than \$14,580/year)



19-96

Our Clients' Age Range

64%

Male

35%

Female

1%

Transgender

66%

Black

30%

Caucasian

2%

Hispanic

1%

Asian

1%

Other

MEET Nathan

After the Job Corps, Nathan joined the armed forces, travelling to Texas, Florida, and South Carolina on active duty for two years. Later he became a long-haul truck driver crisscrossing the lower 48 states minus North Dakota and Idaho. “I went everywhere, but nowhere I wanted to go,” said Nathan, fondly remembering the time he saw the Statue of Liberty from a distance on three different routes. “Imagine trying to park a semi-truck in New York City.”

Being a trucker kept him busy, though it was challenging during the seventies. “I went through a lot of angst on the road, traveling through unfriendly places and dealing with mean-spirited racism. Eating well was hard on the road, explained Nathan. “I am diabetic in the worst way.”

An amputee and disabled veteran, Nathan has lived with diabetes for 23 years and experienced multiple bouts of homelessness. “I was homeless for five years when the VA picked me up this last time, got me housed and referred me to Food Outreach,” said Nathan.

Recently, Food Outreach launched a pilot program focused on providing nutrition interventions to local veterans diagnosed with uncontrolled diabetes. “This is my first-time getting delivery,” said Nathan, who before winter would “take two busses” and “two trolleys” to Food Outreach’s midtown location. “It gave me purpose. I was going to get food. Luke [client services manager] saw me, an old man coming in on a broken-down scooter during the wintertime. You know, it’s bad when snails are passing you, and he said let us bring you your meals. Luke has heart. He’s good people. **Everyone at Food Outreach is working out of their heart.**”

Nathan appreciates all our meals and emphasizes they cover four critical bases. “They’re delicious and nutritious. They’re physically appealing to the eyes, and they have signature tastes,” he said. “The meals are not overly seasoned, and everything tastes like it’s supposed to taste. Chicken tastes like chicken. I’ve always had a standard. I got champagne taste on a beer budget, but I’m telling you the food from Food Outreach is equal to a 5-star restaurant—with bigger portions!”

At Food Outreach, we are grateful for the generosity of our supporters and community for making it possible for our agency to change lives one meal at a time. With your help we will continue to provide medically tailored meals and nutrition to our neighbors living with chronic illness. **“I am so grateful for the many people who invest in me. Food Outreach invests in me and that is a blessing,”** said Nathan. **“You are gamechangers. You are genuine.”**



“ This is my first month without SNAP, and because of Food Outreach, I’m OK,” said Nathan. “Food Outreach is the best place to go to get services that are life sustaining. ”

BOARD OF DIRECTORS

OFFICERS

Amy Hoch Hogenson, President
Jo Ellen Thelen, Vice President
Amy Broadwater, Treasurer
Denise Phelabaum Evans, Secretary

Jessica Bira
Caleb Bobo
Ben Cooper
Jerry Garbutt
Cheryl Gee
Lauren Karpman
Richard Kluesner
Natalie Nyapete
Adriana Osorio
LaDawn Ostmann
Alejandro Santiago
Ruthie Vaughn
Dennis Voegele

COMMUNITY ADVISORY BOARD

William Batie
Sandra Chaney
Scott Eye
Julius Graham
Jay Johnson
Mary Reese

STAFF

Executive Director: Julie Lock
Senior Development Director: Justin Kraleman
Program Initiatives Director: Katie Simpson, MSW, LCSW
Client Services Director: Kathy Spencer
Registered Dietitian: Taylor Aarns MS, RD, LD
Chef: Joshua Badders
Marketing & Individual Giving Manager: Christine Blonn
Van Driver: Sean Bracken
Volunteer & Events Manager: Alyssa Hilderbrand
Client Services Manager: Luke Gallagher
Registered Dietitian: Rachel Kleinman, MS, RD, LD, CDCES
Van Driver: Brandon Moncada
Office Manager: Keith Mosier
Nutrition Services Manager: Leizel Thomas
Lead Van Driver: Noah Young



38%

of all meals were
home-delivered
in 2022

3,189

deliveries were
made across
seven counties



COMMITMENT TO Resilience



In 2022, Food Outreach staff and board members engaged in a strategic planning process with Accelerate Change. The five-year strategic plan outlines a bold future by asking the question: What does Food Outreach need to have in place to scale its program model and operations?

The **Three Pillars of Transformation** set the course for Food Outreach to contribute significantly to the health and vitality of thousands of individuals, battling chronic illness, and lacking food resources.

Food is Medicine: NUTRITION SUPPORTING TREATMENT

We provide medically tailored meals (MTM) to patients under clinical care for HIV and cancer who live at or below 300% of the Federal Poverty Line.

Clients receive MTM, nutrition education, and dietary skills assistance, directly assisting them to achieve better health and disease management outcomes.

Warehouse operations and services reflect a relentless pursuit to improve efficiencies and client satisfaction, along with a deep consciousness for making environmentally and financially sustainable choices.

Measuring What Matters: MAKING DATA-DRIVEN DECISIONS

The use of cutting-edge technology is embraced by every team member to foster sound decision-making and prove that our programs and business models produce intended outcomes.

Key client outputs and outcomes are defined and measured rigorously to determine program effectiveness.

Staff consistently track and analyze organizational processes and key performance measures to inform them when course correction is necessary.

An appropriate allocation of annual funding is committed to keeping Food Outreach's technology equipment and data collection up to date.

Growth: INVESTING FOR AN AGILE FUTURE

A comprehensive branding campaign distinguishes Food Outreach as the premier Food Is Medicine program in Missouri.

Food Outreach's revenue, including operating, capital investments, and social entrepreneurship efforts fuel transformational growth.

A capable and empowered staff, board, and volunteer base have the knowledge, skills, and resources needed to excel and feel fulfilled.

Food Outreach is positioned to scale its program model and operations beyond the St. Louis metropolitan area.

A decision is made regarding Food Outreach's future headquarters.



COMMUNITY OF Caring

We are Proud to Have

15 Weekend Red Aprons and

25 Weekday Red Shirts,
Who Serve As Our Lead Volunteers

17 Board Members



27
Volunteers Donated

100+
Hours in 2022



172,079
Scratch-Prepared Entrees
and Sides Created
at Cook and Packs



1,287 Volunteers Contributed 17,268 Hours in 2022,
The Equivalent of 8.5 Fulltime Employees



3117 Olive Street
Saint Louis, MO 63103

DONATE HERE:



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.

FOODOUTREACH.ORG