

ANNUAL REPORT

2025



NUTRITION SUPPORTING TREATMENT

FROM EXECUTIVE DIRECTOR JULIE LOCK

As we celebrate 38 years of service in 2026, Food Outreach continues our vital work as the region's only medically tailored nutrition provider offering free, scratch-prepared, medically tailored meals, medically tailored groceries and fresh produce, and individualized nutrition counseling with registered dietitians. Our Food Is Medicine (FIM) approach utilizes nutrition as a powerful tool for chronic illness management and treatment. By meeting clients where they are in their daily lives, in treatment cycles and dietary needs, we empower them to manage their health, regain strength, and improve quality of life.

In 2025, thanks to the unwavering commitment of our community of caring, Food Outreach built the processes and capacity needed to meet the national Food Is Medicine Coalition's (FIMC) newly established Standards for Medically Tailored Meal (MTM) providers. With the dedication of our staff and volunteers, along with the trust and support of our donors, partners, and clients, we redesigned our menu, developed a wide variety of new recipes, and elevated our meals by transitioning from individually packed entrées and sides to three-compartment containers. These three-compartment meals are fully medically tailored and come with a nutrition label. Our new processes incorporate trusted nutrition guidelines, reflect our community's needs, and standardize our meals to support heart health and healthy blood sugars.

Building on this momentum, we are proud to announce that in 2026, Food Outreach will achieve FIMC Accreditation, becoming the region's only accredited non-profit MTM provider. This milestone reflects decades of our leadership in medically tailored nutrition services and positions the agency to expand services, drive innovation, and amplify our impact in the St. Louis region.

We can only do this because of the work of the 1,500 volunteers and 17 staff members whom we depend on each day. Clients share that our meals nourish their bodies, uplift them during difficult times, and relieve some of the heavy burdens of grocery shopping, cooking, and meal prepping with their symptoms and illness.

In 2025, Food Outreach provided 540,750 medically tailored meals to 1,807 clients across 144 zip codes. Over 3,800 of these meals were delivered straight to clients' homes by our delivery drivers, ensuring access to nutrition regardless of barriers. Thanks to generous community support, we enrolled 508 new clients diagnosed with HIV or cancer. We are proud to say that we never waitlist clients for our services.



At a time when hunger and chronic illness continue to rise in this region, neighbors struggle with increasingly urgent nutrition-insecurity challenges. Over 80% of the individuals we serve live on less than 100% of the Federal Poverty Level (FPL) or \$15,960 annual income; moreover, more than half of our clients live at age 55 or older. The majority of our clients face complicated challenges related to costs for health care, housing, utilities and groceries. As the USDA projects that there will be significant food cost increases in 2026, Food Outreach will remain a critical and consistent source of nutritious food for those we serve.

We bear witness to the importance of our mission and the need to continue providing nutritious, medically tailored meals and groceries to the most vulnerable members of our community. As our community endures many challenges, I am inspired by our shared commitment to address hunger and malnutrition. We do this by scaling our programs so that individuals, regardless of their circumstances, have access to the nutrition they need to thrive.

Handwritten signature of Julie Lock.

PARTNER SPOTLIGHT

LIBERTY APPLE ORCHARD



Stephen Miller calls himself an “encorepreneur.” After retiring from a 37-year career in the energy and transportation industries, he and his wife, Lugene, founded Liberty Apple Orchard in Edwardsville, Illinois, launching a second career rooted in community, family, and fresh local food.

Stephen concluded his first career as President of Peabody COALTRADE and Structured Transactions at Peabody Energy. In 2013, he retired from the energy sector and moved directly into his “encore” career as owner and operator of Liberty Apple Orchard.

“I like to say I’m an encorepreneur—someone who pursues an entrepreneurial activity after retiring from another career. Lugene and I lived all over the country with our four daughters while I worked in domestic and international energy. When I retired in 2013, we opened Liberty Apple Orchard. As an encorepreneur, I’ve learned on the job, made plenty of mistakes, and benefited greatly from the generosity and support of other growers across the state.”

The family-owned orchard grows 21 different varieties of apples and offers U-Pick experiences from August through November each year. Liberty Apple Orchard also provides educational tours for schools and community groups, led by Lugene, a former teacher.

“Growing apples or running an orchard wasn’t something I grew up with, nor was it a lifelong ambition,” shared Stephen. “But it’s something we discovered we truly loved doing together as a family with our daughters. We hoped to give back to the community by doing something our family loves.”

“We were already serving other local food banks in the St. Louis region, but Food Outreach is unique in its mission to provide medically tailored meals to individuals living with HIV and cancer. We truly appreciate the work they do, and we want to continue supporting the organization.”

On November 14, Food Outreach staff visited Liberty Apple Orchard to pick apples. That day, the orchard donated 1,000 pounds of apples to the agency. In 2025, Stephen and Lugene donated approximately 23,000 pounds of apples to Food Outreach and other local nonprofit organizations.

Taylor Aarns, registered dietitian, believes supporting local food producers is beneficial to Food Outreach, our community, and our clients. “Food is more than a collection of nutrients. It’s a powerful way we connect with our community. When we support local farms and orchard stands, we’re not only feeding our neighbors, but also strengthening the food system itself. Foods grown and sold locally are often harvested

at peak ripeness, travel shorter distances, and retain more of their nutritional value while also supporting soil health and farmer sustainability, which ultimately benefits both people and the planet.”

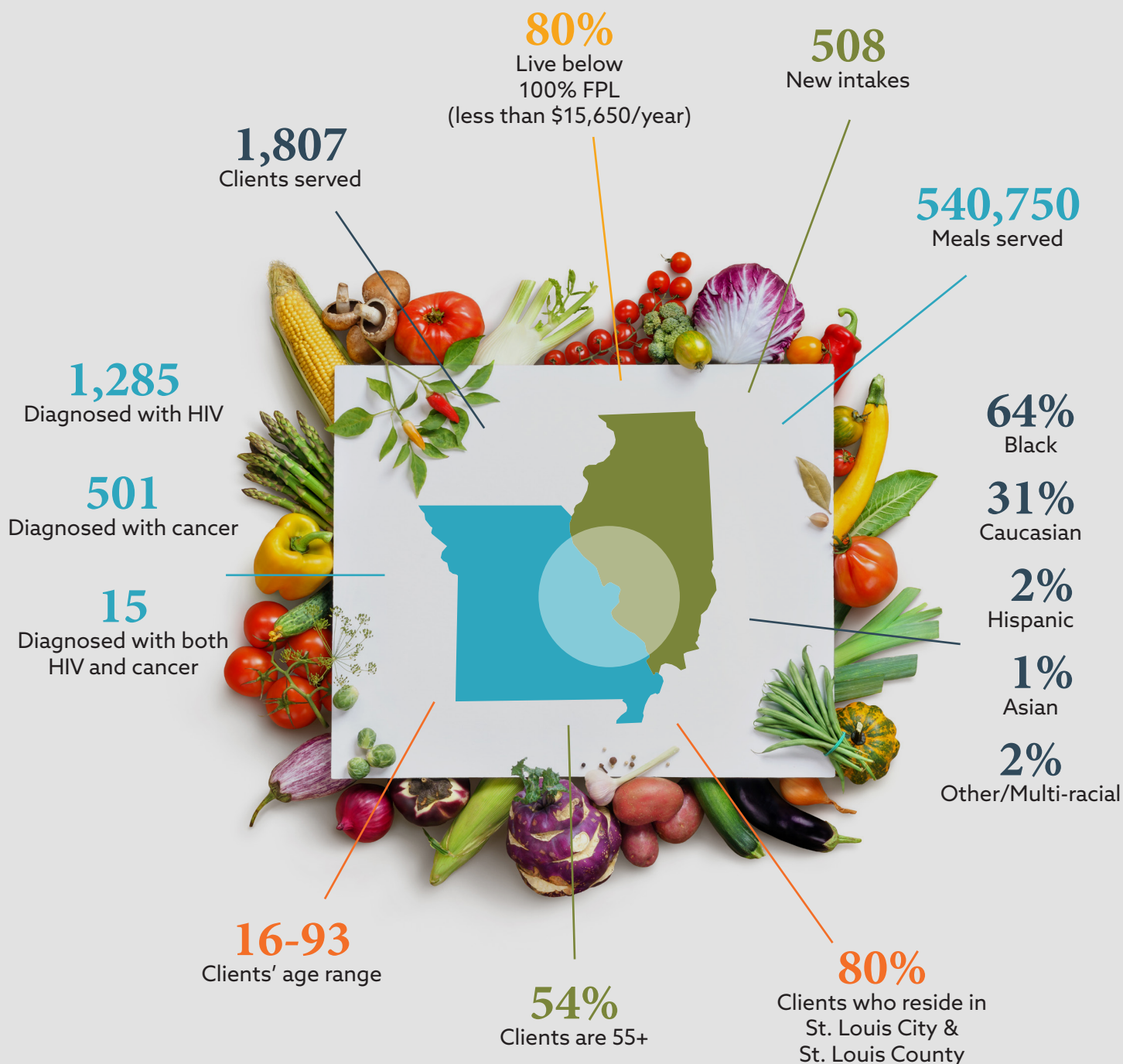
For Stephen, he feels grateful for the chance to give back to the community and help local organizations. “We’ve been blessed with a great orchard and an abundant harvest every year. It is truly a pleasure to support an organization like Food Outreach. We love the work you do and the quality of the people who work there.”



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 2025, we provided nutrition, dietetic counseling, and education to 1,807 people at no charge who live with:

- limited resources or access to food
- illnesses and treatments that make it difficult to prepare healthy meals
- co-morbidities which complicate their health



Food Outreach serves nearly **2,000** clients living across 144 zip codes in Missouri and Western Illinois. Most clients (80%) live in St. Louis City or County.

HOME DELIVERY

35%

of clients receive meal home delivery.

37%

of all meals provided in 2025 were home-delivered.

3,800

deliveries made across 11 counties.

Through **10,908** client visits, Food Outreach distributed nutritious meals and groceries to our clients.

Our registered dietitians completed:

508

Nutrition intakes to assess each client's nutrition needs and develop individualized nutrition care plans upon their enrollment into services.

84

Individualized nutrition education sessions for clients who sought support using food and nutrition to overcome treatment challenges and improve their wellbeing.

154

Nutrition Supplement Evaluations to assess and treat malnutrition through nutrition education, approval of oral nutrition supplements, and close monitoring through frequent follow-up appointments.



2025 AGENCY FINANCIALS

\$1,343,811

Government Grants

\$532,255

Foundations

\$150,555

Corporations

\$1,083,363

Individuals

\$338,241

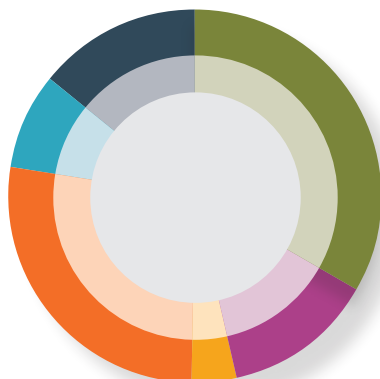
Events

\$559,864

Investment & Other Income

REVENUE

\$4,023,589



EXPENSES

\$2,946,714

\$2,175,232

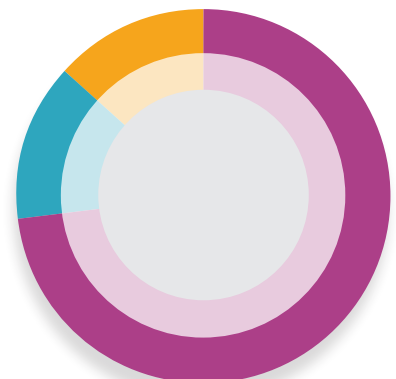
Program

\$388,241

Fundraising

\$383,241

Administrative



MEET FOOD OUTREACH VOLUNTEER DAYNA

"Red Apron" volunteer, Dayna Vogl, first discovered Food Outreach while searching for a local volunteer opportunity through her workplace's LGBTQ employee resource group. The organizations being considered were all large, national nonprofits, and she felt pulled to engage in something closer to home. When she found Food Outreach and discovered the mission serves individuals living with HIV and cancer, she remembers thinking, "Sign me up. I'm in."

She began volunteering in the kitchen and quickly found more than just a place to serve. Walking through the lobby, she saw firsthand that clients weren't just benefiting from Food Outreach, they were relying on it for basic nutrition. Just as meaningful was the community she found among our volunteers and Red Aprons. "No one is forced to get out of bed on a cold, Saturday morning," she says. "We're there because we want to be. We're all working toward the same goal."

After a serious accident temporarily sidelined her from volunteering, Food Outreach remained a constant in her mind. Getting back to volunteering on Saturday mornings served as a motivator to keep moving forward during rehabilitation. Shortly after coming back to St. Louis from an extensive rehab program, Dayna's sister surprised her with a stop at Food Outreach instead of heading straight home from the airport. It was a busy day in the Nutrition Center, filled with clients and volunteers. Approaching the check-in desk after her time away was a pivotal moment for her, "In that moment, I knew I was home. All the hard work, all the pushing myself... I had made the right decision."

Today, Dayna spends most Saturdays leading our Cook & Pack opportunities as a Red Apron. Her message to anyone considering getting involved is simple: "Do it! We all have time, talent, or treasure to give. If you can't volunteer, make a donation – it will make a difference. If you have time, come try it! No one will force you to stay, but chances are, you'll come back." For Dayna, Food Outreach isn't just a place to serve, it's a community, an anchor, and a reminder that even when life changes, purpose doesn't.



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COMMUNITY OF CARING

We are proud to have

15 Weekend Red Aprons and **35** Weekday Red Shirts
who serve as our lead volunteers

22 Board members

1,519
Volunteers Donated

16,863
Hours in 2025

213,029
Scratch Prepared Entrees
and Sides Created at
Cook and Packs



FOOD IS MEDICINE

Food Outreach implements an evidence-based food is medicine model, recognizing that nutritious food is a critical part of care. At Food Outreach, this means providing convenient frozen medically tailored meals designed to support the health and healing of our clients.

Our culinary team, made up of our registered dietitians (RDs) and chefs, led a thoughtful process to design recipes and develop a diverse menu of medically tailored meal options

All Food Outreach meals meet the established nutrition standards for medically tailored meals to support people managing HIV, cancer, and/or other diet-related chronic conditions.

Introducing our NEW 3-compartment medically tailored meal containers

Having a balanced meal just got a lot easier:

Food Outreach has transitioned our medically tailored meals from individual entrees and side containers to a single 3-compartment meal container!

Our chefs and registered dietitians plan meals using trusted medically tailored nutrition guidelines and our community's needs. All meals support heart health and healthy blood sugars and are medically appropriate to support our client's wellness.

Each meal comes with a nutrition facts label, with reheating instructions, food allergens, and a way for clients to provide real-time feedback about the meal.



Asian Braised Tilapia Meal

with Lemon Rice, Peanut Stir Fry, and Coconut Mango Tapioca



Rate Meal



992511

Best By:

November 30, 2026

Nutrition Facts

1 servings per container

Serving size 1 Meal

Amount Per Serving

Calories 520

Total Fat 24g 31%

Saturated Fat 6g 30%

Trans Fat 0g

Polysaturated Fat 6.49g

Monounsaturated Fat 9.38g

Cholesterol 45mg 15%

Sodium 400mg 17%

Total Carbohydrate 45g 16%

Dietary Fiber 7g 25%

Total Sugars 13g

Includes 0g Added Sugars 0%

Protein 28g 56%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 2.28mg 15%

Potassium 610mg 15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Instructions from frozen: Puncture film in each section. Microwave for 5 minutes. Remove film, stir, and heat for 1 minute increments until food is heated through and steaming.

If thawed: Please use or discard within 3 days of thawing.

Allergens: Fish, Peanuts, Soy



Recipes- both old and new- were small-batch prepared and rigorously taste-tested before becoming available to clients.

We provide a rotating menu of 50+ healthy and delicious medically tailored meal options.

Menu options are designed to meet a range of cultural preferences and dietary needs, including vegetarian, vegan, soft-texture, and high-protein choices, with many dishes inspired by diverse culinary traditions.

What this new container means.....

For our clients:

We are thrilled to provide our clients with complete frozen meals that are healthy, delicious, and ready to heat and eat. This allows our clients to:

- **ENJOY** nutritious and balanced complete meals
- **SAVE** time by heating up fewer items
- **EXPLORE** new food pairings

For our staff & volunteers:

- This transition required substantial operational changes across production, packaging, storage, and delivery. We are deeply grateful for the feedback we've received from our clients and to our staff and volunteers for adapting to and refining these new processes with the care and compassion they bring to Food Outreach in service to our clients each day.

For Food Outreach:

- With the transition to the 3-compartment meal, Food Outreach has made tremendous progress toward achieving accreditation with the national Food Is Medicine Coalition's newly established standards for medically tailored meal (MTM) providers.



TRIBUTES

In Memory Of

Margie Anderson
Marilyn Turner

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1988 Legacy Society

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The 1988 Legacy Society is a recognition program for donors and friends who have included Food Outreach in their estate plan.

Members of the 1988 Legacy Society recognize the importance of the extraordinary and critical services of Food Outreach and want to invest in our future. Planned giving will strengthen the roots that will sustain Food Outreach clients, for decades to come, with tailored nutritional support for individual health needs.

Estate gifts allow us to plan for Food Outreach's future and continue to provide the essential nutrition care our clients need. Your legacy gift will help us invest in long-term nutrition security, strengthen our distribution systems, and expand partnerships that bring fresh, healthy food to our neighbors in need.



"I didn't have very much support when I was going through my cancer treatment. All of my parents, grandparents, and godparents are gone. And I was facing this pretty much by myself. Food Outreach was the one place that I always looked forward to coming to because that was really the only basis of support that I had. I would be sitting in the infusion room by myself, and it was nice to know that I was getting ready to go to Food Outreach because that's where I got my sense of community and support.

Food Outreach served me in that way—it was so much more than just the food."

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DONATE HERE:



Our agency, located in midtown St. Louis, welcomes all of our clients no matter *where they live, whom they love or which illness they are battling.* In our more than 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.

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