



# Status Report

Summary for 2013-2014

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# Executive Summary

Over the past four years, Saint Louis Food Rescue has grown from an idea to a thriving non-profit organization.

Since its inception, Saint Louis Food Rescue has been solely teen-organized and runs on a youth-only volunteer base. Hundreds of middle school, high school and college students have participated in the rewarding process of completing a delivery to one of the several recipient organizations, as well as in the annual Pumpkin Project event.

Currently, Saint Louis Food Rescue is serving hundreds to thousands of homeless and hungry people throughout the greater Saint Louis area on a weekly basis. An average of 5,000 pounds of fresh produce, baked goods, canned goods and dairy products are distributed to three major recipient organizations every week.

Since becoming aware of the deaths and ailments that occur to many of its recipients every winter, Saint Louis Food Rescue has collected and donated warm clothing and shoes during the winter months.

Saint Louis Food Rescue is striving to continue to serve the greater Saint Louis area, and eventually to expand to cities and college campuses throughout the country.

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## Mission

Saint Louis Food Rescue is dedicated to alleviating hunger in the greater Saint Louis area by saving food that would otherwise be discarded from local food retailers and immediately delivering it to the organizations we serve. Saint Louis Food Rescue is also devoted to inspiring young people to make community service and leadership integral parts of their lives.

## Growth Strategy

### Short-Term:

- To continue to provide 5,000 pounds of nutritious food to hungry and homeless people every week
- To form a partnership with at least one additional food retailer and recipient organization by the end of 2015
- To determine the most effective use of donated money and set up an official fundraising model
- To host a second event (in addition to the Pumpkin Project) every year
- To revamp the Saint Louis Food Rescue summer internship program
- To have a greater presence among high school community service clubs as well as volunteer fairs
- To bring Saint Louis Food Rescue to three or more college campuses by the end of 2016

### Long-Term:

- To expand to at least five new cities by 2020
- To develop a system for reducing and ultimately eradicating hunger and homelessness in Saint Louis
- To work to develop a sustainable plan for eliminating food waste in Saint Louis



# Addressing Need

## Hunger and Homelessness in Saint Louis

### FOOD INSECURITY: THE BASICS

#### Statistics

- 1 in 8 people in the Saint Louis region rely on food pantries, soup kitchens or food stamps for their daily meals<sup>1</sup>
- 1 in 3 people in the Saint Louis region receive help from the United Way<sup>2</sup>
- 33% of Saint Louis residents have an income below the poverty level<sup>3</sup>
- 50% of children in the city of Saint Louis live in poverty<sup>3</sup>



### Food Insecurity<sup>4</sup>

**Food Availability** - sufficient quantities of food available on a consistent basis

**Food Access** - having sufficient resources to obtain appropriate food for a nutritious diet

**Food Use:** appropriate use based on knowledge of basic nutrition and care, as well as adequate water and sanitation

#### Saint Louis Food Rescue's Contribution

Every week, Saint Louis Food Rescue is able to provide more than 5,000 pounds of fresh produce, canned goods, dairy products and baked goods to hungry and homeless people throughout the greater Saint Louis area.

All three of Saint Louis Food Rescue's recipient organizations receive two deliveries every week. The deliveries are spread out in such a way that by the time food is delivered, the previous donation has been used up. This plan ensures that food is not wasted and that hungry people have access to nutritious foods throughout the entire week.

Saint Louis Food Rescue made sure to build relationships with recipient organizations spanning from the west to far east of the Saint Louis region, thus serving a broader span of the hungry and homeless community.

- Δ **New Life Evangelistic Center:** Serves 300-400 people daily
- Δ **Salvation Army of O'Fallon:** Serves hundreds of people daily
- Δ **Tomchei Shabbos:** Serves 34 families weekly

**Definition:** consistent access to adequate food is limited by a lack of money and other resources at times during the year<sup>5</sup>

- Food insecurity is usually a household situation rather than an individual basis
- You do not have to live below the poverty line to experience food insecurity; in fact, unemployment is a better predictor of food insecurity than is poverty<sup>6</sup>

**"If you want to eliminate hunger, everybody has to be involved." - Bono**

## Providing Valuable Experiences to Young People

### The Benefits of a Teen-Based Structure

Studies have found that having friends that volunteer regularly is the primary factor influencing a teen's volunteer habits.<sup>7</sup> Whether a young person is volunteering with a Boy Scout troop, a religious group, a community service club or with his or her friends, the benefits of instilling passion for and commitment to service last much longer than years of youth. In fact, it has been found that two thirds of adults who volunteer began to volunteer when they were young, and furthermore, adults who volunteered at a young age, regardless of income, donate to and volunteer more at charitable organizations than adults who did not volunteer in their youth.<sup>8</sup>

Because Saint Louis Food Rescue is concentrated within the Saint Louis area, volunteers are given the privilege to feel like they can make a difference in their own community. Youth are given the chance to help their own neighbors in a process which presents immediate results – they take the food from point A to point B and are able to see exactly what they are providing and where their work is going.

In addition to the benefits of instilling youth with a strong sense of volunteerism and commitment to their community, volunteers are also given the opportunity to take on leadership positions. Teens compose the Saint Louis Food Rescue Leadership Board and run the organization in its entirety. There is also a new internship program which has given younger teens a chance to step up and learn what it takes to run a non-profit organization.



**“How wonderful it is that nobody need wait a single moment before starting to improve the world.” - Anne Frank**

## Testimonies

St. Louis Food Rescue gave me a quick and easy way to really make a difference in my community. I learned how rewarding it is to give back. STL Food Rescue is so important because it provides young people with the opportunity for hands-on volunteer experience. When I delivered a car-load of food to a shelter for the first time, I realized the impact a bunch of teenagers can have on the community. -Joe Paglisotti

I really enjoy volunteering for STL Food Rescue because it feels great to give back. It's so special to see first-hand where the food you are saving is going: into hungry people's hands that night. You can volunteer with anyone: friends, family or just other volunteers. It's fun to give back with others. It's also not a huge time commitment so it's very manageable to do once a week. -Aaron Bry

I have been doing food deliveries for over four years and my life has changed. I am now more comfortable to be with homeless people and can defend them against common stereotypes. I have learned to never throw away food and to eat everything on my plate. I have experienced what hope means and why STL food rescue really matters. We give food that would be thrown away to people in need. What is better than that? STL food rescue has made me a better person by respecting the commodities that I take advantage of that people in my city do not have. - David Weinstein



## References

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- <sup>5</sup> "What Is Food Insecurity?" *What Is Food Insecurity?* Texas Food Bank Network, n.d. Web. 17 Nov. 2014.
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- <sup>7</sup> "Dosomething.org National Survey." *2012: The Year of Friends with Benefits*. Dosomething.org, n.d. Web. 19 Nov. 2014.
- <sup>8</sup> Toppe, Christopher, Ph.D., and Jocabel Michel. *Engaging Youth in Lifelong Service: Findings and Recommendations for Encouraging a Tradition of Voluntary Action among America's Youth*. Washington, DC: Independent Sector, 2002. Independent Sector. Web. 13 Nov. 2014.