



The Almost Monthly Epic-Cure Newsletter

October, 2024

The Epic-Cure *Report Card* as of September 30, 2024

Life to Date *(since May 24, 2019)*

Pounds In/Out	26,886,345	
Wholesale Value of Food Distributed	\$54,132,969	
Pounds of Food per Family:	76.7	<i>Average pounds per family per visit</i>
Equivalent Meals Served:	22,405,288	<i>Assumes 1.2 pounds per meal</i>
Families Served		
Number of Families Served this month:	7,267	<i>in Month of September 2024</i>
Number of Distributions this month:	63	<i>in Month of September 2024</i>
Pounds of Food/Household Goods		
Total Pounds In / Out:	812,349	<i>in Month of September 2024</i>
Total Pounds In / Out:	851,614	<i>Average of 3 prior months</i>
Operating Efficiency		
Wholesale value of food distributed for each \$1.00 spent on Operations since inception:		\$40.20
Wholesale value of food distributed for each \$1.00 spent on Operations in August:		\$72.93

Headline: Forced Move in Palatka

We are still in the fight to keep our foothold in Palatka where we can continue to take in hundreds of thousand pounds of food and provide Putnam County residents with \$1.0 to \$1.5 million in food each month. People and local businesses are stepping up to get us closer to our goal every day but we still have a ways to go. Recent interview:

[Bass Capital Radio Podcast](#)

And, of course, here is the link if you would like to participate:

[GoFundMe](#)



St. Augustine Operations Facility Update

Progress continues on the St. Augustine operating center construction project in St. Augustine. Most importantly, the formal agreement (the contract) with the State of Florida's Florida Department of Agriculture and Consumer Services (FDACS) has been completed and is now fully executed and in effect.

We are now waiting for the folks in Tallahassee to emerge from the impacts of Hurricane Helene to take the steps needed to draw from the \$1.5 million appropriation for this facility to purchase the land and begin the development process. Mike Davis of AD Davis Construction has been a helpful and steady hand advising us on development and construction. We look forward to completing the land purchase and really digging in.

Upcoming Events

Shine A Light on Epic-Cure 5K Run & Concert: Saturday, October 12th



Registration is open for the 3rd Annual 2024 Shine a Light 5K run! This year's event will take place on October 12th at The AMP, and we cannot wait to see you there!

Whether you're an experienced runner or just starting out, this is the perfect opportunity to challenge yourself, meet new people, and have fun! We can't wait to see you at the starting line! Stick around for a FREE concert at the Front Porch of The Amp. The bar will be open, too!

[Shine A Light Event Tickets](#)



Empty Bowls Fundraiser

Join us for a few special Happy Hours at [The Art House](#)! They're hosting a few creative evenings for local artists to craft bowls from donated clay and glazes, to benefit the Empty Bowls event they are having in November to support [Epic-Cure, Inc.](#)

Event: The Art House Empty Bowls Fundraiser Happy Hours with Half Price Craft Beer & Wine

Last Date: 10/29

Time: 6pm to 8pm

Location: 3920 A1A S., St. Augustine, FL 32080

Let's come together to make a difference! All bowls created will be donated to support [Epic-Cure Inc.](#) helping to end food insecurity in our community. Whether you're an experienced potter or a first-time wheel user, everyone is welcome to participate and lend a hand.

Or bring finished bowls to donate and network with local creatives.

Don't miss out on this opportunity to use your creativity for a meaningful cause. Let's fill empty bowls and hearts together.

Dinner will be provide by [Lotus Noodle Bar](#) & [Buena Onda Cafe St. Augustine](#). [Event Tickets](#)

Hurricane Relief

Hurricane Helene has had a devastating impact on Georgia, North Carolina, and west coast Florida communities. We're proud to stand alongside organizations like Florida Aviation Pros and others working tirelessly to bring relief to those in need. Check out this recent article from the Palatka Daily News: [Flying to the Rescue](#)




ESSENTIAL SUPPLIES COLLECTION

VISIT OUR WEBSITE FOR SITE DROP-OFF
AND STAGING LOCATION
WWW.OPERATION-AIRDROP.COM

ACCEPTED ITEMS:

• SPORTS DRINKS (POWDERED PACKETS) • HYDRATION PACKS (POWDER FORM) • BABY WIPES • DIAPERS (CHILDREN & ADULTS) • BABY FORMULA • BUG SPRAY • SUNSCREEN • PLASTIC UTENSILS • MANUAL CAN OPENERS • TRASH BAGS (13 GAL OR CONTRACTOR BAGS)	• NON-PERISHABLE FOODS • CLEANING SUPPLIES • PLASTIC SHEETING/TARPS • TOOTHBRUSHES • TOOTHPASTE • TOILETRIES/SANITATION ITEMS • PET FOOD (DOG & CAT) • HAND SANITIZER • SANITIZER WIPES • FEMININE HYGIENE PRODUCTS • HEAVY DUTY WORK GLOVES • SOCKS - ALL SIZES (UNOPENED)
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WE CANNOT ACCEPT THE FOLLOWING ITEMS:

• USED clothes • Water (due to weight) • HAZMAT	• Most chemicals (including bleach) • Fuel • Flammable items
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Ongoing collection locations, days, and times:

Lotus Noodle Bar

56 Grove St. St. Augustine
Tuesday - Saturday 12 to 6

Asadolife

173 Shipyard Way St. Augustine
Tuesday through Sunday 10 to 5

Epic- Cure St. Augustine

2745 Industry Center Rd #1 St. Augustine
Mondays 7 to 1
Tuesdays 7 to 2
Thursdays 7 to 5
Fridays 7 to 12
Saturdays 7 to 11

Epic-Cure Palatka

389 N Hwy 17 Palatka
7 days a week 8 to 2.



Great Potato and Banana Giveaway

On 10/2, we received a rejected truckload of 43,000 pounds of potatoes. They were rejected because they were the wrong kind. Rather than sending them to a landfill, the trucking company donated them to us. We already had about 20,000 pounds of potatoes and 40,000 pounds of bananas received earlier that week so we decided to share the super abundance we had in a self-serve giveaway in our Palatka parking lot on 10/3 from 8am to 3pm.

It speaks to the economic reality of our times that hundreds of people turned out to get potatoes and bananas. They got a lot of each for sure, but that was the only food we were distributing today and that many showed up.

It also speaks to the hearts of community members from all over NE Florida who were loading a pallet at a time on the back of pickup trucks and trailers to deliver to GA, NC, and the west coast of Florida. At least 20 towns and cities were mentioned.

And to the hearts of community members that picked up to share with all of their family members, neighbors, friends, and coworkers.

We were scheduled to distribute from 8am to 3pm but ran out by 1 after distributing 60,000 pounds of potatoes and about 6,000 pounds of bananas.





Epic-Cure Inc. is taking a stand against food waste!

Have you ever tossed perfectly good food due to confusing expiration dates? You are not alone: more than 80% of Americans reported throwing away food simply because it had passed the labeled date — though chances are it was still perfectly safe to eat.

There are nearly 60 different types of date labels used across the food industry, since they are currently unregulated. Research shows that this confusion over food date labels costs the U.S. around \$30 billion a year.

As a member of the Zero Food Waste Coalition, Epic-Cure® believes that it is time to put an end to senseless food waste and help ensure good food for all—which is why we support the Food Date Labeling Act.

This legislation will mandate that any company opting to use food date labels must use either "BEST If Used By" labels that indicate optimal freshness and quality or "USE By" labels to indicate the discard date. By clarifying when food is still safe to eat, we can save consumers money, and ensure that unsold but perfectly edible food can be donated.

How you can get involved: Sign the petition at change.org/fooddatelabelingact and help raise awareness for this common-sense bill.



A Day in the Life of Epic-Cure® - I read the news today, oh boy!

This is what happens when you get bins full of apples and the wood planks are rotten. Fun times.



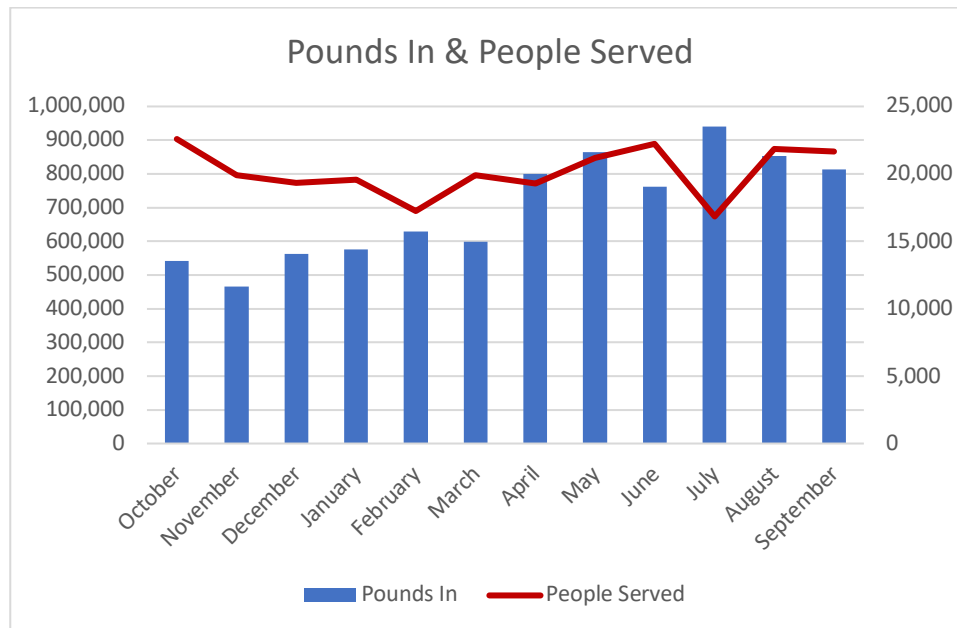
When your truck is so full of food you can't fit the pallet jack inside.





PIPS – hurricane affected supply chain

Here is our PIPS (Pounds In & People Served) Graph



Notes on the graph:

The hurricane affected supplies and distributions for a week in September. Otherwise, we were working steadily through our normal operations, forced move fundraising, and hurricane response.



Join Us in the Fight Against Food Waste and Hunger: Your Monthly Gift Makes a Difference

Every day, millions of pounds of perfectly good food are thrown away while countless families go hungry. This is a problem that we can solve — together. As a 100% volunteer-run organization, Epic-Cure® and its volunteers are deeply committed to rescuing food that would otherwise go to waste and redistributing it to those in need. We cannot do it alone.

Your support has already made a tremendous impact, but the need is ongoing. By becoming a recurring monthly donor, you can help us ensure that our efforts continue without interruption. With your consistent support, we can:

- **Rescue more food:** Every dollar you donate helps us save more food from being wasted, providing fresh, nutritious meals to families in need. Looking at the Report Card on the first page of this letter, you will see that every \$1 we spend on operations yields almost \$73 worth of food (taken at wholesale values, not grocery store retail values which are greater) distributed to those in need here in our community.
- **Expand our reach:** Regular donations enable us to grow our network, reach more communities, and deliver food where it is most needed. We will connect with more individuals as well as more food pantries, food banks, and other nonprofits to ensure that more and more local people have the food they need.
- **Sustain our operations:** As a 100% volunteer-run organization, your monthly gift directly supports the logistics, transportation, and resources needed to keep our mission alive. No money is spent on salaries, benefits, or corporate perks.

A monthly donation, no matter the size, creates a reliable foundation that allows us to plan and respond quickly to food insecurity in our communities. Your commitment helps us turn potential waste into hope, every single day.

Please consider setting up a monthly donation today. With your help, we can continue to fight hunger and reduce food waste, making a lasting impact on our environment and the lives of those we serve.

Together, we can build a future where no one goes hungry, and no food goes to waste. Thank you for standing with us in this crucial fight.

With gratitude,
Sunny & Ken

[Donate Now](#)



Awareness:

An easy, impactful way that you can help us is to please ...

Save And Drop Off Your Grocery Store Plastic Bags.

You will help reduce waste by allowing us to re-use them. You will save us money by reducing the number we have to purchase.

Transparency:

Anyone who wishes to see *Epic-Cure's financial statements* need only ask.

- Our CPA-Audited financial statements and tax returns for fiscal years 2021, 2022, and 2023 have been released and are available upon request.
 - Also available on our website.
 - Click here to view: [Epic-Cure's Financial Statements](#)

Please email your requests to Sunny Mulford: sunny.mulford@epic-cure.org