

The Almost Monthly Epic-Cure® Newsletter

September 2025

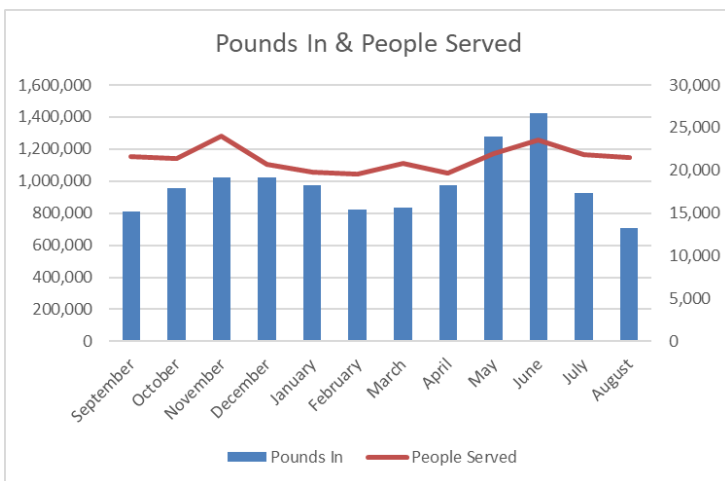
The Report Card

The Epic-Cure *Report Card* as of August 31, 2025

Life to Date (since May 24, 2019)

Pounds In/Out	37,825,389	
Wholesale Value of Food Distributed	\$76,946,863	
Pounds of Food per Family:	86.57	Average pounds per family per visit
Equivalent Meals Served:	31,521,158	Assumes 1.2 pounds per meal
Families Served		
Number of Families Served this month:	7,299	in Month of August 2025
Number of Distributions this month:	67	in Month of August 2025
Pounds of Food/Household Goods		
Total Pounds In / Out:	707,370	in Month of August 2025
Total Pounds In / Out:	1,209,131	Average of 3 prior months
Operating Efficiency		
Wholesale value of food distributed for each \$1.00 spent on Operations since inception:		\$46.24
Wholesale value of food distributed for each \$1.00 spent on Operations in August:		\$59.44

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



Notes on the graph:

707,370 pounds is a lot, but it's not where we want to be. On the next page we'll take a look at our biggest donors and talk about the progression of each of those sources.

We are in great shape supplying our direct to the public distributions, we've just had to had to reduce the amount we've been able to share with other agencies.



The Almost Monthly Epic-Cure® Newsletter

September 2025

Source	January	February	March	April	May	June	July	August	Grand Total	Notes
Amazon		8,015	9,280	6,995	7,340	8,728	6,747	8,436	55,541	Pretty steady once a month donation.
Cool Transport Jax			4,949	4,265		7,760	48,512	40,500	105,986	These are sporadic rejected loads.
Farm Share	264,660	179,741	198,226	236,428	289,146	307,376	135,923	93,355	1,704,855	They are trying to determine the cause of donation slowdown. They have a meeting scheduled for mid-September to discuss.
FarmLink Project		156,586	119,011	170,944	185,367				631,908	They haven't forgotten about us, just everything is on the east coast right now.
Feeding Northeast Florida	260,809	217,543	229,993	269,304	304,081	418,734	264,741	289,035	2,254,240	3 WD stores closed for Aldi remodeling and reduction in product available due to Federal cuts.
Foodrecovery.org	83,157	37,220							120,377	Their grant money to cover transportation costs are used up. Now receiving agencies have to cover the cost. That wouldn't be an issue since we have Move for Hunger that would cover it, but they require pick up schedule confirmation within 30 minutes of accepting loads. That is not possible
His Compassion	83,074	14,039	60,892	87,587	210,451	244,845	75,749	43,705	820,342	Storage fire May 15th 2025 - they pushed a lot to us in June as a result. They have a temp location for the next 3-6 months while they look for a new suitable space. They are asking us for assistance during their transition period.
Kehe	14,048					21,428	5,890	15,146	56,512	We are very happy they are back to donating. The reason provided for ceasing donations earlier this year is that they were selling products to discount stores. Hoping they have decided donating is the better solution. The food they donate is very high quality and desirable.
Kroger			5,643	5,789	6,767	7,659	10,691	8,181	44,730	Relatively new source that we had some kinks to work through. Our drivers patience made this one fall into a good routine.
Lineage	45,660	21,587	7,905	4,537	1,420	21,924	4,033	39,245	146,311	This is a once a week pick up that occasionally has additional clients of their cold storage facility donate.
Mr. Green's						23,935	39,708	28,047	91,690	New source that is working out great with lots of beautiful produce.
SEFB	46,742	61,740	57,915	31,369	43,579	45,333	57,987	5,605	350,270	Dropped source
Sysco	12,428	3,631	14,786	28,962	28,824	24,124	6,940	5,591	125,286	Food service supplies that are unpredictable.
USDA	126,068	75,360	91,968	80,424	57,968	174,000	160,604	120,450	886,842	Commodities based on population and poverty rates per county.
Waste Not	3,083	4,075	4,620	4,877	4,953	2,933	4,596	3,610	32,747	Steady source of bakery and produce.
Grand Total	939,729	779,537	805,188	931,481	1,139,896	1,308,779	822,121	700,906	7,427,637	

We just became partners with Convoy of Hope. They are the ones we are getting the 77 pallets of medical supplies from (we'll share pictures of that next month). The partnership will also translate to more food, it will just be in the unpredictable way we are accustomed to.

Training for our new Walmart partnership is complete. Now we wait for store assignments that we anticipate to begin in October.



Upcoming Fundraisers

Shine A Light on Epic-Cure 5K Run:

Saturday, October 11th



Registration is open for the 4th Annual 2025 Shine a Light 5K run.

This year's event will take place on **October 11th**.

Family friendly, scenic 3.1 mile Anastasia State Park certified course and surrounding quiet, shaded neighborhoods.

Start/Finish Line: Anastasia Church located at 1650 A1A South.

Whether you are an experienced runner or just starting out, this is the perfect opportunity to challenge yourself, meet new people, and have fun. We cannot wait to see you at the starting line.

[Shine A Light Event Tickets](#)

We LOVE sponsors ... See the race flyer on the next page.



The Almost Monthly Epic-Cure® Newsletter

September 2025



4th Annual Shine a Light 5K For Epic-Cure

2025

October 11th @ 7:30 AM
Anastasia Church on the
Island

100% of the proceeds will fund ending food waste and food
insecurity.

New Location!

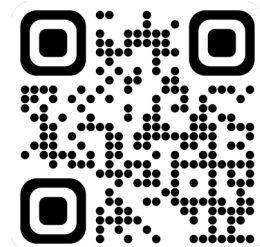
New Start time!

Platinum \$3,000 • Name in media coverage and promotional items • Display your website/logo and link on the website • Banner display • 1st tier name/logo on t-shirts • 7 complimentary registrations	Gold \$1750 • Display your website/logo and link on website • 2nd tier name/logo on t-shirts • 5 complimentary registrations
Silver \$1000 • Display your website/logo and link on website • 3rd tier name/logo on t-shirts • 3 complimentary registrations	Bronze \$500 • Name on website and t-shirt • 4th tier name/logo on t-shirts • 2 complimentary registrations

You are welcome to
set up a table at the
event! Also, please
provide us with any
swag or flyers you
would like included
in the race packets.

Special Requests:

Scan here for more
information or to sign up:



Operations

This month, instead of writing about our operations, we thought we'd let you see them in action and hear about them in interviews. We've pulled together a collection of short videos that give you a front-row seat to what happens at Epic-Cure every day: rescues, distributions, partnerships, and the impact your support makes possible. We hope these snapshots bring our mission to life in a way words alone never could. Click the links to view the videos.

Lets start with parnterhips:

[Sea Community in Armstrong](#) – every Friday we deliver food for their distribution.

[Home Again St. Johns](#) – every Thursday they shop for supplies to feed the homeless population they serve.

[Home for our Heroes \(Veteran's Village\)](#) – every Tuesday they pick up supplies to feed their residents.

A few of our distributions (we'll share more next month):

[Gamble Rogers Distribution](#) – every Thursday we serve 100-120 families in a farmer's market style shopping distribution.

[Pop Up Distribution](#) – when we have too much food in St. Augustine (limited cold storage you'll see later in the newsletter), you have to do a pop up distribution in the parking lot to make sure it gets in the hands of people.

This is our fabulous volunteer Elizabeth. You'll find her at the St. Augustine warehouse before the sun comes up every Tuesday and Friday morning. She also sets up shop inside the refrigerated van serving dairy and meat to our patrons at the Homeless Coalition distribution on the last Tuesday of every month.



The Almost Monthly Epic-Cure® Newsletter

September 2025

Food Donations:

This is the hardest to capture, because when they are coming in we are all focused on getting them processed. Thankfully, our friends at the St. Augustine Record joined us one Tuesday morning to see food rescue in action.

[St. Augustine Record Ride Along for Food Rescue](#)

Amazon donations are always an interesting mix of useful items. This donation was 8,740 pounds. So far this year, they have donated over 55,000 pounds of food and household items to us.



[Amazon Donations - A Medley of Surprises](#)

Interviews:

[Lisa & Ken COA Radio Interview](#)



[Facebook Interview with Sunny & Wendy on Sunny St. Johns](#) – starts about 9 minutes in.



The Almost Monthly Epic-Cure® Newsletter

September 2025

Now, lets talk about the **enormous** difference between the St. Augustine and Palatka warehouses. The St. Augustine Record said we had spacious refrigeration, but they haven't seen Palatka!

The most we've fit in the **40'x40' drive in refrigerator** in Palatka is 129 pallets.



The maximum we can fit in the **8'x10' walk in** St. Augustine refrigerator is 3 pallets and that is only if you use the center isle as storage area.



The Almost Monthly Epic-Cure® Newsletter

September 2025

The [St. Augustine Freezer](#) has a maximum capacity of 7 pallets. The video shows a snapshot of our communication system between warehouses and distribution days. These updates are an essential tool when we “equalize” inventories between the two warehouses three times a week, ensuring we provide the best possible variety at all distributions.



With the 2 coming from the Walmart/Feeding America Grant, maximum capacity is 70 pallets single stacked.

[Refrigeration Containers in Palatka](#) – this is an old video from when we first used these units back in September of 2022.



The Almost Monthly Epic-Cure® Newsletter

September 2025

This is Tony, another one of our incredible volunteers. He not only drives our trucks but also operates warehouse equipment. A few weeks ago, he took it upon himself to give our external refrigeration units a deep cleaning. Check out these before-and-after pictures—now they shine so brightly, you might need sunglasses to look at them!



We recently partnered with the Society of St. Andrew to glean single-pick grapes at Ever After Farm in Pomona Park. In just 4.5 hours, six dedicated volunteers carefully picked grapes one by one (since this variety doesn't grow in clusters), harvesting a total of 243 pounds of organic, sweet, and delicious grapes.



The Almost Monthly Epic-Cure® Newsletter

September 2025



How You Can Help

- **Make a Donation:** Every dollar goes toward fuel, electricity, insurance, and keeping our trucks running. [Link to Donate](#)

Interested in a behind-the-scenes look at what we do? Email support@epic-cure.org and one of our Board Members will be happy to schedule a warehouse tour or food rescue ride a long for you.

- **Share Ideas:** Have a suggestion or potential resource? We would love to hear it.
- **Hold a Fundraiser:** Do you like games of chance? Why not hold a Bingo night benefitting Epic-Cure®? Do you like cookies and cakes? How about a bake sale? These are easy and fun ways to bring friends together, meet new people, and directly benefit our neighbors.

Thank you to everyone who continues to support Epic-Cure. We could not do this without you.



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.

We expect our 2024 Audit to be completed soon.

- 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

