

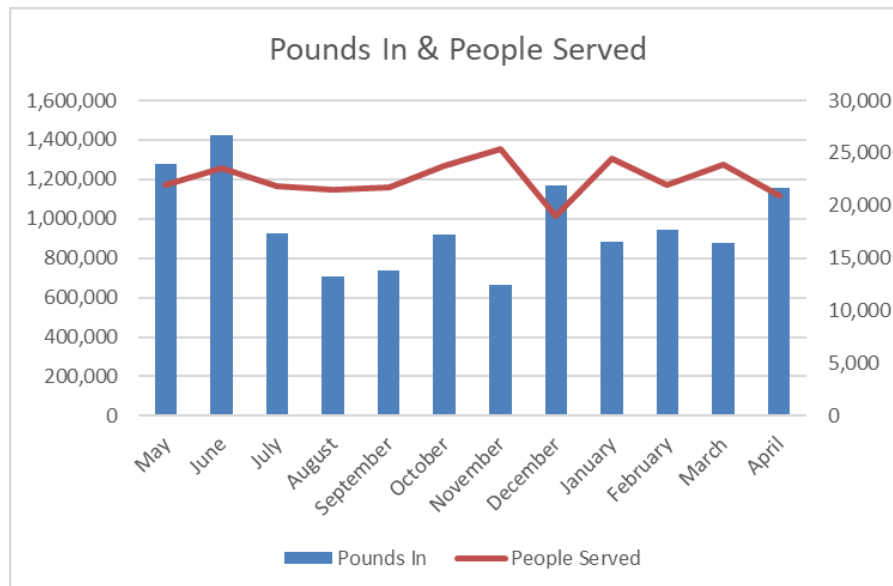
The Almost Monthly Epic-Cure® Newsletter

May 2026

The Report Card

The Epic-Cure <i>Report Card</i> as of April 30, 2026		
Life to Date <i>(since May 24, 2019)</i>		
Pounds In/Out	45,180,832	
Wholesale Value of Food Distributed	\$92,377,323	
Pounds of Food per Family:	90.50	<i>Average pounds per family per visit</i>
Equivalent Meals Served:	37,650,693	<i>Assumes 1.2 pounds per meal</i>
Families Served		
Number of Families Served this month:	7,316	<i>in Month of April 2026</i>
Number of Distributions this month:	73	<i>in Month of April 2026</i>
Pounds of Food/Household Goods		
Total Pounds In / Out:	1,158,221	<i>in Month of April 2026</i>
Total Pounds In / Out:	901,065	<i>Average of 3 prior months</i>
Operating Efficiency		
Wholesale value of food distributed for each \$1.00 spent on Operations since inception:	\$47.71	
Wholesale value of food distributed for each \$1.00 spent on Operations in April:	\$67.72	

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



Notes on the graph:

Pounds In are trending back up with produce starting to come back after the winter freezes. A new partnership with Compassionate Alliance out of Ocala that brought in 69,818 pounds of water, dry goods, and some fun and interesting non-food items coming from their connection with Target.

People served is down slightly due to the Easter holiday weekend.



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Operations

This month's operations story is really about how many more people are stepping up to help - both individuals and organizations. We now have Winn-Dixie on the island running an ongoing food drive for us, and Jersey Mike's is signing on to host a fundraiser. We also saw incredible community support during our Giving Day campaign. More and more people are buying into our mission, and we're working hard every day to continue earning the trust you place in us and your hard-earned donations.

Transparency has always been important to us. We want people to see firsthand the impact their support makes, which is why our doors are always open for tours and visits. We're feeling incredibly grateful, thankful, and blessed for everything that has helped us achieve what we have so far.

At the heart of every success story are our volunteers. It is their dedication and willingness to show up day after day that makes this work possible. As we continue to grow, we're opening more opportunities for people to get involved - to join our team, support our efforts, and help us accomplish even more.

Our mission remains the same: to take continuous and immediate action to rescue more food and help more families in need.

On that note...

Join us for a special evening at the Anastasia Island Branch Library on Thursday, May 28, as we go back to our roots. We will gather to watch the documentary that sparked the creation of Epic-Cure and inspired our mission to take continuous and immediate action to end food waste.

After the film, we will share reflections on how it shaped our journey and discuss the new ideas and connections we continue to discover every time we revisit it. It is always a powerful reminder that solutions are possible when communities come together with purpose and creativity.

We hope you will join us for this meaningful conversation and evening of inspiration.



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And speaking of community support, we'd love to highlight two wonderful partnerships helping us make an even greater impact. Check out the flyer below for the ongoing Jersey Mike's Subs fundraiser.



Winn-Dixie on the island has launched a new donation initiative that is already making a significant impact. Customers can purchase \$5, \$10, or \$15 bags of dry goods to donate toward hunger relief, and the store has been generating hundreds of dollars in donations each day. This comes at a critical time, as more individuals and families are experiencing food insecurity due to rising gas prices and recent changes to SNAP eligibility requirements, including expanded work and volunteer requirements and increased age thresholds. Overall, this partnership is a major win for the community and will help us meet the growing need for food assistance.



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One of the greatest blessings of the work we do at Epic-Cure is seeing entire families become part of the mission. This month, we wanted to share a story from a local homeschooling group whose four boys have become familiar faces at our St. Augustine warehouse. What began as a search for volunteer opportunities quickly grew into a meaningful weekly commitment, creating lasting connections and inspiring a deeper understanding of service, community, and the importance of rescuing good food for those in need.



We came across Epic Cure while searching for organizations where we could volunteer as kids in the community. As older aged homeschoolers, we felt it was important to become more connected in our local community, and service was an area where we knew we could grow.

When we reached out to Sunny, she let us know that a new volunteer day had been added to the schedule and that we were welcome to come help at the St. Augustine warehouse.



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From our very first visit, it was clear that not only does this organization play a vital role in the community, but it is also run by truly incredible people.

All four boys were immediately hooked. For the past 6 months, they have continued to spend one morning every week volunteering at the warehouse. It has become a meaningful and consistent part of our rhythm, and we are grateful for the opportunity to serve alongside such a dedicated organization.

During this time, the kids have learned so much about food waste and the impact of rescuing and redistributing high quality food that would otherwise go to the landfill. They have seen firsthand how much Epic Cure helps feed so many people each week—whether through local churches, food banks, partner organizations, or by individuals volunteering to personally deliver meals to those who cannot leave their homes due to illness.

The leadership, generosity, and kindness shown by the volunteers have been life changing for these boys. We are deeply honored to give our time and energy to Epic Cure and hope to continue serving for as long as we are needed.

Understanding the Difference: National, State, and Policy Efforts in Food Recovery

At Epic-Cure, our mission is simple but urgent: to take continuous and immediate action to end food waste. Every day matters, and every pound of food rescued has the potential to make a difference. To achieve the greatest possible impact, we partner with a wide range of food donors, community organizations, and strategic groups working across the food recovery landscape. These partnerships allow us to move faster, reach farther, and ensure that more food gets to the people who need it most.

As the food recovery movement continues to grow, so does the number of organizations working to solve different parts of the problem. Three groups you may have heard us talk about are the Zero Food Waste Coalition, the National Food Recovery Association, and the Florida Food Recovery Association. While all three share the goal of reducing food waste and feeding communities, they operate at different levels and serve distinct roles within the ecosystem.

The Zero Food Waste Coalition operates at the national policy level. It brings together corporations, nonprofits, and government partners to advocate for systemic change—everything from standardizing food date labels to increasing federal funding for food recovery infrastructure. Their work is focused on long-term, large-scale impact, helping shape the policies and regulations that influence how food recovery happens across the country. In many ways, they are working “upstream” to create a more supportive environment for everyone in this space.

The National Food Recovery Association, on the other hand, focuses on strengthening the food recovery industry itself. It connects organizations across the country—food banks, rescue groups, and logistics providers—to share best practices, improve operations, and build a more coordinated national network. Their work helps organizations become more efficient, scalable, and effective in their day-to-day efforts. This is the “on-the-ground” layer, where execution and collaboration directly impact how much food is rescued and redistributed.

Closer to home, the Florida Food Recovery Association plays a critical role at the state level. It connects and supports organizations throughout Florida, helping align efforts, foster partnerships, and address



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challenges specific to our region. From navigating state regulations to building relationships with local donors and agencies, FFRA helps ensure that food recovery efforts across Florida are coordinated and impactful. It serves as a bridge between national initiatives and local execution, making sure that what happens at the policy and national levels translates into real results within our communities.

Together, these three organizations represent a powerful, interconnected system. Understanding how each contributes allows us to better engage, collaborate, and ultimately maximize our collective impact in reducing food waste and feeding those in need.

Volunteer Spotlight – Angelica Garcia Dent



Angelica Garcia grew up in Mexico in a small town where everything was in walking distance. Her parents and siblings are still there.

Her first trip to the US was as an au pair in the San Francisco area for six months. Then she was an au pair in Annapolis for 1 1/2 years and during that time she met the man who would become her husband, Christopher Dent. She returned home to Mexico for a year, and it was during that time Christopher proposed. In late 2017 she joined him in St Augustine where he had purchased a home. Becoming a citizen was a many step procedure, and finally in October 2025 she took the oath and became a citizen of the United States of America! Done!! Sunny came the ceremony.

About five years passed before their first child, little Julia, was born. They had given up trying to have children, so the news that she was pregnant came as a big surprise. Julia is named after Angie's godmother who was so concerned that Angie would be alone. It was the answer to her godmother's prayer, and she peacefully passed away in Mexico right at that time.

It was in 2023 that Angie first learned about Epic-Cure through the Healthy Start program. The young couple found themselves needing to be choosy about their food since COVID. When she learned that Epic-Cure's goals were not only to feed hungry people but also to rescue food from going to the landfill, she said okay! That works! I will help you! Her mother was always chiding her to not waste food, so that was well ingrained in her.

In the summer of 2023 she came to pick up food, but was also looking for a way to give back. She met Francisco at Epic-Cure but then also realized that they attend the same church. So when she asked him about how to help, naturally, (knowing Francisco), he said "Sure! Be here at the warehouse Saturday morning at 7:30." But she could not bring little Julia. She went home and explained to her husband she had no idea what she was getting herself into. Since then she has been coming every Saturday morning. She calls it her "ME time"! She hears her name, Angie! Not Momma! She says it is better than a spa or the gym or shopping. And it is so much more rewarding.

While she was pregnant with baby Vincent Ignacio she continued her warehouse duties. During that time a man came in looking for food. He had just been released from prison and needed food to take home for his family. This incident weighed heavily on Angie's heart. He said he would be starting a new



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job, but in the interim he needed some help. She realized that people in this situation, especially men, are shy about asking. Angie went to Ken to ask how they could solve this problem. Ultimately they met with Sheriff Hardwick and others. Now they keep shelves stocked at the Sheriffs department with imperishables that those newly released can take home to their families. She says they also have some “life skills” classes at SJSO to help reduce recidivism.

Having food there helps too. Angie reflected how she wished these kind of programs were available to her people in Mexico.

Opportunities, positive reinsertion. Another area that she is excited about are the St. Johns County community baby showers. The county invites representatives from organizations such as the St. Gerard Campus, WIC, Healthy Start, and Epic-Cure, those who have interests especially to new mothers or expectant mothers. Epic-Cure has participated in the last three showers. Angie has been the representative for EC for the last year and looks forward to helping again this year. EC brings almost a full complement of their usual food distributions except refrigerated items, and concentrates on baby food and supplies. This years baby shower will be held Saturday, April 26 from 9 to 1 p.m. Stop in and meet her! There will be educational classes, community resources, raffles, food and fun for the entire family.

In her non-spare time she likes to take the children to the library. There she posts on the bulletin board updated lists of points of food distribution. She knows not everyone is on social media or the internet. She posts them in other high traffic spaces. It gets the word out.

Besides volunteering on Saturday mornings at EC, she also, with a lot of patience and grace, handles all the social media questions that come in. She explains that, yes, all are welcome, but there are certain times and places that must be adhered to. Yes, there is no income requirement. No, we don't do home deliveries. And “Please be kind to the volunteers”. She sorts through three email accounts and redirects them as needed. She answers all voicemails, giving directions and times. As Executive Assistant Angie is Sunny's right hand person. Anything she can do, she will.

Meanwhile husband Christopher, who is a programmer and coder, works from home in his office with long days from 9 to ?? And Angie is at home with the children, a dog and a cat. But on Saturdays! Wonderful Saturdays! Angie is having a peaceful time in the warehouse, a sacred place to her, doing what she loves, putting food on someone else's table, rescuing food from being thrown in the landfill. It is so rewarding, she says, and she loves it!

About her relationship with Sunny...she says “ I want to be like her!” I cannot imagine a better role model.

You are an inspiration, Angie!

Thank you for such wholehearted devotion.

Would you mind being cloned?



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Epic-Med has grown far beyond what we originally imagined, rapidly expanding its reach and impact as more people recognize the critical need for medical support and access to essential supplies.

Remote Care, Real Impact: Sending Critical Supplies to The NEST in Costa Rica!

We are honored to announce a new shipment of medical supplies is on its way to The NEST, an essential infirmary dedicated to caring for the Bribri people in the remote regions of Costa Rica.

Providing healthcare in these areas requires rugged, reliable, and versatile equipment. This donation from Epic-Med allows local providers to perform minor surgeries, treat injuries, and manage respiratory health in a field clinic environment.

What is in the Shipment:

- **Minor Surgery & Wound Closure:** A full set of suture instruments, suture sets, and multiple instrument trays to allow for sterile procedures on-site.
- **Wound & Injury Care:** Cases of assorted bandaids, Ace wraps, elastic bandages with Velcro, foot and ankle braces, and bandage scissors for trauma and orthopedic support.
- **Hydration & IV Therapy:** IV start kits, hydration, supplies, IV tubing, critical for treating dehydration and administering medicine.
- **Respiratory Support:** A comprehensive "Airway Kit" including adult and pediatric nasal cannulas, nebulizer sets, oxygen tubing, and multiple types of oxygen masks (aerosol, non-rebreather, and elongated).
- **Clinical Essentials:** Over 200 pairs of sterile surgical gloves in various sizes (nitrile, latex, and polychloroprene), hundreds of tongue blades, and various medical tapes.

The NEST is a beacon of hope for the Bribri community, and we are humbled to help stock their shelves with the professional-grade tools they need to save lives and heal families.

Thank you to our donors who make these "rescue missions" possible!



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Remember the prescription eyeglasses we received last month? We're excited to share that those donations are already making an impact around the world. Along with four large bins of shoes, one pallet of eyeglasses has just been shipped to Haiti to help individuals and families in need. The remaining eyeglasses are currently on their way to Ukraine, where they will provide critical support to communities facing ongoing hardship.

It is incredible to see how quickly donated items can be redirected to people who truly need them, turning simple acts of generosity into life changing resources.



We often share photos of the medical supplies being shipped internationally, but what we do not always capture is the incredible impact those same donations are having right here in our own community. Just this week, a hospital bed donated by a woman in the World Golf Village area was delivered to a woman in Palatka recovering from triple bypass surgery the same day she came home from the hospital. When the donor learned that the recipient had lost weight during her recovery and needed clothing, she went out and purchased clothes for her. Moments like these are a beautiful reminder that compassion spreads far beyond the original donation.

Every single day, more medical supplies are dropped off at Epic-Med. The variety and volume of items are truly endless, but thanks to Wendy Lantz-Caudill and an incredible team of dedicated volunteers,



those supplies are carefully inventoried and matched with people and organizations that need them most. From local families and clinics to international relief efforts, these donations are changing lives every day. Wendy has done an amazing job building a system that ensures so much good reaches so many people.

Remember the old “Geopolitics of Food? We are back at it. Have a look ...

How the War in Iran Is Reshaping the Price of Oil

The war in Iran has set off what amounts to a slow-motion supply shock that is far broader than most people realize. The Persian Gulf is not merely a place where oil comes out of the ground. Over the past two decades, oil producing states in the region have built a vast complex of downstream industries that take cheap local energy and turn it into:

- Refined fuels,
- Petrochemicals
- Fertilizer,
- Aluminum,
- Sulfuric acid, and even helium (for the semiconductor industry).

When that complex is interrupted, the world feels it in dozens of seemingly unrelated markets at once. Diesel and jet fuel supplies are tighter than crude itself. Mines in Chile, Peru, and the Congo are running short of sulfuric acid because roughly half of seaborne sulfuric acid comes out of the Middle East. Microchip fabricators are watching their helium supply.

And there is no such thing as "the" price of oil. There are many prices, and they live on two different axes. The first axis is geography. A barrel sitting in a tank in the North Sea is priced differently from a barrel sitting in Cushing, Oklahoma, or in a tanker heading to a Chinese refinery. These prices are linked but not identical, because moving oil takes time, ships, and pipelines, and local supply and demand never balance perfectly. Right now, the physical price in the North Sea (known as Dated Brent) is trading above the equivalent futures contract, because the barrels physically available today are scarcer than the paper claims on barrels that will arrive a few months from now. FRED tracks two of the headline benchmarks (one for U.S. West Texas Intermediate and another for Brent) and you can see the gap between them widen and narrow as regional bottlenecks come and go.

The second axis is time. The "forward curve" is a snapshot of prices for delivery in each future month, and a market in distress today will typically show much higher prices for near-term delivery than for delivery a year out. That pattern is called backwardation, and the curve right now is unusually steep: a barrel for delivery this summer is roughly twelve dollars more expensive than a barrel for delivery in December. Twelve dollars in six months is about a 15 percent yield on top of whatever the spot price does. That is the market's way of paying buyers to pull barrels forward in time, and it is a flashing warning light about how tight the front of the market really is. This concept is key: oil prices do not solely reflect supply and demand here and now; rather, they reflect the need for oil somewhere else and at some other time.

- Higher prices for oil now pull the supply of oil closer to today, when the need is greater.
- Higher prices for oil in the future push the supply of oil out in time to when the demand is calling most loudly for it.



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Why is the near term supply so tight? It is because the disruption from the war in Iran – the closure of the Strait of Hormuz – is profound and there has been a minimal response. More than half a billion barrels of expected production has not been produced since February.

- Refineries have been damaged.
- Tankers that left the Gulf in February are only now arriving at distant destinations, so the physical squeeze has barely started showing up at refinery gates.

Even after a peace deal, normalization would take two to three months at minimum: ships sit in the wrong places, damaged refineries take time to repair, oil wells cannot be restarted until inventory tanks are drained to make room, oil wells take time to gear back up, and logistics chains have to be rebuilt almost from scratch.

Meanwhile, U.S. shale producers, the swing supplier of the last decade, have added **zero new rigs** and **zero new barrels** in the weeks since the war began. Part of the reason is that the same forward curve that rewards a buyer punishes a producer trying to lock in prices a year out (when the new shale oil rigs would begin to produce oil), where the prices “advertised” drop back to around eighty dollars.

- And then there is the unsettling possibility that U.S. shale is approaching a saturation point in how much it can grow.
- Oil supplies are not infinite, and exploration and production have been hampered by decades of opposition by the anti-oil lobby, including environmentalists, governments, and non-governmental organizations (NGOs).

Strategic petroleum reserves around the world also need rebuilding, which adds yet another layer of demand on top of normal consumption. Put it all together and the picture is one in which the floor for crude oil has stepped up by roughly ten to fifteen dollars a barrel, and the global market will spend the rest of the year working through the consequences.

How Oil Prices Reach Inflation - and Especially Food

A higher oil price does not simply mean more expensive gasoline. Energy is the single most pervasive input in the modern economy, and a sustained move higher feeds into prices almost everywhere with a lag of weeks to months. The most direct channel is transportation: every truck, ship, plane, and train that moves a good runs on a refined petroleum product, so a higher diesel price quietly pushes up the cost of nearly every item on a store shelf. The historical record shows that broad consumer inflation tends to follow energy prices with a delay, because long-term contracts and inventories cushion the costs, initially.

The food channel is less obvious but arguably more consequential, because it touches the household budgets of the poorest people most directly. Three connections matter. First, modern farming runs on diesel. Tractors plow, planters seed, combines harvest, and trucks haul the result to silos and ports; when diesel rises, every step gets more expensive. Second, modern crop yields depend on synthetic nitrogen fertilizer, and the dominant nitrogen fertilizers (ammonia and urea) are produced from natural gas. Roughly seventy to eighty percent of the cost of producing ammonia is the cost of the gas that goes into it. The Persian Gulf is one of the world's lowest-cost producers because gas there is cheap and abundant, so a disruption to Gulf gas plants and fertilizer facilities ripples outward as a fertilizer shortage and a fertilizer price spike.

Wheat is the most nitrogen-hungry of the major staple crops; soybeans, which fix their own nitrogen from the air, are the least exposed. So, if fertilizer is in short supply during a planting season, expect downgrades to wheat and corn yields and, with a lag, higher prices for bread, noodles, and animal feed



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and, therefore, for meat, eggs, and dairy. Keep an eye over the next two quarters. Higher prices seem almost assured.

Third, there is a substitution loop that ties food back to energy directly. Sugar cane in Brazil can be turned into sugar or ethanol; soybean oil can become cooking oil or biodiesel; corn can be food, animal feed, or ethanol. When energy prices rise, the biofuel side of those decisions becomes more profitable, so food crops are diverted to fuel and food prices rise as a result. The same logic links cotton to oil: when polyester (a petrochemical product) gets expensive, clothing makers switch to natural cotton, and cotton prices climb.

So, a war that on the surface looks like a story about gas at the pump can quietly become, six to twelve months later, a story about the cost of a food.

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, 2023, and 2024 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 our Ken Mulford: ken.mulford@epic-cure.org

