

The Almost Monthly Epic-Cure® Newsletter

July 2026

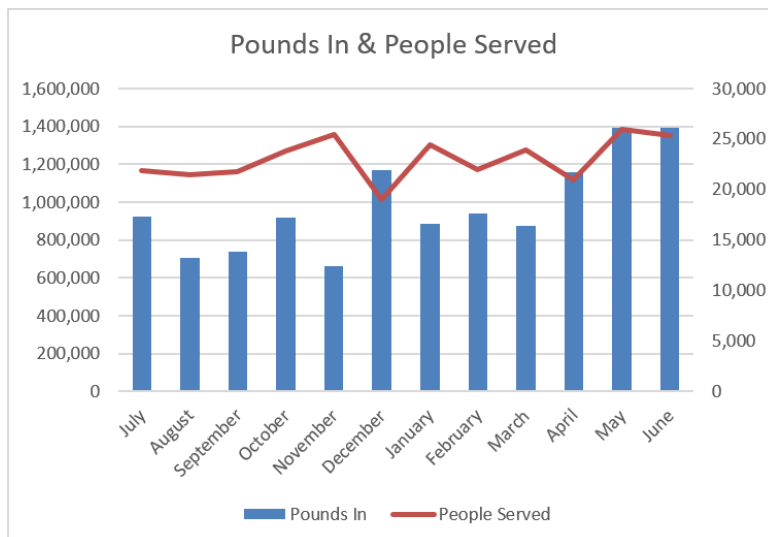
The Report Card

The Epic-Cure *Report Card* as of June 30, 2026

Life to Date (since May 24, 2019)

Pounds In/Out	47,968,604	
Wholesale Value of Food Distributed	\$98,143,875	
Pounds of Food per Family:	90.50	Average pounds per family per visit
Equivalent Meals Served:	39,973,837	Assumes 1.2 pounds per meal
Families Served		
Number of Families Served this month:	8,510	in Month of June 2026
Number of Distributions this month:	77	in Month of June 2026
Pounds of Food/Household Goods		
Total Pounds In / Out:	1,393,135	in Month of June 2026
Total Pounds In / Out:	1,143,367	Average of 3 prior months
Operating Efficiency		
Wholesale value of food distributed for each \$1.00 spent on Operations since inception:		\$48.51
Wholesale value of food distributed for each \$1.00 spent on Operations in May:		\$83.96

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



Notes on the graph: In just the last two months, Epic-Cure has distributed **2.8 million pounds of food**, providing an estimated **\$5.7 million worth of groceries** to families and nonprofit partners throughout our region. Every pound represents food that was rescued instead of wasted and redirected to people who need it most. This incredible impact is only possible because of the generosity of our food donors, volunteers, financial supporters, and community partners who make our mission possible every day.



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Register Today for the Shine a Light 5K Presented by Epic-Cure!



Lace up your running shoes and join us for the 5th Annual Shine a Light 5K on Saturday, October 17, 2026, in beautiful St. Augustine! Whether you are a competitive runner, casual walker, or simply want to support a great cause, this event is a fun way to make a real difference in our community. The scenic 5K course winds through Anastasia State Park and surrounding shaded neighborhoods before finishing at Anastasia Church.

Participants receive a race shirt, finisher medal, goody bag, and a memorable morning spent helping neighbors in need. Virtual participation options are also available for those who want to join from anywhere.

Ready to run, walk, or support the cause? Register today:

[Shine a Light 5K Registration Page](#)

Together, we can shine a light on food insecurity-one step at a time.

Become a sponsor of the Shine a Light 5K and help fight food insecurity one step at a time. Please text (248) 701-8469 or email jcaudill44@gmail.com to get your logo on the back of the race shirt!

Bring Your Team Together to Make a Difference

Looking for a meaningful team-building opportunity? Epic-Cure is inviting **corporate teams, civic organizations, churches, and community groups of 10–15 volunteers** to help serve families in our community on the 2nd, 4th, and 5th (when applicable) **Tuesday evenings** at our free food farmers market style distribution at **One Orthopedic Place (UF Hospital)**.

Each week, this distribution provides fresh food to **approximately 100 families**, and your group can play a vital role in making it happen.

Volunteer Schedule:

- **4:00 p.m.** – Set up the distribution
- **5:15–6:15 p.m.** – Serve families
- **6:15–6:30 p.m.** – Clean up

This is a rewarding opportunity to work alongside your coworkers, friends, or organization while directly helping families facing food insecurity and preventing good food from going to waste.



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If your group is interested in volunteering, we would love to hear from you! Email support@epic-cure.org to reserve a Tuesday evening and join the larger effort to fight hunger and food waste across Northeast Florida.

We are honored to share that Epic-Cure was recently featured by Baptist Health in a story highlighting our mission to turn food waste into hope for families across Northeast Florida. The article shares how a simple idea has grown into a movement powered by volunteers, community partnerships, and the belief that no good food should go to waste while people are hungry. We are deeply grateful to Baptist Health for recognizing this work and to every volunteer, donor, and partner who makes it possible every day. Read the full story here: [Baptist Health Article](#)

Food for Thought About Food Waste

Over the years, we've done several deep dives into our nation's approaching landfill capacity challenges and the outsized role of food waste. Food waste remains the single largest component of landfilled municipal solid waste, making up roughly **24%** of what ends up buried.

A timely reminder from our November 2022 newsletter still rings true today:

Everyone is surprised to hear that it can take 25 years for a head of lettuce to decompose in a landfill. Preservatives, compaction, limited oxygen, temperature, and moisture all dramatically slow the process. While higher heat and moisture can speed things up, most landfills create anaerobic conditions where organic matter breaks down at a glacial pace. Time capsule studies dramatically illustrate these effects - what wilts in your fridge in days can linger underground for decades.

This is not just a quirky fact. It underscores why food waste drives so much long-term methane production and why diverting organics through prevention, composting, anaerobic digestion, and upcycling is one of the highest-impact actions we can take.

DSWA test cells

- Two 1-acre landfill cells
- Time capsules with identical materials placed in 1990
- Extracted in 1998

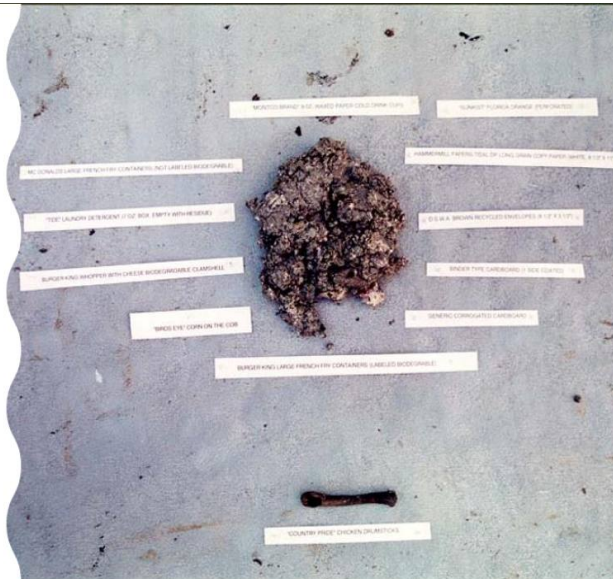


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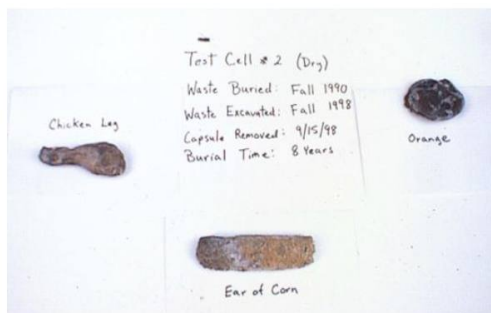
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Test Cell #1 – Wet

- Waste buried – 1990
- Capsule removed – 1998
- Burial time – 8 years



Chicken Leg



Test Cell #2 – Dry

- Waste buried – 1990
- Capsule removed - 1998
- Burial time – 8 years



How Epic-Cure is Reducing Food Waste at Distributions

At Epic-Cure, minimizing waste remains a top priority across every part of our operation. We work with partner farms to responsibly manage and repurpose any food that is not suitable for people, keeping it out of landfills through animal feed.

For our distributions, we have implemented several effective strategies:

- **Choice Model:** Patrons can select the items they want and are most likely to use, reducing the amount of food that ends up wasted at home.
- **Modified Drive-Through Process:** Before loading, our team asks patrons if they can take additional items. This helps move more food efficiently while respecting what each household can accept.

These intentional practices allow us to ensure it truly nourishes the families we serve.

Reducing Food Waste at Home: How to Rejuvenate Wilted Produce

One of the best ways to stretch rescued food further and reduce waste is learning how to revive produce that has gone limp. The good news? Most vegetables wilt from **moisture loss**, not spoilage. A simple rehydration can often bring them back to life, making them crisp and usable again.

At Epic-Cure, we see this all the time with donated produce. Here are proven, easy techniques you can use at home:

Celery (The Classic Revival)

- Trim ½ to 1 inch off the bottom ends.
- Stand the stalks upright in a jar or bowl of cold or ice water (submerge the cut ends).
- Refrigerate for 30 minutes to several hours (or overnight for very limp celery). Many perk up within an hour.
- For chopped celery: Fully submerge pieces in ice water.

Tip: Do not leave it in water long-term, as it can become mushy after a day or two.

Leafy Greens & Herbs (Lettuce, Spinach, Kale, Arugula, Cilantro, Parsley)

- Tear or chop leaves if needed.
- Soak in a bowl of ice water for 15–30 minutes (up to an hour for badly wilted greens).
- Drain well, spin dry in a salad spinner or pat with clean towels, and store or use immediately.

Carrots, Radishes & Root Vegetables

- Trim the ends (and tops if still attached).
- Soak whole or cut pieces in ice water for 30 minutes to a few hours. Bendy carrots often firm up nicely.
- Great for both raw eating and cooking afterward.



Broccoli & Cauliflower

- Trim the stem base (cut on a diagonal for better water absorption).
- Stand stems in shallow water or submerge florets/stems in ice water.
- Refrigerate for a few hours until crisp again.

General Tips for Best Results

- **Always use cold or ice water.** It shocks the cells and helps them absorb moisture quickly.
- Wash produce thoroughly before soaking.
- The more wilted it is, the longer it may take. Check after 30-60 minutes.
- **Never revive spoiled produce.** Discard anything that is slimy, moldy, or smells off.
- Use revived vegetables promptly. They are perfect for salads, stir-fries, soups, roasted dishes, or homemade stocks.
- For larger batches (great for food rescue or bulk donations): Use clean buckets or sinks filled with ice water.

Bonus: Better Storage to Prevent Wilting

- **Celery:** Wrap the base in a damp paper towel and store in a zip-top bag or airtight container.
- **Leafy greens:** Store dry in the fridge with paper towels to absorb excess moisture.
- **Herbs and roots:** Treat them like cut flowers. Place in a small amount of water (change daily).

These simple tricks can save pounds of food every week in your kitchen and make the most of rescued produce from organizations like Epic-Cure.

Try one this week. Reviving wilted produce is a small habit with a big impact, both on your wallet and on reducing food waste.

Food Rescue Works: Now It Needs Funding to Scale Up

One of the strongest messages from this year's ReFED Food Waste Solutions Summit was that food rescue has evolved into an essential part of our nation's food system. Organizations across the country are rescuing millions of pounds of perfectly good food, reducing waste, lowering greenhouse gas emissions, and feeding families experiencing food insecurity. The model works. The partnerships work. The collaboration works.

What does not work is the funding.

Despite delivering measurable environmental, economic, and social benefits, food recovery organizations continue to operate with limited financial support. Much of the nation's food rescue infrastructure is powered by nonprofits and volunteers who must constantly piece together grants, donations, and in-kind support simply to keep food moving. At the same time, these organizations are saving businesses disposal costs, helping farmers reduce losses, supporting local nonprofits,



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and providing healthy food to communities. They accomplish all this while preventing food from ending up in landfills.

The summit emphasized that collaboration is the key to scaling these solutions. No single organization can solve hunger or food waste alone. Success depends on more than mere collaboration. It depends on growers, retailers, transportation providers, nonprofits, volunteers, and funders working productively as a network. Collaboration plus productive action among these these partnerships create benefits all around: benefits for the environment, the economy, and the families we serve.

At Epic-Cure, we have seen firsthand what collaboration and action can accomplish. Every day, our volunteers and partners work together to rescue food that would otherwise be wasted and redirect it to families throughout Northeast Florida. We have proven that food recovery is one of the most effective and immediate solutions to both hunger and food waste.

The challenge now is not whether food rescue works. It is ensuring that organizations doing this work have the resources to sustain and expand it. As awareness grows, policymakers, foundations, and corporate partners will recognize that investing in food recovery is not simply funding another nonprofit. Instead, it is strengthening critical infrastructure that benefits entire communities.

The future of food rescue depends on continued collaboration and deliberate action. It also depends on investing in the organizations that are already delivering results every single day.

[Rescue Reimagined - The New Face of Food Recovery](#)

Which is why our partnership with Brightly is so important.

Epic-Cure recently received an exciting update from Brightly, our carbon credit partner. Their food rescue carbon credit project has now reached the final stage before credit issuance, with the completed verification report submitted to Verra for review. Even more significantly, the project is officially registered as the first food rescue initiative in the world approved under Verra's VM0046 methodology. More than 82,000 carbon credits have already been committed by organizations including HelloFresh, Schreiber Foods, and PopSockets, demonstrating strong demand for credits that reduce methane emissions while addressing food insecurity. While we await final issuance of credits covering 2020-2023 food rescue activity, this milestone brings participating organizations one step closer to generating a new source of revenue that supports both environmental sustainability and hunger relief.



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Our cooking classes at the Steven A. Cohen Military Family Clinic continue to inspire through fun, hands-on experiences. Participants recently learned to prepare delicious recipes including Spanakopita, Chicken Stuffed Waffles, and Thai Cabbage Salad. We are building confidence, self-esteem, and self-reliance in the kitchen while creating meals they can easily make at home.



For every \$1 invested in Epic-Cure's operations during June, \$83.96 worth of food was placed into communities rather than going to waste.

This metric demonstrates the power of our food recovery and distribution model. Through strong partnerships, volunteer support, efficient logistics, and careful inventory management, we are able to convert every operational dollar into a substantial amount of food for families facing food insecurity.

The significance of this number extends beyond financial efficiency. It represents thousands of pounds of nutritious food being rescued from waste, redirected into communities, and placed directly into the hands of families who need it most. It reflects our commitment to maximizing every donation, whether that donation comes in the form of funding, food, transportation, volunteer time, or community partnerships.

A return of \$83.96 in food value for every operational dollar spent demonstrates that even modest investments in Epic-Cure's operations create an outsized impact. Operational support makes it possible to coordinate food pickups, manage warehouses, organize distributions, maintain compliance, and ensure that donated food moves quickly and efficiently through our network rather than being discarded.

This level of efficiency is possible because of the collective efforts of our donors, volunteers, nonprofit partners, all working together toward a common goal: increasing access to nutritious food while reducing food waste. Every dollar invested in our operations helps transform available resources into meaningful support for families throughout our service area.

On that note, if you would like to be part of the solution to both food waste and food insecurity, we invite you to support Epic-Cure's mission.

Together, we can rescue more food, serve more families, and create a stronger, healthier community.

Donate here: [Link to Donate](#)



The Epic-Cure Food Security Distribution Center – St. Augustine

It has been an eventful few weeks for the new warehouse. Here is the update – there is to say about 450 South Holmes Boulevard!

In March, we purchased more land for the Epic-Cure campus. The new land is situated to the East of the existing parcel and it is located directly next to a road that was platted but never completed. Once completed, that road can provide access to the new SR-312 extension. We approached the Florida Department of Transportation – makes sense: they are the official “road guys” – to learn if they would oppose our finishing the road. We spoke with them at length and they offered up no opposition. The road, after all, belongs to St. Johns County. We took this happy news and began discussions with St. Johns County.

While engaged with the County to discuss the plans for the site and for the road, FDOT resurfaced, providing us with their plans for extending the same road – to be called SR-313. Their plans involve some of the land that Epic-Cure now owns, right along the Southwestern boundary of the property. The words “Eminent Domain” took a chair and settled down at our table. A look at the plans they provided suggests that we will give up some of that land – no choice, the government has the means and the right to enforce its mandates. We expect to be compensated for that confiscation; however, what happened next was a pleasant surprise. The St. Johns County planners rallied to our aid and have proactively assisted our Civil Engineers (Matthews DCCM) and our General Contractor (AD Davis Construction) in designing workarounds that will preserve the Distribution Center, safe ingress and egress, parking, and etc. We are grateful indeed for the County’s desire to keep these good works on the path to doing more and more good for our friends and neighbors.

We hope to assist the FDOT in its expansion of our roads infrastructure while maintaining a steady hand on the tiller steering our mission. With the County assisting in navigating these potentially turbulent waters, we have no fears in our hearts, just grit, determination, and a fortified sense that permanence will be the mainsail of this important operation!

We suffered an unmitigated setback in June. Knowing that the requirements for the Distribution Center would be expensive – especially the dock height loading bays and massive commercial refrigeration we require – we sought more funding from the state. Our request was for \$600,000 to build up that dock height foundation and cover the building modifications essential to it. With the truly expert guidance of Frank Mayernick at the Mayernick Group in Tallahassee, we were fully supported in Florida’s House and Senate for that request. The \$600,000 budget appropriation did not, however, survive the Governor’s line item veto. We will not see that funding despite providing \$2 million or more in food each month we provide to Florida residents.

You win some. You lose some. The Governor has undeniably managed the State’s budget well, and while we do not like the decision, we respect it as a part of our State’s excellent governance. Of note: there was, nonetheless, a solid appropriation for food insecurity in the budget. That pleases us greatly.



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And we will never quit. We are not built to surrender. The team in charge of this project will exhaust every possible funding source to make it happen. So, here's the plan. Hold on tightly and "don't let go." (Ignore the song. It is a good song, but ours has always been a white-knuckle express.)

1. **Eminent Domain:** We will recreate the site plan, seek compensation for the lost land, and hope to ensure that compensation is sufficient to offset some of the building construction expenses, too. The value of the land that the FDOT wants has, indeed, appreciated, and eminent domain claims are based on current market values.
2. **Eastern Access Road:** This road is a key to success for us. It brings another entry/exit (ingress/egress) point to Epic-Cure's new campus, improving efficiency and safety. Relying on ingress/egress solely from South Holmes Boulevard – a narrow, heavily traveled road – would have been a challenge. With this access road, we see major traffic flow improvements (efficiency and access by semi trucks) and the resulting uptick in safe operations. People are, after all, the chief concern here at Epic-Cure.
3. **Fundraising:** We have nearly finalized our Building Campaign. With the help of Kelly Markey – a fundraising guru whose career centered on raising money for excellent causes – we will soon begin the fundraising campaign. We have many friends to approach for help, and the entire Board of Directors of Epic-Cure is dedicated to making every effort possible to move this thing across the finish line. Look for ways that you can help, too! We will have much to say about that soon.
4. **Entitlements and Permitting:** We have more wood to chop on this front. The new land purchase will require rezoning, and our discussion with the County have been constructive. We believe that the Commercial Warehouse zoning that we seek for the additional land is likely to occur. Permits will follow, and that process will take the time that it will take. How long will that be? Too long for us! We will get there, though.
5. **Groundbreaking:** OK. This is the one for which you have all been waiting. We hope to break ground in October. A lot has to go right for that to happen, and the conversations with FDOT could be that unfortunate monkey wrench in the machinery. We will keep you posted. We will work harder than ever to get through this process the right way ... and (no guarantees, but) on time.



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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

