



The Almost Monthly Epic-Cure® Newsletter

The Report Card

- ◆ Epic-Cure® has rescued and distributed more than \$73 million (wholesale value) worth of food and household goods since May 2019.

The Epic-Cure Report Card as of June 30, 2025		
Life to Date (since May 24, 2019)		
Pounds In/Out	36,193,463	
Wholesale Value of Food Distributed	\$73,366,956	
Pounds of Food per Family:	83.80	<i>Average pounds per family per visit</i>
Equivalent Meals Served:	30,161,219	<i>Assumes 1.2 pounds per meal</i>
Families Served		
Number of Families Served this month:	7,695	<i>in Month of June 2025</i>
Number of Distributions this month:	67	<i>in Month of June 2025</i>
Pounds of Food/Household Goods		
Total Pounds In / Out:	1,424,935	<i>in Month of June 2025</i>
Total Pounds In / Out:	1,029,668	<i>Average of 3 prior months</i>
Operating Efficiency		
Wholesale value of food distributed for each \$1.00 spent on Operations since inception:		\$45.53
Wholesale value of food distributed for each \$1.00 spent on Operations in June:		\$80.81

- ◆ Epic-Cure® has provided more than 30 million meals to the food insecure since May 2019.

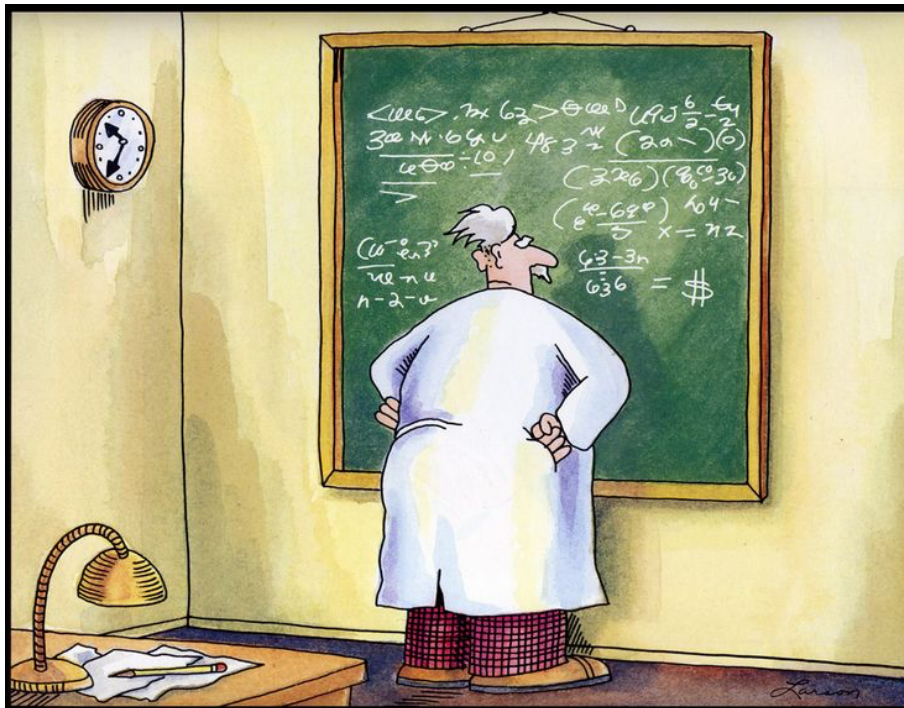
The Saint Augustine Warehouse Construction Project – Update

In June 2024, Epic-Cure® secured financing from the State of Florida to build the Epic-Cure® Food Security Distribution Center in St. Augustine, a project administered by the Florida Department of Agriculture and Consumer Services (FDACS). (*Note: We love the team at FDACS – super helpful, quick response times, and an understanding of this project and of our mission.*)

So far, we have spent just over \$710,000 to purchase the land for this project. In January, we purchased a little over two acres of land at the intersection of the SR-312 extension and South Holmes Boulevard in St. Augustine. On June 10th, we purchased another acre (approx.) of land



nestled right in the footprint of the parcel we bought in January, expanding our capacity to facilitate semi trucks, which will be able to maneuver freely and back right up to our building's dock height loading bays for rapid turnaround times for these trucks. Keeping them on the road makes us a far more attractive partner for food donations, as time is money for logistics companies.

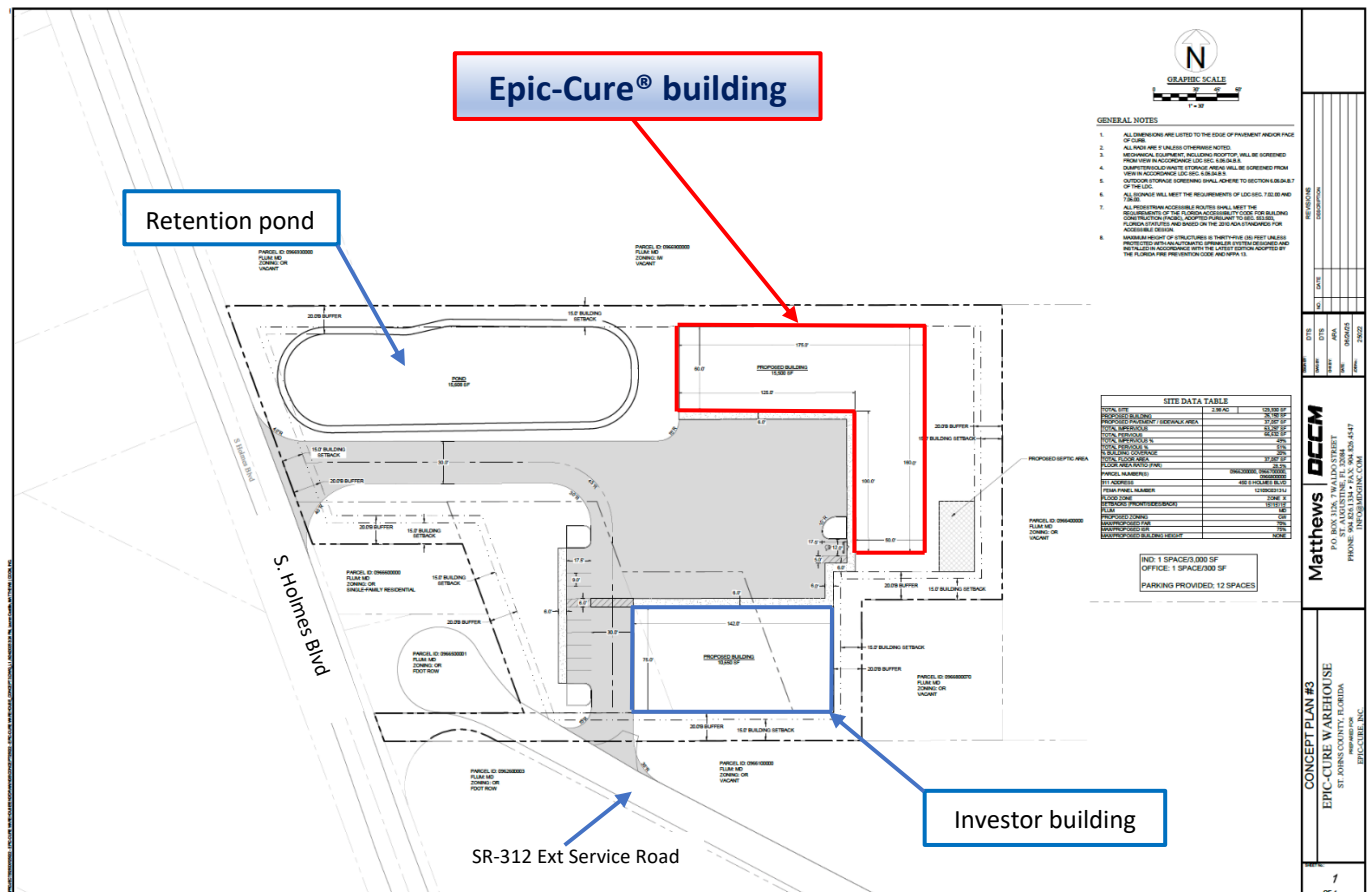


Einstein Discovers that Time is Actually Money

Kudos to Gary Larson for this delightful cartoon! One of the Founders has proudly owned a coffee mug adorned with it ... since 1985. (Extra credit: Guess which Founder.)

We have paid approximately \$42,000 for consultants (land surveyors, environmental surveys, civil engineering, etc.) in the permitting and entitlements process. The building will comprise roughly 10,500 square feet and will accommodate significant commercial refrigeration, space for dry goods storage and Epic-Med equipment inventory, and a two-station commercial teaching cooking area (approx. 3,000 square feet) to build on the successes of our Sustain U.® cooking and nutrition instruction and job placement programs.

Here is the current site plan (next page). We expect changes to be made; however, this rendering should give you a good idea of what we are up to. The building outlined in red will be the Epic-Cure® Food Security Distribution Center. The grey area represents driveways and parking lots. Holmes Boulevard is on the left-hand side of the drawing, and the SR-312 Extension is just off the bottom of the drawing. You can see that we will have access from South Holmes Boulevard and from the service road that runs parallel to the SR-312 Extension.



How much does a project like this cost? Because of the many unanticipated challenges that arise in construction projects, we do not have a definitive answer. We do have estimates.

Budgeted major costs (estimates):

Construction:	\$1,700,000	Site Work:	\$550,000
Impact Fees:	50,000	Water/Sewer Fees:	50,000
Civil Engineering:	47,000	Landscaping, Irrigation:	45,000
Other Engineering:	40,000	Architect:	25,000
Survey:	17,000	Permits:	15,000

*** Please note that these estimates are ~~subject to~~ likely to change.

Our estimated building construction cost (just the building itself at \$1.7 million) is high for a 10,000 square foot commercial warehouse. There are some good reasons for this elevated cost estimate. First, we require an elevated foundation to accommodate dock height loading bays to accommodate semi trucks. This structure will reduce the time to unload as we can utilize our forklifts for the entire unloading process. Second, we require much customization for refrigeration, storage, and the commercial teaching kitchens for Sustain U.®



At \$710,000 (approx.), our two land purchases are also large expenses. We required this additional land to provide good access from the SR-312 Extension's service road, a crucial logistical concern for large trucks. We also required it to provide us with adequate space for the safe and efficient operation of semi trucks (abundant driveway tarmac space).

The bonus, however, is that the additional land purchased is large enough to allow a second building on the site. We have an executed agreement to sell a small portion of the property for the construction of a flexible warehouse facility (see "Investor building" on the site plan on the previous page). This sale will raise about \$500,000 if ultimately completed. We believe it will be.

By spending \$100,000 (approx.) for the additional land, Epic-Cure® will have \$400,000 more to cover the costs of constructing the facility. We think that is pretty neat!

We continue to seek funding for the remaining costs. To complete the project, we currently estimate that we need funding in the amount of approximately \$1,275,000.

Projected cost:	\$3,275,400
Less:	
FL/FDACS grant:	\$1,500,000
Sale proceeds:	<u>500,000</u>
Net funding needed:	<u>\$1,275,000</u>

Because we believe that this facility will provide us the infrastructure to significantly increase our operating capacity, and because we are an all-volunteer nonprofit, this investment provides donors and grantors a significant multiplier effect for their philanthropy.

Together, we will help more and more people to overcome food insecurity and mitigate the many chronic health conditions that are closely correlated with it (Type 2 diabetes, hypertension, COPD, etc.). Watch for our [Food as Medicine](#) program. Directed to the more than 2,000 families that we serve each week, it will be a game changer.

We will keep you posted on our progress.



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're 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! →



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

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

2025
October 11th @ 7:30 AM
Anastasia Church on the Island

**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:

Circle your choice: Platinum Gold Silver Bronze

Business Name: _____

Contact Name: _____ Phone Number: _____

Email: _____ Website: _____

Will you be attending the race? YES NO

www.Epic-Cure.org E-mail: Sunny.Mulford@Epic-Cure.org

For Information,
or to Sign up,
Scan here





The One Big Beautiful Bill Act's Impact on Food Insecurity

On July 4, 2025, President Trump signed the One Big Beautiful Bill into law. Let's dig into this new law and its impact on food insecurity. For simplicity's sake, we will refer to the One Big Beautiful Bill Act as "the Act."

SNAP Benefits: The Act introduces changes to the work requirements for SNAP (Supplemental Nutrition Assistance Program) recipients. Let's examine the salient points causing the strongest reactions: the work requirement changes and their likely results.

The Act modifies SNAP work requirements by defining new exceptions (e.g., age limits and medical conditions). The Act's work requirements do not apply to:

- Individuals under 18 or over 65 years of age.
 - Previously, only individuals up to age 54 were subject to these requirements.
- Those medically certified as physically or mentally unfit for employment.
- Parents or household members responsible for a dependent child under 14
- Pregnant women.
- Specific groups like Native Americans, Urban Native Americans, and California Native Americans, as defined by law.

The new law limits SNAP eligibility to U.S. citizens and lawful permanent residents.

- Undocumented non-citizens were never eligible for SNAP benefits. They remain ineligible.

These changes aim to reduce program costs and encourage workforce participation, though critics argue they may increase food insecurity for vulnerable populations. At Epic-Cure®, we believe that, while it is too early to estimate the extent of the disruption for vulnerable families, food insecurity will certainly rise as the Act's provisions are implemented. There are estimates that put 2 million or even 5 million and more people nationwide will have "significantly reduced" SNAP benefits. We do not know what "significantly reduced" means, nor do we place much faith in estimates that vary so greatly or include the phrase "or more." Nonetheless, our experience with the post-COVID era cuts in SNAP benefits yielded, at least in part, an increase in our experience of the demand for food – the most plain demonstration of increased food insecurity. We expect to see that again and soon.

Additionally, cuts to programs like the Local Food Purchase Assistance Cooperative Agreement (LFPA) and The Emergency Food Assistance Program (TEFAP) have reduced federal support for food banks by approximately \$1 billion. These changes affect our partners, such as Feeding Northeast Florida and other large scale food banks, who rely on these programs to purchase



food for distribution. As their resources are reduced, there will be a reduction in food available to their partner food pantry agencies with some food pantries closing if their sources and funding are not diversified. This reduction will increase food insecurity nationally and for the families in St. Johns, Putnam, Duval, and Clay counties, where an estimated 11.5% of residents already face food insecurity.

Epic-Cure's independence from federal funding gives us a unique advantage. In 2024, we rescued 9.8 million pounds of food, serving 379,856 families across Northeast Florida, from Palatka to Jacksonville, all through the generosity of our donors and the dedication of our volunteer team. For every dollar donated, we deliver \$76 in wholesale value of food to our communities, making your support incredibly impactful. Our partnerships with local grocery stores, distributors, and farms ensure a steady supply of fresh, perishable food, allowing us to remain agile despite the challenges facing our partners.

However, the strain on organizations like the Feeding Northeast Florida affiliates means that Epic-Cure® and others must fill gaps in free food distribution, particularly for fresh produce and proteins that align with our mission to provide nutritious food.

Anticipating cuts to programs like the Local Food Purchase Assistance Cooperative Agreement (LFPA), we began writing grant proposals to purchase food directly from farmers that planted and cared for crops meant for these programs months ago. The benefits of our proposed program are clear: (1) the farmers who have so much time and money sunk into their harvest would not take a total loss, enhancing their chances at survival, and (2) the freshest and most healthful food would be distributed to the growing ranks of the food insecure. We haven't been awarded any yet, but we aren't giving up.

Epic-Cure® is leaning into our strengths and community driven approach:

Deepening Local Connections: We are strengthening ties with local growers, distributors, and stores to secure more fresh food. By emphasizing the dual benefit of reducing waste and feeding neighbors, we are appealing to donors who value sustained efforts to improve social, economic, and health outcomes right here in our community.

Maximizing Your Impact: With every \$1 donated providing \$76 in food value (specifically, its wholesale value), your contributions go incredibly far. Your support turns a single dollar into dozens of meals for families, veterans, and seniors.

Amplifying Advocacy: The Act places burdens on those already struggling, yet many decision-makers lack firsthand experience with food insecurity. Epic-Cure® is committed to raising awareness about the impact of SNAP cuts on our neighbors, collaborating with our partners to share stories and advocate for support. We foresee more visits to Tallahassee and Washington DC and face to face meetings with our legislators to provide facts and unbiased assessments – from the front lines.



Innovating for Resilience: Free from federal regulations, we have the flexibility to explore new distribution methods and partnerships. Whether it is expanding our mobile distributions or finding creative ways to reach more families, we are rethinking programs to maximize impact.

A Call to Our Community: Epic-Cure® remains steadfast in its mission to eliminate food waste and hunger, but we need your help to navigate this new challenge. As our partners face resource constraints and our community faces growing need, your donations and advocacy are critical. A single dollar can provide \$76 worth of food. Donate at epic-cure.org, or share this newsletter to raise awareness about the impact of these cuts.

Epic-Cure® is investing in the infrastructure needed to rise to the challenge, but that infrastructure requires patience, hard work, and financial support to put into action. Together, we can ensure that every family in Northeast Florida has access to nutritious food, no matter the obstacles. Thank you for standing with Epic-Cure as we rescue food, empower communities, and build a hunger-free future.

Newsletter Update: Tackling Plastic Bags and Beyond

Dear Readers,

Thank you for your continued engagement with our newsletter and for sparking important conversations about plastic waste. In our last issue, we dove into the issue of bottled water waste, highlighting the staggering 627,000 pounds of bottled water we have received in 2024 alone. Your feedback, particularly on plastic bags, has inspired this follow up to address concerns and explore solutions for reducing single-use plastics, with a focus on plastic bags.

Solutions in Action: Reuse and Recycling

Reuse First: Reusing plastic bags through donations to organizations like Epic-Cure is a practical strategy. Our operations reflect this success – we go through thousands of bags weekly without having purchased new ones in four years, thanks to robust reuse strategies. Keep bringing those bags to community partners to extend their lifecycle.

Recycling Done Right: Store drop-off programs at retailers like Publix, Winn-Dixie, and Walmart in St. Augustine are a game-changer. These bins, often partnered with companies like Trex, accept clean, dry plastic bags and films, transforming them into composite materials for decking and furniture. Fun fact: a 500-square-foot Trex deck requires about 140,000 recycled bags. Ensure bags are clean and free of contaminants to maximize recycling efficiency.

Looking Ahead

While companies like Coca-Cola and PepsiCo are investing in recycling and compostable packaging, only 2% of plastic packaging is recycled back into packaging globally. Systemic change – through stricter regulations, consumer pressure, and innovation—is essential to tackle



the 34 million tons of annual plastic packaging waste. Let us keep the conversation going and continue supporting community efforts like those in St. Augustine to reduce, reuse, and recycle.

Operations

We had some very positive developments in June, one of which is our new partnership with Mr. Greens. In our first month picking up there, we received over 25k pounds of a variety of high end produce to add to our distributions.

News from our partners at Brightly:

"We've just received our final rating from BeZero Carbon, a leading independent ratings agency for the carbon credit market, and Brightly's project has been awarded an A rating! This is a milestone achievement that places us among the top 4% of waste-related carbon projects in the US.

This is a huge validation of the work you do every day. The BeZero report specifically highlighted:

Our very high additionality, underscoring that food rescue remains rare across the US and that your efforts are only possible because of innovative funding models like this.

The highest possible permanence rating, meaning the impact of your food rescue activities is real and lasting.

A very high likelihood of successful project execution, which reflects your operational excellence and commitment to mission.

In their words, this project is "comparable to the top quartile of all climate technology projects globally", an extraordinary recognition of the integrity and impact of what we are building together.

I am so deeply grateful for the trust you placed in Brightly early on. This rating isn't just about Brightly, it's about you. It reflects your leadership and vision in tackling both hunger and climate change at once, and I am thrilled to deliver this news to you.

As the carbon market increasingly prioritizes quality projects with strong social co-benefits, I am confident this will further elevate the value and credibility of your work to both funders and the communities you serve."

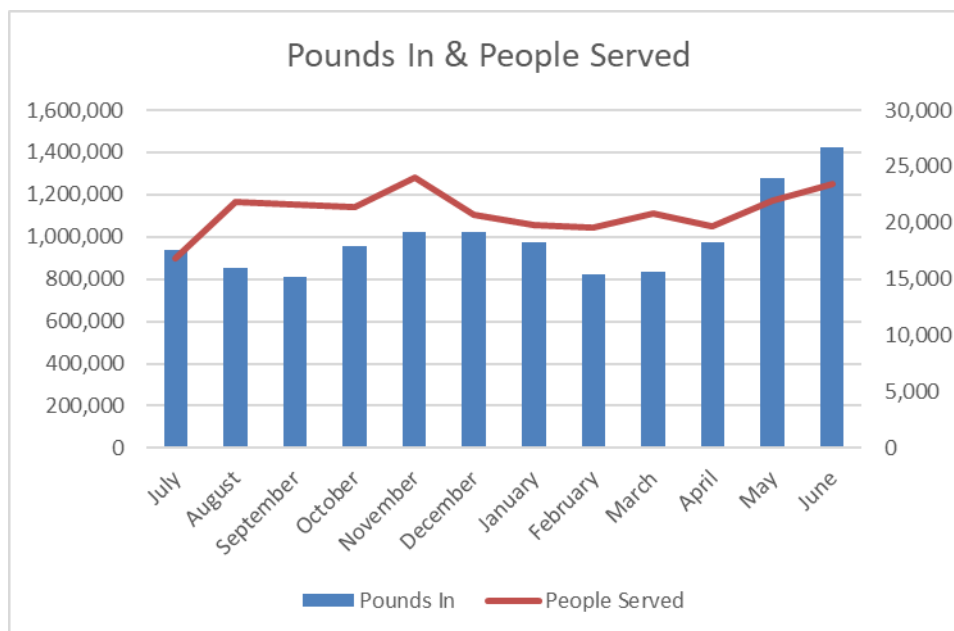
Food Rescue Organizations typically rely on a limited set of funding sources, primarily philanthropic donations, and non-government grants. Carbon finance represents a potentially valuable tool to diversify revenue and enhance operational resilience. Taking into account the logistical and financial challenges of food rescue, as well as the continued pressures of food insecurity in the USA, carbon revenue is positioned as a complementary mechanism to help Food Rescue Organizations sustain and expand their services.



BeZero Carbon -
VCS4711 - Ex ante Re



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



Notes on the graph: Biggest impact on our intake over the last few months have been:

1. Increase in the number of volunteer drivers in Palatka and their willingness to so 5am pick ups at His Compassion in Ocala. 80,000 pounds of that was furniture delivered to us in June, but you can see the trend.

His Compassion has very interesting partnerships with hotel chains to get all furniture, fixtures and bedding when they remodel. And, they have partnerships with Disney to get all of the clothing and items from their lost and found.

This is not a direction we are actively moving towards, but given how well received those items were (including used toilets), it's hard to say no when the opportunity presents itself.

Another similar story - back in January/February we got about 100 rolls of carpet, new and used, from FEMA and no one expected them to go as quickly as they did. We heard several people mention what a luxury carpet would be because they only had plywood floors.

Source	January	February	March	April	May	June
His Compassion	83,074	14,039	60,892	87,587	210,451	244,845

2. We always have a large swell in produce in summer harvest months.



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