

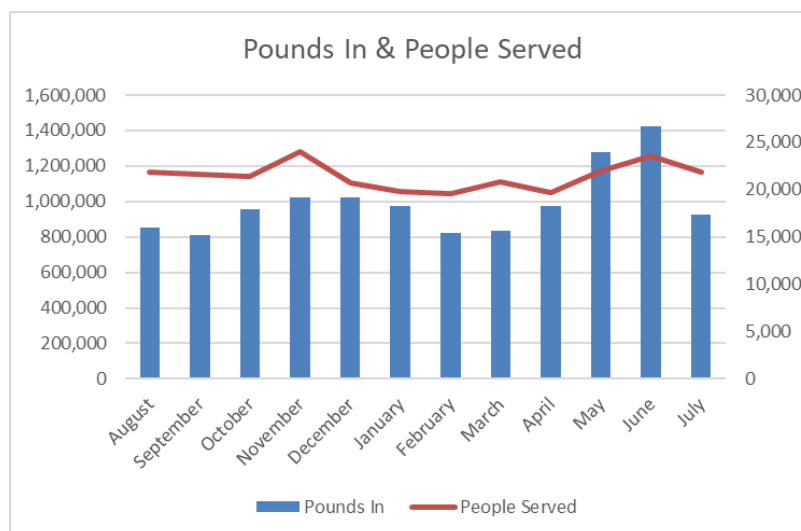
The Almost Monthly Epic-Cure® Newsletter

August 2025

The Report Card

The Epic-Cure <i>Report Card</i> as of July 31,2025		
Life to Date <i>(since May 24, 2019)</i>		
Pounds In/Out	37,118,019	
Wholesale Value of Food Distributed	\$75,408,281	
Pounds of Food per Family:	86.38	<i>Average pounds per family per visit</i>
Equivalent Meals Served:	30,931,683	<i>Assumes 1.2 pounds per meal</i>
Families Served		
Number of Families Served this month:	7,034	<i>in Month of July 2025</i>
Number of Distributions this month:	79	<i>in Month of July 2025</i>
Pounds of Food/Household Goods		
Total Pounds In / Out:	924,556	<i>in Month of July 2025</i>
Total Pounds In / Out:	1,226,510	<i>Average of 3 prior months</i>
Operating Efficiency		
Wholesale value of food distributed for each \$1.00 spent on Operations since inception:		\$46.04
Wholesale value of food distributed for each \$1.00 spent on Operations in July:		\$76.37

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



Notes on the graph:

Now we are now calling 924,556 pounds of food received a slow month. The July 4th holiday had a little impact with most agencies shutting down for 4 days, but all we spoke with reported lower food donations overall for the month.

It gave us the opportunity to focus on improving processes and efficiency, which the team executed beautifully.



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.



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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!

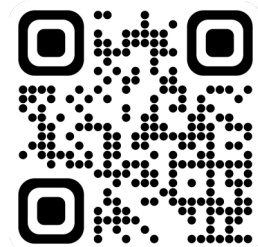
New Start time!

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

Challenges, Needs & Positive Impact

As we continue to grow and expand our mission of rescuing food and feeding our communities, we want to share some of the recent challenges, needs, and positive outcomes.

Current Challenges

We have been blessed with incredible donations – a new 26' refrigerated truck and large-capacity freezer and refrigeration units that will greatly expand our ability to serve. But with these gifts come new operating costs we need to meet to put them in use rescuing more food and helping more families in need.

Fuel now costs us about \$1,000 per week, electricity is \$3,500 per month, and our Ryder truck lease just increased by \$500 per month due to our high mileage: serving so many communities.

We could really use help from supporters who can contribute toward essential operating costs.

Those costs are high, but they could be much higher if not for the blessing and support that keep us going.

We are deeply grateful for several sources of support that are helping us stretch every dollar:

- Our incredible volunteers are doing 20 – 30 store pickups per week using their own vehicles, covering their own fuel and wear and tear – saving us thousands in truck usage and maintenance.
- They also put all of their skills and tools to use constantly making improvements and repairs to our facilities and equipment.
- Kenworth of Jacksonville has generously agreed to cover all maintenance on the three trucks we own. This is a huge help and truly keeps us moving.

These behind the scenes acts of generosity have a major impact on how much food we can rescue and distribute – and how far we can go with limited resources.

The cumulative efforts as well as the volunteers who show up at both warehouses 7 days a week managing daily operations are how we made every \$1 donated into \$76.37 of food in the hands of families in need.



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Needs

If you are looking for a way to make a real impact, we have weekday [volunteer opportunities in Palatka](#). We've increased our daily processing activities to move food more efficiently and effectively – and now we need to build a reliable team of [4 or 5 more people](#) to help.

Right now, a small but mighty group of volunteers works there every day, as long as it takes, to get the job done. We deeply value and appreciate them and want to make their lives a little easier with the help of a few more good volunteers.

If you would like to work alongside some of the most hardworking, dedicated, big hearted people you will ever meet, do good for the community, and help families in need, we would love to have you join us. Sign up today and be part of something truly meaningful.

[Link to Volunteer Opportunities](#)

Fun facts about Epic-Cure's volunteer base:

- 24,171 volunteer hours logged this year and that is under reporting by at least 30%
- Value of those hours = \$723.921

Positive Outcomes

- With our increased efforts in processing and efficiency, going up from 2 to 3 days a week of "equalizing inventory" between warehouses, we're pushing more high quality variety and quantities of nutritious food to local distributions (ours and others) throughout the week.
- So far this year, we have been able to provide 1.8m pounds of food to other food banks, food pantries, soup kitchens and non-profits. That's up from 1.1m in all of 2024.

[Here is a list of nonprofits, including food pantries, that we have served this year:](#)

AmVets	His Compassion	Southeastern Food Bank
Bread of Life	Home Again St. Johns	Sharing Putnam's Bounty
Calvary Life Center	Homeless Coalition	South Putnam Christian Center
Children's Home Society	Homes for Heroes	Southwoods Elementary
Christ's Cupboard	Hugs St. Johns	St. Johns Food Pantry
City Rescue Mission	Port in the Storm	St. Johns River State College
Family Worship Center	Putnam County Caring Coalition	St. Monica's Catholic Church
Farm Share	Putnam County Family Resource	St. Vincent de Paul
Feed the Need	Rodeheaver Boys Ranch	The Arc
Feeding Northeast Florida	SAYS	United Against Poverty
God's Kitchen	Sea Community	Women's Refuge



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- Not all food is fit for human consumption, but it doesn't go to waste. Since we started tracking pounds sent to farms in February, we've diverted 455,000 pounds of food—out of 7 million pounds total—to local farms to feed animals. This has helped struggling farms offset the high cost of feed, especially as inflation keeps farm operations tight.
- In 2024, Epic-Cure® and Wildflower Healthcare joined forces to launch **Epic-Med**, a nonprofit dedicated to collecting and distributing donated medical supplies to those in need. Epic-Med gathers overstock medical supplies and durable medical equipment from local healthcare facilities, clinics, and individuals, then makes them available – free of charge – to medical missionaries, nongovernmental organizations (NGOs), and medical clinics that provide free health and dental care.

Through Epic-Med, these organizations can “shop” at the Epic-Cure® operational facility in St. Augustine for the items they need, ensuring that valuable medical resources are put to use instead of going to waste.

This initiative expands Epic-Cure's mission beyond fighting food insecurity, extending our impact into the realm of healthcare.

In July, Epic-Med supported a brand-new infirmary in the Talamanca region of Costa Rica serving the indigenous BriBri tribe. The infirmary is part of a shelter that protects women and children from sexual abuse. While a grant covered the construction costs, they had no medical supplies to open their doors – until Epic-Med stepped in. Today, the infirmary is fully stocked and ready to serve its community.



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The community served by Epic-Med



See the medical supplies provided by Epic-Med – next 2 pages ...



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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.

- **Volunteer in Palatka:** Even a few hours a week can make a huge difference.
- **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.

Update from the Zero Food Waste Coalition:

We are writing with exciting news. We have received word that the [Food Date Labeling Act \(FDLA\) has officially been reintroduced](#) by U.S. Representatives Chellie Pingree (D-Maine) and Dan Newhouse (R-Wash.) in the House, along with U.S. Senators Richard Blumenthal (D-Conn.) and Rick Scott (R-Fla.) in the Senate. After years of education and collaboration on this issue, we finally have a bipartisan, bicameral FDLA.

We want to give a HUGE shoutout to everyone who played a role in getting us to this moment. Senator Scott is now the first Republican Senator to sign on to this bill, which gives it a much better chance of getting passed.

This win truly speaks to the power of our Coalition. We expect the cosponsors' offices to do more outreach upon return from August recess, so stay tuned for a social toolkit and next steps.



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

