

# Manna Messenger



A Feed My People Publication May - June 2024

## Because of you...



Last month was our Annual Manna March Walk Against Hunger. We had 160+ walkers and hosted many sponsors and donors. We couldn't be more thankful to everyone that joined us to Walk Against Hunger. It was great to see so many individuals walking with family, friends, and co-workers along the Mississippi River at Jefferson Barracks Park.

We awarded the John & Carol DeGuire Humanitarian Business Award to Old Time Finds, John & Carol DeGuire Humanitarian Church Award to St. Martin United Church of Christ, and the George Huber Manna March Award to Joe Richardson and Team Papa Joe. The winners showed immense support to Feed My People. We are grateful to have them.

Thank you to our sponsors, FSI, River City Hotel and Casino, Bull Moose Tube, Dot Foods, Patrick's Wrought Iron Services, The Donacy Realty Team, Cafe Nova, Glenlo Awning & Window Company, MBhealth Insurance Agency, Harmony Fellowship, and Smoke N Bones BBQ.

Each year, Manna March is held in loving memory of George Huber.

Stay tuned for next year's Manna March!

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*"And do not forget to do good and to share with others, for with such sacrifices God is pleased."*

Luke 6:30

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## Thrifty Hanger Upcoming Sales!



**MAY 10th:** Last day to enter Mother's Day Raffle

**MAY 11th:** \$1 Women's Blouse Sale

**JUNE 15th:** \$1 Men's Shirt Sale and last day to enter Father's Day Raffle



### Store Hours



High Ridge

Monday-Friday

10am - 3:30pm

Saturday

9am - 3pm

Sunday

Closed

South County

Monday-Friday

9:30am - 3:30pm

Saturday

9am - 3pm

Sunday

Closed

## Feed My People

A Christian Interdenominational Help Center showing God's love and compassion for God's people in need.

### South County Office

171 Kingston Drive  
St. Louis, MO 63125  
(314) 631-4900  
Fax (314) 631-7930

### High Ridge Office

3295 Ottomeyer Road  
High Ridge, MO 63049  
(636) 677-9885  
Fax (636) 677-8691

### Website

[www.feed-my-people.org](http://www.feed-my-people.org)

### Email

[info@fmpstl.org](mailto:info@fmpstl.org)

### Executive Director

Stephanie Berberich

### Editor

Scarlet Montilla

## Programs

### Transformation Program

Our Transformation Program is a holistic, new service to help clients identify needs beyond food. It's a comprehensive referral service that assists clients with:

- Utility Assistance
- Rental Assistance
- Health & Wellness Assistance
- Emotional Distress
- Spiritual Distress

### Client Choice Program

Emergency and Long Term Food Assistance

- **Job Counseling**
  - Computer Lab
- **Thrift Stores**
  - Open to the Public
- **Healthy Family Program**
  - Personal Care Items, Clothing Assistance, Eldercare Assistance
- **Healthy Kids Program**
  - School Supplies, New Shoes
  - Birthday Room
- **Healthy Homes Program**
  - Heater, Blankets, Fans
  - Utility Assistance
- **Christmas Programs**
  - Adopt-A-Family, Giving Tree

# What's Going On In The Community?

## Volunteer Appreciation Luncheons

April was National Volunteer Month which is dedicated to honoring our volunteers and celebrating their efforts to give back. To recognize our wonderful volunteers, we had a luncheon at South County and High Ridge. They received certificates for volunteer hours completed and were able to enjoy and celebrate each other. We awarded the Volunteer of the Year Award to Tom Whitton (HR) and Beverly Richert (SC) and the Heart Award to Mary Veith (SC) and Judy Schlichting (HR)! We'd like to thank our volunteers for their hard work and dedication to our mission.



## Moving on up!

A longtime client informed us it might be his last appointment at Feed My People. He explained that his family is in a better position financially and he doesn't believe he will need to continue receiving services. He also stated that he'd like to come back as a volunteer so that he can help someone else thrive the way Feed My People has helped him.

## What's New?

We are bringing back the Feed My People Cookbook! We are requesting that you send in your family's special recipes or your own favorites to include in the cookbook. You can be a part of this great project by contacting Scarlet at [ScarletM@fmpstl.org](mailto:ScarletM@fmpstl.org) or dropping off your recipe at either site. This cookbook will be available for sale at our upcoming event, Chef's Challenge.

  
**FEED MY PEOPLE'S COOKBOOK**  
 We are bringing back our cookbook!  
 You can help us feed our neighbors by emailing your favorite recipes to [ScarletM@fmpstl.org](mailto:ScarletM@fmpstl.org) or mailing to  
 171 Kingston Drive  
 St. Louis, MO 63125  
 by the end of June 2024.  
**EVERYONE IS WELCOMED TO PARTICIPATE!**

# Events & Programs



## Chef's Challenge

**Tuesday, July 23, 2024 | 6-8 PM**



**Orlando's**  
**4300 Hoffmeister Ave.**  
**St. Louis, MO 63125**

**Sample each chef's entrees, prepared using only ingredients found in Feed My People food pantries, vote for your favorite dish, and The 2024 Chef of the Year!**

**SPONSORSHIP OPPORTUNITIES AVAILABLE!**



**TICKETING OPTIONS**

**General:**

- \$50/person or \$350/table of 8

**Premium: \*\***

- \$70/person or \$490/table of 8

\*\* Includes: drink tickets & a dedicated server in premium location

[www.feed-my-people.org/events](http://www.feed-my-people.org/events)      Contact: [ScarletM@fmpstl.org](mailto:ScarletM@fmpstl.org)

**YOU CAN MAKE A DIFFERENCE TO FEED YOUR NEIGHBORS!**

## Chef's Challenge

On Tuesday, July 23rd, we are hosting our annual Chef's Challenge at Orlando's Event Center. You don't want to miss this fan-favorite event!

Chef's Challenge is a friendly competition in which local chefs create delicious dishes using only ingredients found in our food pantries. Guests are able to sample each chef's dish and vote for their favorite. The winning chef will be announced as the **"Feed My People: 2024 Chef of the Year."**

There will be a Fund-a-Need to support our Transformation Program. We'll also have a 50-50 raffle, a wine pull, dessert auction, silent auction, and more!

Watch for ticket sales to go live at: [www.feed-my-people.org/events](http://www.feed-my-people.org/events).

## The Need For Food Meal-A-Month

**Meal-A-Month**, is an easy way to support our food pantry. Your business or church will be provided with yellow collection bags. These bags provide a list of essential items to fill our pantry. Your employees or congregation would fill up a bag and drop it off by the end of the month.

This is an ongoing program as the need for food is never ending. If interested, please contact [ScarletM@fmpstl.org](mailto:ScarletM@fmpstl.org) to get started.



## MEAL-A-MONTH

**MAKE A DIFFERENCE TO FEED THE HUNGRY**

\$12 feeds a family of 4 per meal. Imagine how many meals you can provide to help us feed 1,600 individuals a week.

**3 EASY STEPS**

1. Grab a yellow bag from your church or business
2. Fill it with meal suggestions provided
3. Return to church/business for pickup

More Information  
[www.feed-my-people.org](http://www.feed-my-people.org)  
 314-631-4900

**NEEDS LIST:**

<input type="checkbox"/>	Peanut Butter & Jelly
<input type="checkbox"/>	Pasta & Pasta Sauce
<input type="checkbox"/>	Cereal
<input type="checkbox"/>	Mac & Cheese
<input type="checkbox"/>	Soup
<input type="checkbox"/>	Tuna

Want to stay in touch with us? Sign up for our email list at <https://www.feed-my-people.org/subscribe>

**Memorials**

- Shirley Belko**  
Allen Belko
- Jessye Spieckerman**  
Bill & Lisa Pearse  
Leo & June Prunte  
Carol Muser  
Carol Ann Hughes
- Herberholt & Perniciaro Families**  
Bob & Lisa Herberholt
- William Moody**  
Bruce & Lennis Bange
- Paul & Dorothy Welker**  
Cletus & Rebecca Schnurbusch  
David & Jeanne Puettmann
- Nelda Ann Rogers**  
Dan Rogers
- Charles Copeland**  
David W. & Jacqueline P. Link
- Tom Wilhelm**  
Helen Wilhem
- Curt McDermott**  
Janice & George Hartmann
- George Hettenhausen**  
Joan Ferguson
- Diane Bohner**  
Joan Stotler
- Nancy Sexton**  
John D. & Mary K. Helldoerfer
- Homer & Erna Johnson**  
Karen Staten

- Steve Crouch**  
Adele Carey
- Larry Adams**  
Adams Family
- Patricia Frazelle**  
Jocelyn Saxton
- George Sandusky**  
Phyllis Sandusky
- George Fank**  
Ronald Herman Jr.
- Carol Zabrowski**  
Ellen Roelle
- Diane Bohner**  
Barbara Dionne  
Joan Stotler
- Earnie Hale**  
Ruby Schweppe
- Henry and Rose VonRohr**  
Joyce Gray
- Jansen Dolores**  
John D. & Mary K. Helldoerfer
- Ronald Faszold**  
Rebecca Nill
- Louise O'Neill**  
Doug & Loretta O'Neill
- Richard Schweppe**  
Ruby Schweppe
- Jack Pelly**  
Shirley Pelly

**Tributes**

- Pat Roy**  
Kathleen Kaiman & Michael Peterson
- Jim Roy & Mary Fran Lyons**  
Kathleen Kaiman & Michael Peterson
- Bill Reichhardt**  
Laura Cabanatuan
- Larry Hood**  
Patrick Lind
- Ann Corrigan**  
Carol Powers



*'Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die.'"*

**John 11:25-26**

*\*As of 4/24/2024*

**Memorials and Tributes**

**Please send to:**

171 Kingston Dr. St. Louis, MO 63125

Enclosed is my gift of \$ \_\_\_\_\_

In **Memory** or in **Honor** of (Circle One) \_\_\_\_\_

In Honor of (Occasion) \_\_\_\_\_

Please Send Notification To: \_\_\_\_\_

Email: \_\_\_\_\_

Your Name \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_