

HIGHLIGHTS

618

total individuals served through our food pantry

33

total individuals helped not in our service area

7,944 LBS

total of food distributed

\$12,670

total value of food and hygiene products distributed

\$2,500

total utility assistance granted (Ameren and Spire bills)

A NOTE FROM HALEY

A recent economic report published by the USDA revealed that **food-at-home prices have increased between 10.5 and 11.5% since August of 2021.** While many of us feel the pinch of rising prices, thousands of our neighbors are already squeezed beyond their limit.

What does that mean for the upcoming holidays for the families we serve as they are struggling with choices when deciding which necessity to pay for? Food, gas, medical care, electricity, rent - all basic necessities needed to survive.

Thanks to you, the St. Augustine Wellston Center will continue to be there for the greater Wellston community. In fact, we expect to distribute food and grant utility assistance to over 3,000 people in these last few months facing those difficult decisions.

Your help is about much more than easing food insecurity. It's about bringing families together in joy, restoring dignity, and easing their worry about tomorrow. Thank you for remembering your neighbors in need.

With gratitude and appreciation,



H. Calabro
Haley Calabro, MSW
Executive Director

MONTHLY FOOD DRIVE

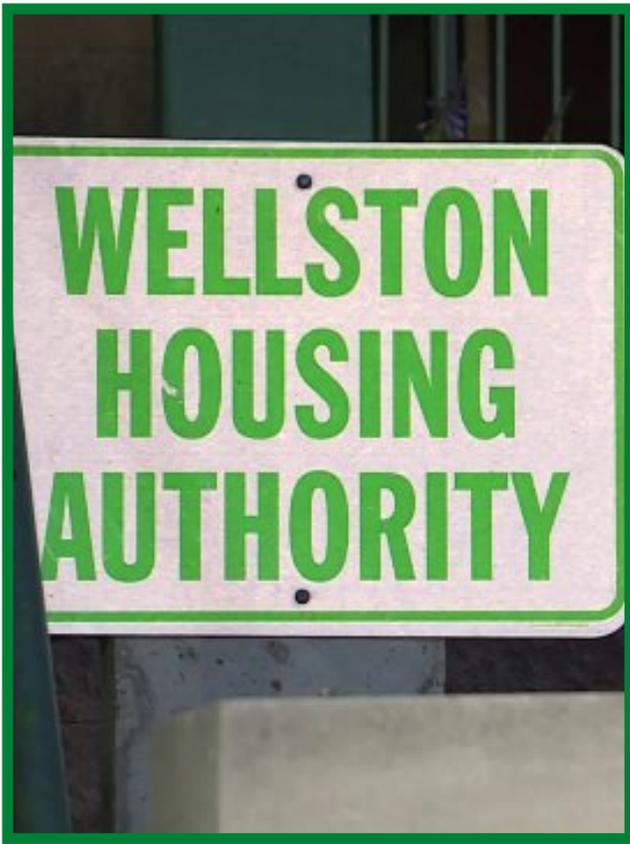
CHILI AND SOUP

The month of **October**, we are focusing on providing warm comfort foods for the transition to cooler weather. Chili and soup are food pantry staples that our clients always enjoy! If you have any questions regarding drop off, please email info@wellstoncenter.org



HOUSING DISPARITIES

Surging inflation, spiking real estate prices, and a low supply of affordable rental units have left low-income individuals grasping for a lifeline. On average, **69% of Wellston residents rent** in comparison to the 32% of residents in the rest of St. Louis County. However, with rental prices rising up to four times faster than income, there is unsurmountable pressure being put on the low-income population. Housing insecurity creates a snowball of consequences - high stress levels, health issues, and an exacerbation of one's experience of poverty. Furthermore, when people cannot find an inexpensive place to live, there are few good options and often settle for substandard living conditions. **On average, the cost of rent in Wellston is \$1,057 per month with a median household income of \$2,182 per month, leaving renters spending roughly 50% of their earnings on income.** This leaves residents with little to spend after bills, food, medicine, and other necessities. Our call to action has always been, and will continue to be, to help in any way that we can, whether it be with food, utility assistance, or extra reassurance that we are here for all those in need.



September Feature

Top Requested Food Items

Canned Fruit
(432 cans distributed)

Canned Tuna
(426 cans distributed)

Canned Vegetables
(405 cans distributed)

Most Requested Hygiene Products

Laundry Detergent
(150 bottles distributed)

Toilet Paper
(304 rolls distributed)

Children Diapers
(63 packs distributed)

Current Food Pantry Needs

- Canned Chicken
- Canned Chili
- Any Soup
- Canned Fruit
- Kleenex
- Body Lotion
- Adult Diapers (M-XL)
- Bed Pads

WORLD NEWS GROUP

WELLSTON CENTER ARTICLE FEATURE

In September, the Wellston Center was featured in an article published by the World News Group detailing the inflation and supply chain problems that are impacting food pantries across the nation. We linked the article for your convenience at the bottom of the newsletter to learn more about this growing issue.



A VERY SPECIAL THANK YOU

PROVIDING COMMUNITY OUTREACH

Thanks to weekly collaborations with Aetna, we hosted a free community BBQ at our thrift store to educate individuals on Medicare and Medicaid regarding their coverage and what additional benefits might be available to them. Aetna has been a wonderful partner in being a visible presence in the community to help people live healthier lives.



MAKE AN IMPACT



Making your donation through **Venmo** is a quick and convenient way to give right from your phone.

@Wellston-Center



Making your gift **online** is secure, fast, and easy. You can make a one time gift, a series of monthly contributions, or a perpetual gift.



A **check** can be made payable to the St. Augustine Wellston Center to support any initiative that is meaningful to you.