

## HIGHLIGHTS

12

new clients added  
to our food pantry

858

total individuals served  
through our food pantry

252

total individuals helped  
not in our service area

\$6,851

total utility assistance granted  
(Ameren and Spire bills)

## A NOTE FROM HALEY

As we're looking forward to warmer weather and more sunshine, not only am I feeling happy that people are picking us for their spring cleaning donations, I am also reminded of just how fortunate we are to have the caring and commitment of our volunteers.

More specifically, our help from a group of **Our Lady of Lourdes Parish volunteers** has truly been a saving grace in our thrift store. They are incredibly special people. Their backgrounds, skills, and interests are diverse, but they are united in their "showing up" and "doing what's best" for the Wellston community. For the first time in the almost two years that I have been with the Wellston Center, our thrift store is the most organized it has ever been thanks to their hard work each and every week sorting through all of our donations.

In turn, their attentiveness in our thrift store helps us attract more customers to bring in more sales, enabling us to continue filling the shelves of our food pantry. Every volunteer role is critical to our work in **investing in a hunger-free future**.

With gratitude and appreciation,



*H. Calabro*

Haley Calabro, MSW  
Executive Director

## SPRING SHOWERS BRING...

### Fresh produce for our clients grown by the Garden of Feeden!

Holy Spirit Parish started a garden in 2009 that has grown to be a blessing to many of those in the greater Wellston community. The garden produces **fresh herbs and vegetables** for those in need, helping us further our commitment to nutrition-based programs.



# MOTHER'S DAY BRUNCH

This month, our **Senior Support Group** suggested celebrating Mother's Day in the form of a potluck. Each woman was in charge of bringing their own special dish - and we feasted good that day! The ladies brought in ham, hot water corn bread, green beans, potato salad, mac and cheese, salad, and a TON of dessert!

They shared stories about being a mother, a grandmother, a pet mother, and all of the other different ways they feel they are mothers. No story was the same and each have had very individual journeys. What this group shares, however, is their care for each person in the group. They listen to one another, they cry when another is in pain, and they rejoice when someone is successful. While their lives may have be different from one another, each experience has shaped them in ways that they are able to come to each group meeting with open ears and an open heart, showing each other genuine love and care.



## May Feature

### Give STL Day 2022

This year was our first ever year that we formally participated in Give STL Day, a 24-hour online giving challenge that aims to bring the St. Louis region together as a community to raise awareness and funds for local nonprofits. Overall, St. Louis raised over **\$4.2 million** for over 1,000 different nonprofits, connecting community and donors to build and preserve a more equitable and vibrant region. We are proud to say that we raised over **\$1,200** in donations that will further enable our commitment to ensuring the North County community will continue to have access to nutritious food at no cost to them. Thank you for showing your support to the Wellston Center food pantry!



## DID YOU KNOW...

### 18% of the St. Louis area population lives in a food desert?

Individuals living in a food desert means that they are a half mile or more away from a grocery store. A half mile from the store might not seem far, but for someone facing multiple challenges, it can be insurmountable. The Wellston Center is always looking for new ways to help those living in these areas.

