

IMPACT INSIDER

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#STLFoodbank

Volunteer Spotlight: Michelle Reguly

Michelle Reguly has been a long-time volunteer with the St. Louis Area Foodbank. She initially got involved through a previous employer and has always had a strong passion for service. She often volunteered alongside Stephanie Mertz and Therese Wunderlich, and the trio became affectionately known as “The Ladies.”

Michelle was deeply moved by a volunteer experience in Marion, Illinois, where they served veterans. In addition to providing food, local businesses offered services like haircuts, medical assistance, and dental care. The experience reinforced her belief that more should be done to support those who have served the country.

She is especially grateful to have met so many caring and loving people through her volunteer work—connections she might not have made otherwise. She’s formed close bonds with the neighbors served, fellow volunteers, and staff members. The most challenging part is the emotional weight of wishing she could do more.

Michelle encourages anyone considering volunteering to “please just give it a chance.” She emphasizes that there are many ways to get involved, whether working directly with neighbors or helping in the packing center. No matter what the role, volunteers can make a real difference in someone’s life.

Have a story you want to share? Contact Jennifer Nemet at jnemet@stlfoodbank.org or call (314) 227-3727.

Don’t forget to tag us on your social media accounts!
[@stlfoodbank.org](https://www.stlfoodbank.org) #EndHunger #FeedingAmerica

Volunteer Hours: January through March 2025 = 10,427

