St. Louis Area Foodbank | Volunteer Newsletter

IMPACT INSIDER

Foodbank
St. Louis Area Foodbank

VOLUNTEER SPOTLIGHT

INSPIRING OTHERS THROUGH SERVICE



July 1 - September 30, 2026

VOLUNTEER HOURS

13,234

What began as a family activity in the summer of 2021 has grown into a lasting commitment to the St. Louis Area Foodbank. Seamus Pennington, an employee of Curium, first introduced his children to volunteering as a way to teach them about making a positive difference in the world. Since then, he has continued volunteering, become a Lead Volunteer, and organized several group volunteer opportunities for his colleagues at Curium. We are grateful for Seamus's dedication and the many people he has inspired to give back!

1. What inspired you to start volunteering with the St. Louis Area Foodbank?
After the pandemic, I was looking for a civic activity I could do with my kids during the summer of 2021. They were 9 and 12 at the time, and it seemed like a good opportunity to reflect on how our actions could make a positive difference in the world. We volunteered once a week that summer, and when school started back up, I continued scheduling shifts for myself because I was enjoying it so much!

2. What does volunteering here mean to you personally?
Getting my start volunteering with my kids adds another layer of meaning to the work and the example I hope to pass on to them. The St. Louis Area Foodbank gives me an opportunity to help shape the future. I hope I'm setting an example they can follow when it's their turn to step up and make a difference in society.

3. Is there a moment or memory that really sticks with you?
After volunteering for several years and becoming a Lead Volunteer, I organized a volunteer shift for my colleagues at Curium. When I returned to work, dozens of coworkers stopped by my desk to tell me how much fun they had and ask when we could do it again! The group had spent the day on their feet counting apples into bags in a warehouse, yet everyone was energized and ready to come back. Helping people feels good, but guiding others toward that opportunity felt amazing!

4. Has it shifted how you think about your community or the work we do?
I've been surprised by how many schools have to operate food pantries. A few hours spent breaking down cardboard or crating potatoes might seem like a small contribution, but that work can help alleviate the burden on educators and allow them to focus on creating a classroom where students are ready to learn

each day. Our work doesn't just help feed those in need; it also helps remove barriers to healthcare, housing, and education.

5. What is your favorite thing about volunteering with us?
It's the best community-building experience anyone could ask for! I have the opportunity to meet a new group of strangers each shift, and by the end, we've become a team. The employees and fellow Lead Volunteers at the Repackaging Center are people I trust and look up to as mentors. I also feel more connected to St. Louis as a city because I get to witness firsthand all the efforts being made to shape it into the community we all want it to be.

A million thanks to Seamus for his continued dedication, leadership, and partnership with the St. Louis Area Foodbank! We appreciate the many ways he helps bring people together to make a difference in our community.

DONATION MATCH!

If you are looking for another way to support our mission, this is a wonderful time to give! Through December 31, an anonymous donor is matching donations to the St. Louis Area Foodbank dollar for dollar - up to $50,000. That means your gift can go twice as far! Because having access to food means more than a meal. It means families gathering around the table, sharing traditions, and enjoying the connection and joy that come with the holidays. Thank you for all the ways you show up for our neighbors. You make this work possible!

SCAN HERE:

THANK YOU
FOR YOUR ONGOING SUPPORT
MASTERCARD TEAMS



DON'T FORGET ABOUT OUR VOLUNTEER APPRECIATION RAFFLE

Each time you volunteer during the quarter, your name will be entered to win a raffle prize!

That means the more you volunteer, the better your chances!

- Two prizes awarded for each quarter:
  Ages 15 & under: 1 winner
  Ages 16 & over: 1 winner
- Every volunteer shift = 1 raffle entry
- Drawing Held: The first week of the following quarter.
- Winners will be contacted directly.

1st Quarter Winner
Cindy Johnson
St. Louis Area Foodbank SWAG

Have a story you want to share? Contact Jennifer Nemet at 314.227.3727 or jnemet@stlfoodbank.org

Don't Forget to tag us on your social media pages
#STLFoodbank #EndHunger #Feeding America