



The FISH of Roseburg
Mailing: PO Box 1162
Physical: 405 NE Jerry's Dr
Roseburg, OR 97470

541-672-5242

thefishrbg@gmail.com



Food For Thought

Earlier in the month, I was doing a research project when I came across a letter written by the CEO of Oregon Food Bank, Susannah Morgan. It was written with words of strength, and if you have the opportunity, you should check it out (<https://www.oregonfoodbank.org/food-for-all/>). It is on their website under their latest news, titled, "Food For All". Here at the FISH Pantry, we follow the same sentiments. So:

If you ever find yourself in need of food, we welcome you. If you ever feel shame, please don't, as we welcome you. If you are young or old, if your skin is black, brown, or white, we welcome you. No matter your religion, or even if you have none at all, we welcome you. If you are a legal citizen or not, we welcome you. We don't care what look like, who you love, what you believe, etc., we welcome you. You are our friend, our neighbor, and we do not ever want you to go hungry. You are always welcome at the FISH Pantry.

It is always important to be kind to one another. Besides, you just never know when it might be you who finds yourself in need of a little kindness one day.

Kim



Our Six Sponsoring Churches

- Faith Lutheran
- First Presbyterian
- First United Methodist
- St. George Episcopal
- St. Joseph Catholic
- Umpqua Unitarian Universalists

INSIDE THIS ISSUE

- Roseburg Food Project 2
- Recipe of the Month2
- News from Oregon Food Bank.....3
- Volunteer Drivers Wanted 3
- Cans Film Festival.....3
- Service Summary 4



MARK YOUR CALENDAR

- Happy Valentine's Day— Tue., February 14th
- Pantry Closed for President's Day Mon., February 20th
- Cans Film Festival at Roseburg Cinema— Sat., February 25th



Did you know that 1 in 5 people in Douglas County are food insecure?



Learn how you can help to reduce hunger in Douglas County by joining the Roseburg Food Project. It really works!

- Since 2012, over 650 Roseburg households have donated over 260,000 pounds of food...one bag at a time!
- Each green bag of donated food provides 10 meals for one of your hungry neighbors.

You want to help...We make it easy!

Here's how:

1. Each week, you buy **just one** extra non-perishable food item when you go shopping.
2. Store it in our green Food project bag.
3. On the 2nd Saturday of every other month, a neighbor will pick up the bag and bring it to the FISH Food Pantry

It's that simple!!!

JOIN US NOW!

RoseburgFoodProject.org

or

You may also call: 541-673-9804



A Delicious, Simple Recipe To Make Your Valentine!



Ingredients

- 1/2 cup Flour
- 1 Egg
- 1 cup Milk
- 1/2 tablespoon Sugar
- 1/8 teaspoon Salt
- 1 tablespoon Butter (melted)
- * Non-Stick Frying Pan
- * Plastic Squeeze Bottle
- * Icing Sugar

2



HEART LACE CRÊPES

(MAKES 15 X 5" CRÊPES)

1. In a large bowl, mix ingredients together (wet-dry method). Mix, or blend until the batter is smooth and there are no large clumps.
2. Pass the batter through a fine sieve and pour into a plastic squeeze bottle fitted with a small tip.
3. Pre-heat a lightly buttered, non-stick pan on medium heat. Tilt and pour your batter onto the pan, creating a freehand "lace" pattern. Here are some heart shaped lace patterns for inspiration. There is a little bit of a learning curve, but after the first 2, it should be easy and fun to make random patterns.
4. Cook the crêpes until golden brown on the bottom, about 2 minutes. Flip and cook the other side until golden. Because of the lace pattern, you can't exactly fill these lace crêpes—instead, you can lightly dust them with sugar, or pour your favorite syrup or compote on top. Et Voila!





News from Oregon Food Bank

Oregon Hunger Response Day
April 13th, 2017
Salem, Oregon

This all-day event includes:

- Networking with food banks and partner agencies from across the state
- Visits to legislative offices to advocate for the Oregon Food Bank Network’s legislative agenda (small groups led by trained team leaders)
- Speakers and trainings
- State Capitol tours
- Complimentary lunch

Anyone is welcome to attend. Advocates are needed to be a voice, reminding our legislators to keep anti-hunger policies a priority.

If you are interested in participating, please contact Nicole Forbes at nforbes@oregonfoodbank.org.



CANS FILM FESTIVAL
FEBRUARY 25TH
ROSEBURG CINEMA



“Secret Life of Pets”!
Admission is only
three cans of food per person.
One extra can gets you a
Free small Popcorn!

Support the UCAN Food Bank. *It's easy.* Bring your canned food donations to Roseburg Cinema located at 1750 NW Hughwood Ave. on February 25th.

Doors open at 9:30 am and the show starts at 10:00 am

All food collected will be distributed throughout Douglas County.



VOLUNTEER DRIVERS
WANTED

The FISH Pantry is currently looking for volunteer drivers who have either a pickup truck and/or trailer, and are willing to sign up for one Tuesday or Thursday each month, to pick up our food from UCAN and deliver it to the pantry. This commitment requires approximately 1-2 hours, one day per month.

We would like to create a rotating schedule of set volunteers who are willing to perform this duty. No lifting is required. We simply need drivers who are able to pick up the food from UCAN and drive it down to our pantry. The items will be loaded and unloaded from your truck or trailer via an electric pallet jack.

If interested, please contact Kim at 541-643-9453 or roseburgfish@gmail.com



THE FISH OF ROSEBURG SERVICE SUMMARY



JANUARY 2017:

THE FISH PANTRY WAS OPEN

15 TIMES FOR

30 HOURS

<u>Totals for January:</u>	2015	2016	2017
Families:	1130	1008	910
Persons:	4418	3854	3452

<u>Family size:</u>				<u>Age groups:</u>			
1	224	5	143	0 - 5	227	24-44	972
2	126	6	95	6 - 11	363	45-54	353
3	100	7	77	12-17	354	5-69	563
4	84	8+	61	18-23	369	70+	251

Areas of service: Roseburg Area: 574 households (63%),
Outside Roseburg: 336 households (37%)
North: 155 South: 94 East: 16 West: 71

Miscellaneous info: Homeless persons: 28 New Pantry applications: 82 (9%)
Pantry Volunteers: 58 Volunteer hours: 479

Retail Purchases: Total \$2,417.37 includes Milk: 516 gal = \$1,279.68, 207 1/2 gal milk = \$327.06; Hotdogs: 960 lbs = \$609.36; Infant Formula: 9 lbs = \$201.27

Wholesale Purchases: Total \$3,861.97, 5,876 lbs (eggs 936 lbs, tuna 320 lbs, cereal 363 lbs, chili 180 lbs, pasta 60 lbs, peanut butter 104 lbs, canned fruit 1,501 lbs, canned vegetables 858 lbs, juice 108 lbs, rolled oats 357 lbs, dried beans 360 lbs, flour 410 lbs, and beef 286 lbs)

UCAN/ OFB donation: 37,765 lbs. \$1,609.72

USDA (Federal Food Program): 7,739 lbs

Total Pantry Food Expenditures: \$7,889.06

Food Donations Direct to FISH: Total 2,824 lbs Includes Churches: 2,492 lbs, Other/Community: 256 lbs, and the Roseburg Food Project: 76 lbs

Total Food Purchases and Donated: 60,501 lbs.

Pediatric Medication Service: The FISH paid for 18 Prescriptions in December 2016

Shelter Service: During January 2017 the FISH provided 19 person nights of emergency shelter.

Transportation Service: During January 2017, the FISH pro-



The FISH of Roseburg
405 Jerry's Drive
P.O. Box 1162
Roseburg, OR 97470

Phone: 541-672-5242
E-mail: thefishrbg@gmail.com



Thank you for donating books,
ALTRUSA!



The FISH of Roseburg is an agency of the Greater Douglas United Way

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at <http://www.ascr.usda.gov/complaintfilingcust.htm>, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.

