



# Food For Thought

## NEW YEAR, NEW NEWSLETTER

What better way to start the New Year than with a fun, fresh, newsletter from the FISH Pantry? By creating individual segments, we will be able to feature specific areas of interest, so that you, the reader, will be able to hone in on items in an easier to read format. We hope you like it!

## FROM THE DIRECTOR

Yesterday, I had the opportunity to attend a wonderful function hosted by the Cow Creek Umpqua Indian Foundation. For almost three hours, I was able to listen to the many stories by different agencies, whose mission it is to reach out and assist others. In one form or another, every single person sitting in that conference center worked or volunteered for an agency whose soul purpose exists in order to help those in our communities. As I heard the different stories from wildlife rescue organizations, boys and girls clubs, victim advocacy groups, other food pantries, and more, I garnered a new respect for the many, many individuals who make it their life's work to give. There couldn't be a greater gift than the gift of giving, and I was surrounded by an entire conference room of givers! And yet every single day that I come to work, I am again surrounded by givers. Every individual that I work with on a daily basis are at the pantry as volunteers, and every time an individual walks into the Pantry with a bag of food in hand, it is again being done by a giver. Sometimes a check is donated to the FISH Pantry anonymously, and sometimes toys are brought in from those who love to give. Even our clients give back. Many give in the form of a kind word or story, while others join our volunteer team. I am surrounded every single day by people who care. I am surrounded by people full of compassion. I am surrounded by people who give of themselves so that our friends and neighbors may go to sleep at night with a full stomach. And I am surrounded by those who bring clothing in so that children may have a warm coat, or that adults and children alike may have a handmade sweater, hat, or pair of socks. I am even surrounded by those who bring books in so that the children may learn to read, so that families can read together, or even just so that someone can escape into a story just because. I could go on and on about all of the amazing individuals that I am surrounded by each and every day. What could be better than being surrounded by warm, happy, loving, giving volunteers every single time I come to work? I can't think of many...other than my two amazing boys of course! I guess it just goes to show that working and/or volunteering at the FISH Pantry is the place to be if you want to be surrounded by happiness. Maybe you should think about joining us one day a week! Being a giver, a volunteer, is after all a pretty wonderful thing.

I hope to see you soon!

*Him*



[www.fishofroseburg.org](http://www.fishofroseburg.org)

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

541-672-5242

[thefishrbg@gmail.com](mailto:thefishrbg@gmail.com)



Our Six Sponsoring Churches:  
Faith Lutheran  
First Presbyterian  
First United Methodist  
St. George Episcopal  
St. Joseph Catholic  
Umpqua Unitarian Universalists

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## MARK YOUR CALENDAR

- Pantry Closed  
Mon., January 16th—  
Martin Luther King Jr. Day
- John Nilsen Piano Concert—  
Saturday, February 4th
- Roseburg Food Project  
Collection Day—  
Saturday, February 11th

## WE LOVE OUR NEIGHBORHOOD COORDINATORS AND CONTRIBUTORS



Our 73 Neighborhood Coordinators for the Roseburg Food Project did an outstanding job this last December. They collected 13,550 pounds of food from over 700 food donors, including the students from Jo Lane Middle School! The food donated and collected by the Roseburg Food Project is a huge help to the Pantry. This food makes a big difference in the quality, quantity, and variety of food that is available to the Pantry clients. Thank you for all of your hard work and dedication to a very worthy cause.

We would also like to give a big shout out to the Jo Lane students and staff for collecting 1,786 pounds of food. What an exceptional job!

We also appreciate the support and assistance of the business sponsors of the Roseburg Food Project. They make it possible for us to purchase the green, reusable, shopping bags used by our food donors, allow us to provide publicity about the Food Project, and also support us in other areas, such as donating supplies and food! Thank you!

If you would like to join the Roseburg Food Project as a food donor or neighborhood coordinator, check out our webpage:

[www.fishofroseburg.org/roseburg-food-project.php](http://www.fishofroseburg.org/roseburg-food-project.php)

You may also call or email us:

541-673-9804

[thefishrbg@gmail.com](mailto:thefishrbg@gmail.com)

*Once per month, volunteer Master Food Preservers from the OSU Extension Office hold a food tasting in the FISH Pantry. They prepare a main dish, snack, or side dish for our clients, allowing them the opportunity to taste some of the delicious, healthy food we provide. They also pass out the recipes! This is what they cooked last month:*

### Ingredients

- 1 Tablespoon **oil**
- 1 pound boneless, skinless **chicken breasts**, cut bite-sized
- 1 **onion**, chopped
- 1 1/2 teaspoons **garlic powder** or 6 cloves **garlic**
- 2 cans (15.5 ounces each) **white beans**, rinsed and drained
- 1 can (14.5 ounces) **chicken broth** (see notes)
- 2 cans (4 ounces each) chopped **mild green chilies**
- 1 teaspoon ground **cumin**
- 1 teaspoon dried **oregano leaves**
- 1/2 teaspoon **pepper**
- 1/4 teaspoon **cayenne pepper**
- 1 cup (8 ounces) **nonfat sour cream**
- 1/2 cup nonfat or 1% **milk**

### WHITE CHICKEN CHILI

#### Directions

1. Heat oil in a large saucepan; sauté the chicken, onion and garlic powder until chicken is no longer pink.
2. Add the beans, broth, chilies and seasonings.
3. Bring to a boil. Reduce heat; simmer uncovered for 30 minutes.
4. Remove from the heat; stir in sour cream and milk.
5. Refrigerate leftovers within 2 hours.

#### Notes

1. Broth can be canned or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube bouillon.
2. Use leftover turkey instead of chicken.

Cook your own dry beans. One can (15 ounces) is about 1 1/2 to 1 3/4 cups drained beans.



*Delicious!*

*You can find more recipes  
like this at:  
[www.foodhero.org](http://www.foodhero.org)*



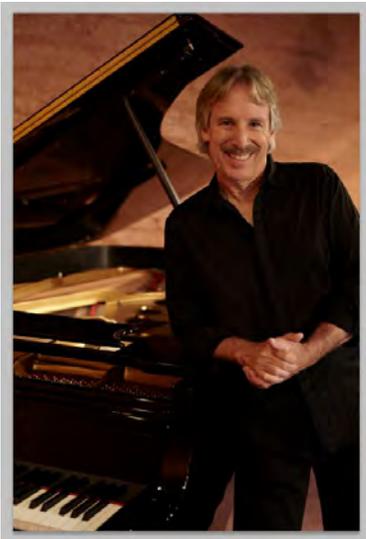


*Thank You, Elkton! Your Kindness Matters.*

## ELKTON COAT DRIVE

The Elkton Community came together in a big way for Douglas County's Citizens this winter. They collected numerous warm, winter coats for Men, Women, and Children, and donated them to the FISH Pantry this December. Because of their generosity, we were able to hang up these warm, clean coats for our clients to choose from. In all, over forty individuals are able to have a warmer winter due to the thoughtfulness of one community. Thank you, Elkton! Your kindness matters. And as an added bonus, your efforts inspired others to collect coats and bring them in as well! We had several individuals and a church in Glide that also rallied together to help bring warmth to those in need. A great big thanks to you all! It is always heartwarming to see the smiles on the faces of those that might otherwise have gone cold this winter.

## AWARD WINNING OREGON PIANIST, JOHN NILSEN TO PERFORM



Get ready for a treat, ladies and gentlemen!

John Nilsen will be performing a solo piano concert at the First Presbyterian Church, located at 823 SE Lane Ave in Roseburg, on Saturday, February 4th, at 7pm.

A suggested donation of \$10 per person, along with a canned food donation, will be collected at the door.

Food collected, and part of the proceeds will benefit the FISH Food Pantry.

Mark this on you calendar!

## 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 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](mailto:roseburgfish@gmail.com)



# THE FISH OF ROSEBURG SERVICE SUMMARY

DECEMBER 2016:

THE FISH PANTRY WAS OPEN  
17 TIMES FOR  
34 HOURS



<u>Annual Totals:</u>	<u>2014</u>	<u>2015</u>	<u>2016</u>
Families:	13,322	12,326	11,769
Persons:	52,186	47,627	45,185
<u>Totals for December:</u>	<u>2014</u>	<u>2015</u>	<u>2016</u>
Families:	1054	963	979
Persons:	3963	3686	3710

<u>Family size:</u>			<u>Age groups:</u>		
1	228	5 147	0 - 5	288	24-44 998
2	141	6 95	6 - 11	404	45-54 433
3	116	7 91	12-17	393	5-69 577
4	102	8+ 59	18-23	386	70+ 231

Areas of service: Roseburg Area: 606 households (62%), Outside Roseburg: 373 households (38%)  
North: 163 South: 109 East: 15 West: 86

Miscellaneous information: Homeless persons: 32 New Pantry applications: 79 (8%)  
Pantry Volunteers: 56 Volunteer hours: 499

Retail Purchases: Total \$7,971.34 includes Milk: 348 gal = \$880.96, 225 1/2 gal milk = \$352.98;  
Hotdogs: 240 lbs = \$237.60; Turkey Breasts: 1400 lbs = \$2,995.80; Cheese: 1600 lbs = \$3,504.00

Wholesale Purchases: Total \$2,755.88, 4,890 lbs (eggs 576 lbs, tuna 96 lbs, pasta 164 lbs, pasta sauce 192 lbs, peanut butter 117 lbs, canned fruit 1,649 lbs, canned vegetables 593 lbs, juice 504 lbs, rolled oats 204 lbs, dried beans 660 lbs, and canned beans 135 lbs)

UCAN/ OFB donation: 36,103 lbs. \$1,784.92 USDA (Federal Food Program): 9,169 lbs

Total Pantry Food Expenditures: **\$12,452.34**

Food Donations Direct to FISH: Total 14,980 lbs Includes Churches: 999 lbs,  
Other/Community: 486 lbs, and the Roseburg Food Project: 13,550

Total Food Purchases and Donated: **72,343 lbs.**

Pediatric Medication Service: The FISH paid for 8 Prescriptions in November 2016

Shelter Service: During December 2016, the FISH provided 19 person nights of emergency shelter.

Transportation Service: During December 2016, the FISH provided 20 Gas Vouchers worth \$190.00 to assist with transportation.

The FISH of Roseburg  
405 Jerry's Drive  
P.O. Box 1162  
Roseburg, OR 97470  
Phone: 541-672-5242  
E-mail: thefishrbg@gmail.com



Wow!

ALTRUSA donated approximately 3500 Books to the FISH Pantry in 2016!!!

In December, they donated 235 Children's Books and 98 Adult's Books.

Thank you for your generosity.  
Our Clients LOVE Books!

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

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