Directors Notes:
Settling in to a new role is always a learning experience, and so it is with this role: I am learning every day just how much an impact FISH has on our community.

This year we plan to celebrate two major milestones: -

— “The FISH at Fifty” – a half century here in Roseburg building community and supporting those in need “

— Ten Years in the Bag” – a decade of service from the Roseburg Food Project, whose Green Bag Food collection has proved so successful. -

As I look at the impact FISH and our affiliated projects have within Roseburg, I am struck by two key facts:

1) FISH is volunteer driven – from its Board of Directors to its critical team of pantry staff – volunteers are key to our mission of being a good steward of the monies gifted to FISH.

2) FISH is respected by its peers, community leaders, and supporters for its professional, efficient, and transparent process of distributing goods and services to our Roseburg constituents.

Also, it is clear that we value our role within the world of charitable organizations, and we strive to fill our niche while supporting and cooperating with our fellow service organizations.

I look forward to our celebrations this year, and as I learn more, I am eager to share with you all the highlights of our service. We hope to showcase how much each of you as volunteer, donor, supporter and partner - share in our impact and share with us the pride of place that we hold here in our Roseburg home.

HOW ABOUT A LITTLE TRIVIA!!! (Everyone loves trivia)

1. On average How many lbs of food is donated to the Roseburg Food Project each year?
2. What year did the Roseburg FISH pantry first open?
3. Roughly how many clients are utilizing the FISH pantry each month?
4. How many volunteers are currently involved at the pantry?
5. How often can a client come to the pantry to get a food box?

ANSWERS ARE ON THE BOTTOM OF THE LAST PAGE.
MAKE PIZZA HEALTHIER

Pizza can go either way: greasy junk food or healthy combo of fresh ingredients. Here’s how to build a pizza with a healthier profile.

1) **Use Lighter Cheese (and less of them)**- Go for a big flavor and fewer calories by using a combination of part-skim mozzarella and naturally lower-fat Parmesan. Add a little zip with scattering of feta.

2) **Load Up on Veggies**— Add green, red, orange, or yellow peppers, small chunks of broccoli and cauliflower, sliced mushrooms, small pieces of cooked sweet potato, black beans, shredded carrots, etc. Be adventurous and use what’s in the fridge. There are no rules—whatever you have toss it on.

3) **Cut Smaller Portions**— Sometimes we grab more pizza than we really need. It’s worth paying attention to portions (do you really need that third or fourth slice?).

4) **Choose Leaner Meats**— The traditional pizza meats are yummy, but you can get the same flavor by swapping out fatty meats like regular pepperoni and pork sausage for turkey pepperoni, Italian flavored chicken sausage or shrimp for variety.

5) **Start With Salad**— Instead of simply eating less pizza, start with a salad so you are not quite so hungry. That will make it a lot easier to stick to tip No. 3

6) **Add Spice and Flavor**— Get spicy instead of greasy. Fresh chilies and red pepper flakes are a good match for more subtle flavors like fresh tomatoes and herbs. Arugula is a great topper to add when you serve pizza.

7) **Try New Combinations**— Try any of these combos and fall in love with healthy pizza:
   - Taco style with black beans, salsa, and cheddar
   - Grilled chicken, roasted red pepper, fresh mozzarella, basil
   - Zucchini, fresh tomato, and ricotta
   - Arugula pesto, red onion, thinly sliced Italian salami, and red pepper flakes
   - Portobello mushroom, roasted cauliflower, and provolone cheese
   - Thinly sliced potato and chives

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**Thank you Altrusa**

We appreciate your
Donation of books

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**WE ❤️ OUR VOLUNTEERS...**

The Roseburg FISH pantry has between 45 to 50 volunteers, depending on the time of year. Ranging in ages from mid 20’s to early 90’s. All having their own way of helping out. One particular volunteer is Caren B. She has been incredibly generous with her time volunteering 3 days a week. Caren is a retired RN who moved to Roseburg 3 years ago, and who has been volunteering at the pantry for 2 1/2 years. Caren has one daughter and one grandchild. She likes to travel and read in her spare time. And she also volunteers 2 days a month at the Winston food pantry.

Thank you Caren
THE FISH OF ROSEBURG SERVICE SUMMARY
The FISH Pantry was open
16 times for 32 hours during the month of December

Totals for January 2022
# of Families: 413
# of Persons  1078

<table>
<thead>
<tr>
<th>Family Size</th>
<th>Age Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 184</td>
<td>0-4 69</td>
</tr>
<tr>
<td>2 62</td>
<td>5-17 194</td>
</tr>
<tr>
<td>3 51</td>
<td>18-24 91</td>
</tr>
<tr>
<td>4 41</td>
<td>65+ 167</td>
</tr>
<tr>
<td>8+</td>
<td>25-44 254</td>
</tr>
</tbody>
</table>

80 of the 184 family size 1 are from the (Homeless Outreach Project)

Areas of Service: Roseburg Households = 286 (69%)
                          Surrounding Areas = 127 (31%)
                          North = 57  South = 40  East = 2  West = 28
Misc. Information:     Pantry Volunteers: 37  Volunteer Hours: 493
Retail Purchases: Total $2,181.12 =3,974lbs, 240 gallons milk 2064lbs, 168 cases water 3,024lbs, 10 cases hot dogs 240lbs, 120 cartons eggs 156lbs and 350lbs of apples
Wholesale Purchases: Total $245.74, 400lbs
UCAN/OFB Donations: $889.21, 14,949lbs
USDA (Federal Food Program): 7,001lbs
Grand Total FISH Pantry Food Expenditures: $3,322.07
Food Donations Direct to FISH: Total 2,094lbs Includes Churches: 108lbs, Other/Community: 733lbs, and The Roseburg Food Project: 1,253lbs
Total Food Purchased and Donated: 28,418lbs
Shelter Service: During January 2022 The FISH provided 5 persons 13 nights of emergency shelter: Totaling $1,047.28
Transportation Service: During January 2022 The FISH provided the following assistance with transportation: Gas Vouchers: 10 gas vouchers for $220.00

Check us out at www.fishofroseburg.org or Follow us on Facebook and click like or subscribe:

The FISH of Roseburg is an agency of the Greater Douglas United Way
Please consider giving!
When you give, we all gain.

Answers to trivia questions
1. 60,000lbs  2. 1971  3. 1000 (Currently)  4. about 50  5. Once per month