



The FISH of Roseburg Newsletter

May 2024

Jenn's Corner

Dear FISH Community,

Before delving into the exciting updates and events ahead, I want to take a moment to express my deepest gratitude to Bella, Emma, and Maria for their exceptional efforts in organizing our Volunteer Appreciation Lunch. Your dedication to recognizing the invaluable contributions of our volunteers does not go unnoticed, and we are truly grateful for your hard work and thoughtfulness.

Now, as we continue to reflect on recent successes, I am thrilled to share some important updates and upcoming events with you:



- ****Closure for Memorial Day****: Please note that in observance of Memorial Day, our pantry will be closed on May 27th. We encourage you to plan accordingly and reach out to us with any questions or concerns.

- ****Community Mural Unveiling****: Join us on May 16th at noon for our Open House and Art Unveiling event. This will be a wonderful opportunity to celebrate the completion of the community mural, created with love and collaboration by members of our community. All are encouraged to stop by and witness this special moment.

- ****Save the Date - "Strike out Hunger" Bowling Fundraiser****: We're excited to announce our upcoming "Strike out Hunger" bowling fundraiser at Ten Down on October 12th from 3pm-6pm. Mark your calendars for an afternoon of fun and camaraderie, all in support of our mission to alleviate hunger in our community.

Your continued support and involvement are what make our organization thrive, and we are grateful for each and every one of you.

With warm regards,

Jenn Reid, Executive Director

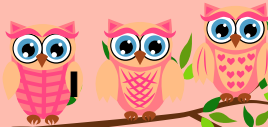
ROSEBURG FOOD PROJECT SATURDAY JUNE 8TH

WHAT WE NEED

CANNED CHILI
CANNED FRUIT
CANNED MEAT (TUNA)
PEANUT BUTTER
READY MADE FOODS

DOG/CAT FOOD
TOILET PAPER
PAPER TOWELS
SHAMPOO/CONDITIONER
SOAP

CEREAL
CANNED REFRIED BEANS
LAUNDRY SOAP
SINGLE SERVING ITEMS



White Chicken chili

INGREDIENTS

1 tbsp. Neutral oil
1 medium yellow onion, chopped
1 jalapeno, seeded, finely chopped
2 cloves garlic, finely chopped
1 tsp dried oregano
1 tsp ground cumin
3 boneless, skinless chicken breasts cut into thirds
5 c low sodium chicken broth
2 (4.5oz) cans green chiles
kosher salt
black pepper
2 (15oz) cans white beans, drained, rinsed

1 1/2 c. frozen corn
1/2 c. sour cream
1 avocado, thinly sliced, for serving
1/4 c. chopped fresh cilantro, for serving
1/4 c. crushed tortilla chips, for serving

DIRECTIONS

step 1
In a large pot over medium heat , heat oil. Add onion and jalapeno and cook, stirring, until softened, about 8 minutes. Add garlic, oregano and cumin and cook, stirring until fragrant about 1 minute. Add chicken, broth and chiles season with salt and pepper. Bring to a boil, then reduce heat and simmer, uncovered, until chicken is tender and cooked through, 10 to 12 minutes. Transfer chicken to plate and shred with two forks.

Step 2
Add beans to pot and bring to a simmer. Cook smashing about one-quarter of the beans with a wooden spoon, until slightly thickened, about 10 minutes. Add corn and shredded chicken and cook, stirring, until heated through, about 1 minute more. remove from heat and stir in sour cream.

Step 3
Ladle chili into bowls top with avocado, cilantro chips and cheese.

VOLUNTEER SPOTLIGHT

THIS MONTH OUR SPOTLIGHT IS ON ONE OF OUR SPECTACULAR VOLUNTERS, MARIA WHITEHEAD. MARIA IS OUR VOLUNTEER COORDENATOR AND WE ARE SO BLESSED TO HAVE HER. MARIA IS AN AMAZING COOK AND IS ALWAYS READY TO HELP WITH ANY EVENT THAT COMES UP. SHE IS ALWAYS FULL OF GREAT IDEAS THAT HELP THE PANTRY TO KEEP GROWING. THANK YOU MARIA FOR ALL YOU DO.



FOOD PANTRY TRIVIA

Did you know
Feeding America has
60,000 partner food
pantries

