

THE FISH REVIEW

FEBRUARY 2025



Dear Friends of FISH,

February is here, and with it comes my favorite holiday—Valentine's Day! I have always loved love. I love the way it connects us, lifts us up, and reminds us that, at the heart of everything, we are here for one another. Love is not just a feeling; it's an action, a way of life. And at The FISH of Roseburg, love and compassion are the foundation of everything we do.

This month, however, love must also be our strength. We are facing new challenges as we continue to serve our community. We recently lost a key donation source from Albertsons, which means fewer resources to keep our shelves stocked. On top of that, we've seen an increasing number of families devastated by fraudulent charges stealing their SNAP benefits—leaving them with no way to put food on their tables. When these families turned to us, we didn't hesitate to step up. No one should go hungry because of circumstances beyond their control.

We also know that rising grocery prices are putting more and more families in difficult situations. Many hardworking people simply can't stretch their paychecks far enough. To better support these families, we are expanding our pantry hours to include one Saturday a month. This will allow those who work during the week the opportunity to get the help they need without sacrificing a day's wages. We believe access to food should not be another obstacle for those already struggling.

Through every challenge, we remain committed to our mission—serving with love and compassion. What better time than this month of love to reaffirm our dedication to feeding our community, no matter what obstacles come our way? With your support, we will continue to make sure no one is left behind.

With love and gratitude,

Jenn Reida

Executive Director

The FISH of Roseburg

HAPPY VALENTINE'S MONTH

Volunteer Spotlight

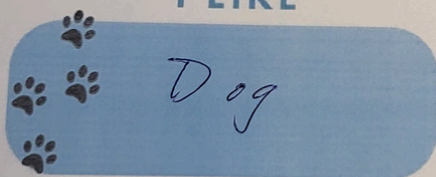
NAME : Diane Toor



FAVORITE COLOR

Pale Green

AN ANIMAL
I LIKE



SOMETHING I
ENJOY DOING

Making cards
For friends

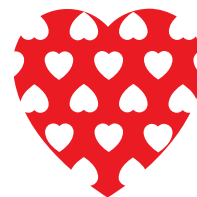
THE SILLIEST FOOD
I CAN IMAGINE

Snake

January 29, 2025 3:23 PM



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V

E

Diane is a loyal dedicated kind volunteer her at FISH . She loves to volunteer to help others and to see her friends here at the pantry. In her spare time, Diane, likes to make greeting cards. Before Diane retired and became a volunteer she worked in the motion picture industry in human resources. We enjoy you volunteering at the FISH pantry. Thank you for all you do.





Thank you to The Coquille Tribal Community
Fund,
for the awarded grant to go towards the
purchase of a new refrigerated vehicle to
aid us in keeping donations safe on their
journey to the pantry

A Special
THANK YOU

Avista
Riverside Inn
Umpqua Health Alliance
UC Veg
Thrive

FISH TRIVIA QUESTION

What makes broth
different from stock

ANSWER ON NEXT PAGE





Service Summary for February 2025

989 Families Served
2659 Individuals served

Family Size

1	418	5	96
2	165	6	39
3	111	7	40
4	99	8+	21

Age Group

0-4	418	25-44	622
5-17	547	45-64	625
18-24	798	65+	380

Volunteers= 54
Volunteer hours= 665

Food Donations
Roseburg Food Project= 538
Community & Churches= 8,208

UP COMING EVENTS

* February 3rd Pantry Committee Meeting 3:30PM @ FISH

February 6th Bowl painting for empty bowls (PLEASE SEE FLYER
ON NEXT PAGE)

* February 8th Roseburg Food Project (Green Bag) pick up

* February 13th Candle Making with Jenn Reida 6pm - 9pm
@ Little Brothers Pub

* February 17th Pantry closed for Presidents Day



TRIVIA ANSWER

Brooth is made of meat, and stock is made of bone



PO Box 675 | Roseburg, OR 97470 | 541-378-6359 | StayFresh@ucveg.org | ucveg.org

Hearty Pot of Lentils & Rice

Prep Time: 30 minutes | Yield: 8 ½-cup servings

Enjoying tasty, satisfying and healthy meals can also be affordable and convenient. This dish is ideal for refueling after a long day and feeding a family when time for meal prep is short. Preparing this recipe with rice, lentils, ½ cup carrots, and ½ cup frozen peas costs about \$1.00!

Ingredients

- ½ cup red lentils
- ½ cup white basmati rice
- 3 cups of water
- ½ tsp salt (or to taste)
- ¼ tsp ground black pepper (or to taste)
- 1-2 cups vegetables of choice, fresh or frozen, chopped:
 - Carrots, peas, celery, cauliflower, cabbage, broccoli, onion, minced garlic, frozen corn (use any combination of these)
- Optional extras: chopped parsley, nutritional yeast, tamari, hot sauce

Instructions

1. Combine water, lentils, rice, vegetables, salt and pepper in a medium sized pot that has a tight-fitting lid.
2. Turn the heat to high and bring to a boil. Once boiling, reduce heat to low. Cover the pot with a tight-fitting lid and simmer for 7-9 minutes. Turn off the heat and let the pot sit, covered, for 15-20 minutes to finish cooking. The water should be gone and the rice and lentils should be tender but not mushy.
3. (Optional) Serve with garnishes such as nutritional yeast, fresh herbs like parsley, tamari, or hot sauce. Enjoy!



Healthy Cooking on a Budget: A Delicious Success!

On January 27, we teamed up with Thrive Umpqua and UCVEG to host our first Healthy Cooking on a Budget class for our clients—and it was a hit! The class focused on recipes using ingredients we regularly stock at the pantry, making it practical and accessible for all attendees. Clients not only learned new cooking techniques but also gained confidence in preparing nutritious, budget-friendly meals for their families.

We believe that feeding our community goes beyond just providing food—it's about nourishing them with wholesome options and empowering them with the knowledge to make the most of what's available. Due to the positive response, we are excited to offer this class quarterly and look forward to growing the program.

Stay tuned for future dates and opportunities to get involved!

THE ROAD TO A NEW REFRIGERATED VAN/TRUCK



"Thanks to the generosity of our community, we've made great progress toward funding a refrigerated vehicle to better serve our neighbors in need! We're not there yet, and every donation helps us get closer to our goal. If you'd like to contribute, your support will make a lasting impact—thank you!"



Bowl Painting for Empty Bowls

1ST THURSDAY OF THE MONTH

OVER THE HILL CERAMICS

400 SE LANE ROSEBURG

STARTS AT 4:30PM

BYOB & BRING AN APPETIZER TO SHARE!

See you there!

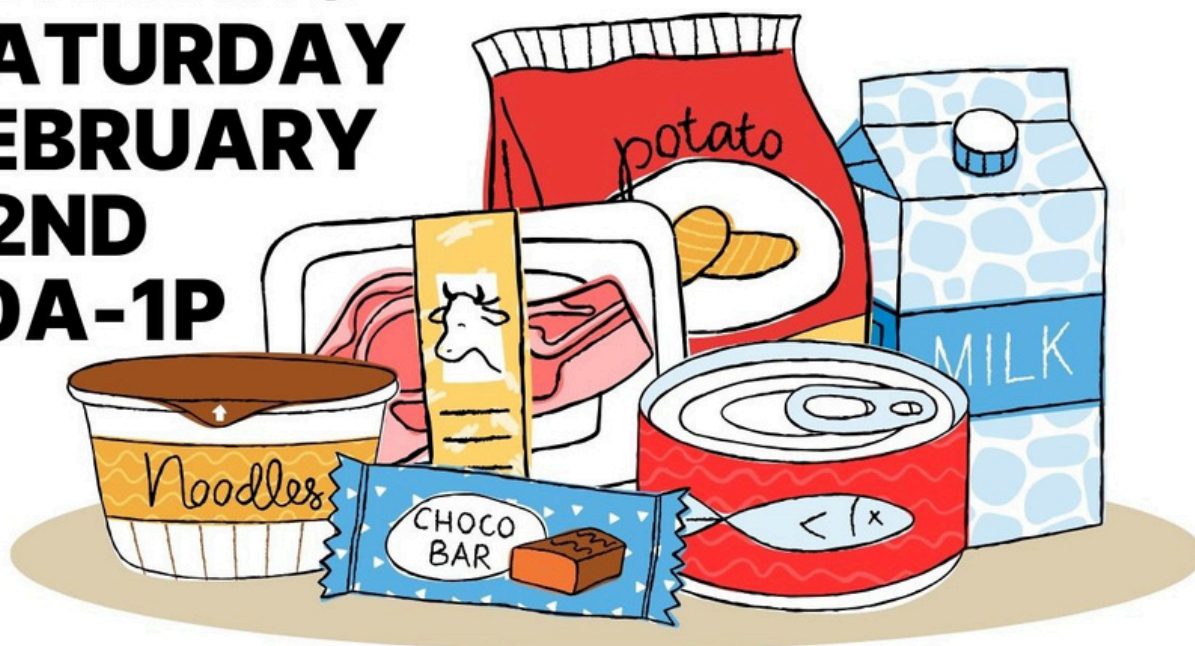


The FISH of Roseburg
FOOD PANTRY

OPEN 4TH SATURDAY

of each month

**STARTING
SATURDAY
FEBRUARY
22ND
10A-1P**



Exciting News!

To better serve our community, The FISH of Roseburg is extending our operating hours! 🌟 Starting Saturday, February 22, 2025, we will be open the 4th Saturday(10am-1pm) a month to ensure more families have access to the food and resources they need.

Whether you're balancing a busy schedule or can't make it during the week, we're here to help. Together, we're working to ensure no one in our community goes hungry. 🧡

#FishOfRoseburg #FeedingHope #CommunitySupport

DROP-OFF LOCATION



The FISH of Roseburg

405 Jerry's Drive, , Roseburg, OR 97470

How You Can Help

- **Donate Your Time:** Join our team of amazing volunteers and make a difference in your community!
- **Donate Items:** Help keep our shelves stocked by donating non-perishable food, toiletries, or other pantry essentials.
- **Donate Funds:** Support our mission by making a financial contribution. Every dollar helps us feed local families in need. Together, we can fight hunger and bring hope to our neighbors! 🧡