

THE FISH REVIEW

JANUARY 2025

JENNS CORNER

Dear Friends of FISH ,

Happy New Year! As we step into 2025, I want to take a moment to reflect on the incredible year we've had and share our excitement for the year ahead.

In 2024, The FISH of Roseburg served over 900 families each month, providing food and resources to bridge the gap for many in our community. Through our partnerships with DoorDash and local agencies, we ensured that even those facing significant barriers could access the support they need. Thanks to our volunteers, donors, and community partners, we've continued to grow our programs, increase access to culturally and dietary sensitive foods, and make an impact where it's needed most.

While rising grocery prices and a decrease in food availability presented challenges, your support helped us rise to the occasion. Whether it was through food drives, donations, or volunteer hours, you helped make 2024 a year of resilience and compassion.

As we look ahead, I'm excited for the possibilities this New Year brings. We're committed to expanding our reach, deepening our partnerships, and ensuring every family who walks through our doors feels seen, supported, and valued. None of this would be possible without the dedication of our incredible volunteers.

Speaking of volunteers—this is where YOU come in! We're seeking enthusiastic individuals to join us on the 4th Saturday of every month. These are critical days for serving our community, and your time and energy could make a world of difference. If you've been looking for a way to give back or get involved, this is the perfect opportunity to step in.

Additionally, we're thrilled to roll out new sponsorship opportunities for 2025. If you or your business would like to partner with us to create a stronger, healthier community, I'd love to connect with you. Sponsorships are a fantastic way to make a meaningful impact while aligning your values with our mission. Feel free to reach out to me directly for more details!

Thank you for your unwavering support and belief in our mission. Together, let's make 2025 a year of hope, connection, and impact.

With gratitude,

Jenn Reida

Executive Director, The FISH of Roseburg



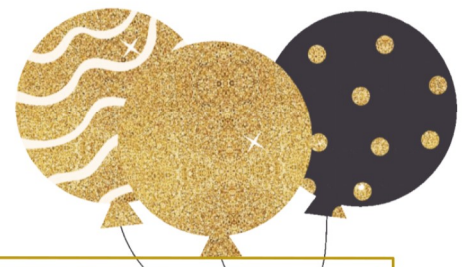


JANUARY EVENTS

JANUARY 4TH NATIONAL SPAGHETTI DAY

JANUARY 16TH NATIONAL COFFEE DAY

JANUARY 22ND NATIONAL HOT SAUCE DAY



JANUARY BIRTHDAYS

JENN REIDA 16TH

SUSAN T 20TH

TERESA H 4TH



FISH would like to give a heartfelt gratitude to Thrive Umpqua for being part of our fantastic open house event.

The dietary advice they provided was incredibly insightful and showcased their dedication to improving the health and well-being to the community.

TRIVIA

Out of 100%, what percentage of charitable organizations are food pantries, food kitchens, and shelter programs?

Answer on last page

DONOR SPOTLIGHT

Mercy Foundation's Festival of Trees: Supporting Nutritious Options for Douglas County Kids

The holiday season brings with it many cherished traditions, and one of our community's most beloved events is the Mercy Foundation's Festival of Trees.

This annual celebration is not only a beautiful showcase of creativity and holiday spirit but also a vital fundraiser that directly impacts the health and well-being of families in Douglas County.

The funds raised through the Festival of Trees support numerous initiatives, and we at The FISH of Roseburg are honored to be among the beneficiaries. Thanks to the Mercy Foundation's quarterly grant, we are able to ensure that children in Douglas County have access to nutritious food options when their families and caregivers shop at our pantry.

For many families, rising grocery prices and financial struggles make it difficult to prioritize healthy food choices. The Mercy Foundation's generosity allows us to stock shelves with items that provide balanced, wholesome meals—helping children grow strong and thrive. This support is critical, especially during times when children are home from school and may not have access to regular school meals.

We are incredibly grateful for the partnership we share with the Mercy Foundation. Their dedication to building a stronger, healthier community is truly inspiring, and their Festival of Trees event highlights the power of coming together to make a difference.

From all of us at The FISH of Roseburg, thank you, Mercy Foundation, for helping us create a brighter, healthier future for Douglas County's children.

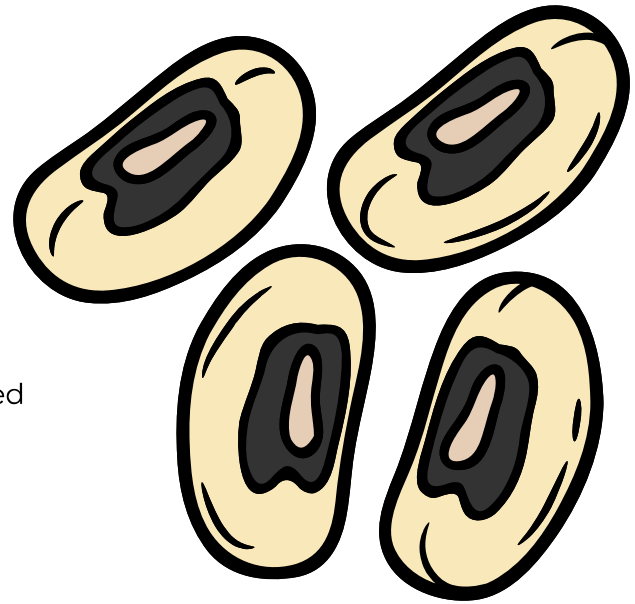
Thank You!

MERCY FOUNDATION
GREEN BAG DONORS
WESTON FOUNDATION

NEW YEAR'S BLACK-EYED PEAS

INGREDIENTS

2 Tbsp. extra-virgin olive oil, plus more for drizzling
4 oz. slab bacon, cut into ½" pieces (optional)
1 medium onion, finely chopped
5 sprigs thyme, plus leaves for serving
4 garlic cloves, smashed
2 cups dried black-eyed peas, soaked overnight, drained
Kosher salt and freshly ground black pepper



Preparation

Step 1

Warm 2 Tbsp. extra-virgin olive oil in a large saucepan on the stovetop over medium heat. Add 4 oz. slab bacon, cut into ½" pieces (if using), and cook, stirring occasionally, until some of the fat begins to collect in the pan and bacon starts to look shiny, about 5 minutes.

Step 2

Add 1 medium onion, finely chopped and cook, stirring occasionally, until golden and tender, about 5 minutes. Add 5 sprigs thyme, 4 garlic cloves, smashed, 2 cups dried black-eyed peas, soaked overnight, drained, and 8 cups cold water and bring to a simmer over medium-high. Reduce heat to medium-low and simmer gently, skimming any foam from surface, until beans are tender, 35–45 minutes. Discard thyme; season with kosher salt.

Step 3

To serve, drizzle beans with extra-virgin olive oil and top with thyme leaves and freshly ground black pepper.

Do ahead: Dried beans can be cooked 3 days ahead. Let cool; cover and chill.

The tradition of eating black-eyed peas on New Year's Day is a Southern custom that's thought to bring good luck and financial prosperity in the year ahead. The tradition has multiple origins and variations, including:

Symbolism

Black-eyed peas represent coins, while greens represent paper money, and cornbread represents gold.

Quantity

Some say eating 365 black-eyed peas, one for each day of the year, will bring the best luck.

Pennies in the pot

Adding a coin to the pot while cooking the peas is said to bring the best luck to the person who gets the coin in their bowl.

Hoppin' John

In the Carolinas, black-eyed peas are often cooked with rice to make Hoppin' John.

Legends

One legend says that during the Civil War, the Union Army left black-eyed peas behind for the Confederate Army to eat during the winter. Another legend says that enslaved people ate black-eyed peas on January 1, 1863, the day the Emancipation Proclamation was passed.

The tradition of eating black-eyed peas and greens on New Year's Day has roots in West African and European traditions. Black-eyed peas are native to West Africa, and West African spiritual practices often involved deities who liked black-eyed peas.