



# **THE FISH REVIEW**

**December 2024**

## **A Note from the Executive Director**

**As the year comes to a close, I find myself filled with immense gratitude for the incredible volunteers, donors, and staff who make our work possible. Your generosity and dedication are the heart of everything we do at FISH of Roseburg, and I am endlessly thankful for each of you. This December, I'm thrilled to share the exciting news about Umpqua Valley Little Free Pantry Project coming to Douglas County! This wonderful initiative, led by community members, will provide more accessible support to neighbors in need, and we can't wait to see the positive impact it will have in our area. I'm also eagerly anticipating our Holiday Open House, a chance to celebrate together and reflect on the impact we've made as a community. I hope to see many of you there to share in the joy of this season. Thank you for continuing to believe in our mission and for making a difference in the lives of so many. Wishing you and your loved ones a warm and joyous holiday season!**

**With gratitude,  
Jenn Reida**

**Executive Director, FISH of Roseburg**



## **UPCOMING EVENTS**

**December 12th**

**Volunteer open House**

**5pm - 8pm**

**Week of 12/16 - 12/20**

**Volunteer secret Santa**

**Pick a name, bring a gift**



# Hearty Lentil Soup

Total Time: 45 - 60 minutes | Yield: 6 servings

## Ingredients

1 medium onion, chopped  
3 medium carrots, chopped  
3 cloves of garlic, minced (optional)  
1 medium potato, chopped  
8 cups water  
3 cups brown lentils, rinsed  
15 oz. can of diced tomatoes, including the liquid  
2 tsp salt  
2 tsp ground black pepper  
4 cups chopped fresh spinach, kale or other hearty green  
Optional seasonings: 3 vegetable bouillon cubes; 2 tsp ground cumin; 2 tsp dried thyme; 5 bay leaves; crushed red pepper

## Instructions

1. In a large pot over medium-high heat, add chopped onion and carrots. Cook for 4-5 minutes, stirring regularly, then reduce heat to medium.
2. Add garlic, if using, and stir for 1 minute.
3. Pour in the water, add all remaining ingredients and bring to a boil. Stir to mix. Reduce heat to medium-low and simmer, partially covered, for 45 minutes, or until lentils are tender.
4. Add chopped spinach or kale and add to soup to allow the greens to wilt. Add in any optional seasonings.
5. Store leftover soup in the fridge for up to 5 days, or freeze for up to 3 months.



We're excited to announce our partnership with Thrive Umpqua and UC-VEG to provide educational resources and recipes to our clients. This month, we're highlighting lentils as our "Healthy Choice of the Month." Clients have been enthusiastic about the information and are eager to try the new recipes at home.

To learn more about our collaboration with Thrive Umpqua and UC-VEG, please join us at our open house on December 12, 2024, from 5:00 to 8:00 PM. We look forward to sharing more about our initiatives and how we're working together to promote healthier lifestyles in our community.



# A SPECIAL THANK YOU

\*SHERMS THUNDERBIRD

\*GROCERY OUTLET

\*HOME DEPOT



## TRIVIA

How many food  
banks are in the  
United States?

**Answer on last page**



## QUOTE OF THE MONTH

**Volunteers are not paid  
-not because they are  
worthless, but because  
they are priceless**



## The FISH Pantry.

## will be Closed



**December 24th,  
25th and 31st**

# Thank You to Our Amazing Food Drive Supporters!

We want to extend our heartfelt thanks to the incredible groups and organizations that have recently held food drives to support our pantry. Your generosity and dedication help us provide essential food and resources to families in need in our community.

Thanks to your efforts, our shelves are stocked, and more families will have nourishing meals to bring to their tables. You are truly making a difference, and we couldn't do it without you!

From all of us at FISH of Roseburg, thank you for your compassion, hard work, and kindness. Together, we are creating a stronger and more caring community. ❤️





# Volunteer Spotlight: Suellen Harrington

This month, we're shining a spotlight on Suellen Harrington, who has been a dedicated volunteer with FISH for an incredible 15 years! Suellen's unwavering commitment, warm smile, and infectious laugh brighten the pantry and lift the spirits of everyone she meets. Her passion for helping others is truly inspiring.

In this photo, Suellen is joined by her daughter, Jennifer, who serves as our amazing treasurer. Together, this dynamic duo exemplifies the heart and soul of FISH. The love they share for our mission runs deep, and we're endlessly grateful for their hard work and dedication to serving our community. Thank you, Suellen and Jennifer, for all that you do!

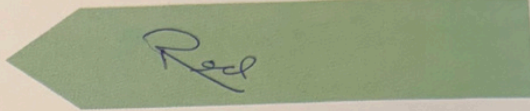
## Volunteer Spotlight

NAME : **Suellen**

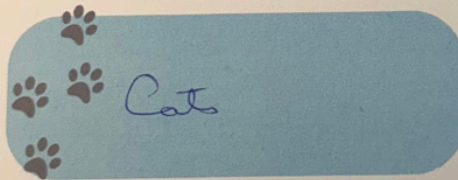


PICTURE

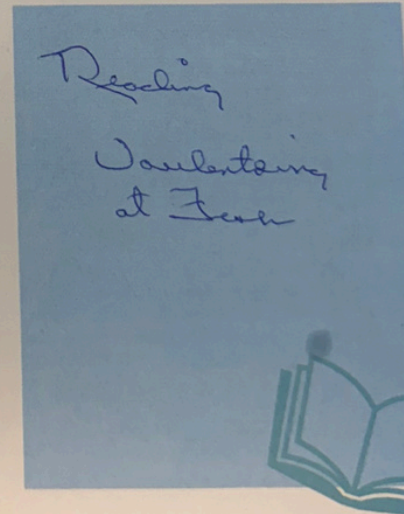
FAVORITE COLOR



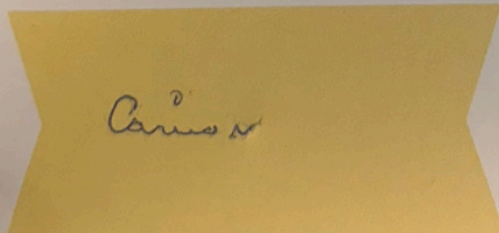
AN ANIMAL  
I LIKE



SOMETHING I  
ENJOY DOING



THE SILLIEST FOOD  
I CAN IMAGINE





You are invited to our



# HOLIDAY



*open house*



DECEMBER 12, 2024

5pm-8pm



Presentation at 5:15 pm

Santa Pictures

cookie decorating

ornament painting

vendors and more



THE FISH FOOD PANTRY

405 Jerry's Drive, Roseburg, OR



*Let's Celebrate Together!*



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

# Service Summary

**December 2024**

Families Served = 2,754

Individuals Served = 991

# of Volunteers = 55

#of Volunteer hours = 532

Food donated from community  
= 17,741lbs

Food bought through the FISH  
Pantry = 5228lbs

## December Birthdays

**John Savoy**

**Judy N**

**Pete B**

**Sandy F**

**Suellen H**



## Volunteers Needed!


Join our team and make a difference in our community! We're looking for enthusiastic volunteers to help with:

 Grocery Pickups:

- Daily from 9:00 AM to 12:00 PM
- Help us collect essential items from local stores to keep our shelves stocked.

 Saturday Shifts:

- One Saturday a month starting in February
- Assist with pantry operations and make a positive impact on the weekend!

If you're interested in lending a helping hand and joining our amazing volunteer family, please reach out to us. Together, we can make a difference! 



## Trivia Answer

**200 Food Banks In the United States**

