



# FISH FOOD BANK - 2022

## Making a Difference

Friendly, Instant, Sympathetic Help

FISH Food Bank would like to extend its appreciation to all our many donors and supporters. We continue to be blessed with a very supportive community and want you to know that we have worked hard to use your donations to improve the quality of life for our friends and neighbors who are food insecure. We would like to share some of our successes (and challenges) with you as we approach the end of 2022.

### With Gratitude

FISH Food Bank has so much for which to be thankful in 2022! Most importantly, we are thankful for you, the members of our community, who continue to support us by volunteering, donating, and assisting in a myriad of ways.



Here are some reasons why we are thankful:

We're excited to report that we have transitioned from COVID chaos to near-normal operations.

In-person shopping resumed in April; however, we continue to offer in-car shopping to seniors and those folks with mobility or health issues. Our clients and volunteers have welcomed this return to self-shopping whereby they can select the food items they will use, resulting in less waste and lower costs for FISH. In-person shopping is respectful and gives clients and volunteers a chance to chat, get to know one another, and evaluate what foods they need or particularly enjoy. **Thank you, clients!**

Volunteers are the heart of the FISH Food Bank. Because of the hundreds of volunteers (436 to be precise), that work at Hood River, Cascade Locks, and Parkdale, FISH can provide much-needed food assistance to families in our area, helping with requests that served 15,300 individuals in 2021 and more than 11,200 as of September 2022. These volunteers represent local churches, businesses, schools, and the general community, giving over 12,000 hours to the food bank in 2021. We will match or increase that number in 2022. We especially enjoy the young people, from middle school to high school, who spend their free time helping at the food bank and learning about service to others. **Thank you, volunteers!**

This summer, FISH witnessed a tremendous increase in requests for food from farm workers. Hence, we made a concerted effort to ensure that bilingual and bicultural volunteers were available to assist all clients. Thanks also to the many high school students and volunteers from The Next Door and Rotary, FISH was able to reach this goal of providing bilingual and bicultural volunteers. **Thank you, Next Door!**

Rotary Club of Hood River completed 25 months of service, beginning in May 2020. Rotarians provided volunteers three times a week until June 1, 2022. While

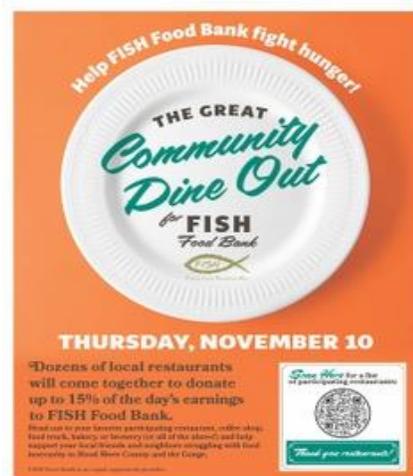
their weekly service has ended, some members have continued to volunteer regularly. **Thank you, Rotary!**

The Spirit of Grace/FISH Food Bank community garden continues to provide thousands of pounds of beautiful produce for our clients. Under the supervision of OSU Master Gardeners, the volunteers worked endlessly in the hot sun over the summer, planting, cultivating, and harvesting delicious fresh produce. **Thank you, garden volunteers!**

We are incredibly thankful for the many farmers and orchardists who share their bounty of fresh produce and fruit with us. Many local gardeners also donate their extra fresh vegetables, allowing us to offer many healthy choices to our clients. **Thank you, farmers and home gardeners!**

In the month of December 2021, Hood River Valley High School students organized the annual canned food drive, one of our biggest food collections of the year. Not only do students compete by class with the most canned items, they have added monetary donations to their challenge. We are excited to partner with HRVHS again this December. **Thank you, HRVHS!**

Dozens of local restaurants, coffee shops, food trucks, bakeries and breweries all came together to support the Great Community Dine Out for FISH Food Bank. Up to 15% of the day's earnings were donated to FISH. **Thank you, restaurants!**



**As always, thanks to all who help with our great mission. It really does take a village!**

### Getting to Know FISH Staff and Board of Directors

The food bank could not run smoothly without our caring, sincere, and irreplaceable office staff. Marianne Brevard, Director of Operations, and Billie Stevens, Director of Volunteer Services, keep things in order and manage the day-to-day operations of the food bank. We owe Marianne and Billie a great deal of appreciation.



The FISH Food Bank board of directors is a hard-working board. They work tirelessly to help with daily set up of the grocery store and warehouse, assist clients with their shopping, help with intake of clients during each distribution, help with weekly pick up of breads and pastries, assist when the Oregon Food Bank truck arrives with huge loads of food twice a month, plan fundraising activities, and participate in numerous other activities. You will see a board member at the food bank most days we are open.

### FISH Flexibility

Since 1969 when FISH was established, we have found it necessary to be flexible for our clients. Some clients are unable to get to the food bank during regular operating hours. Others are working. Some do not have transportation. Others are living in their vehicles or tents. Yet others are ill or homebound. To accommodate these individuals, FISH has remained flexible. Volunteers deliver a monthly food box to our homebound clients. We established a new distribution on Wednesday mornings to accommodate those clients who are unable to come in the afternoons. FISH provides vegetarian, gluten-free, low-sodium and culturally appropriate food items for our clients.

### Getting the Most Out of Your Dollars

Along with the extra demand for food this year, FISH Food Bank also continued to experience the amazing generosity of our community and county. Your support has helped to put food on the table of the family who lives down the block and the young man who is living in his car, helps us to purchase personal-care items like toothbrushes and toothpaste, enables us to provide healthier choices and culturally appropriate food items, allows us to provide nutritious food choices for our senior citizens living alone, and enables us to provide summer lunches during the months that lunches are not provided by the schools.



As you can see, FISH Food Bank, along with your support and generosity, continues to offer nutritious food choices for our clients. With your help, we will continue with our mission to **help alleviate hunger** experienced by our most vulnerable friends and neighbors.

*You can show your support by donating to FISH Food Bank at the address listed below. If you have stock you would like to donate, we will gladly accept that as well. And, don't forget FISH Food Bank in your estate planning.*

**FISH Food Bank**  
**24 Days of Giving**

Each day add an item to a box. Deliver to FISH Food Bank by Dec 23.

Dec 1: Cereal  
Dec 2: Peanut butter  
Dec 3: Stuffing Mix  
Dec 4: Mac & Cheese  
Dec 5: Canned Fruit  
Dec 6: Canned Vegetable  
Dec 7: Tuna  
Dec 8: Cake Mix  
Dec 9: Applesauce  
Dec 10: Brown rice  
Dec 12: Cranberry Sauce  
Dec 13: Oatmeal  
Dec 14: Pasta  
Dec 15: Spaghetti Sauce  
Dec 16: Chicken Noodle Soup  
Dec 17: Tomato Soup  
Dec 18: Jalapenos Canned  
Dec 19: Mole or El Pato Sauce  
Dec 20: Lard  
Dec 21: Jelly  
Dec 22: Coffee/ Tea  
Dec 23: Toothpaste & brush  
Dec 24: Soap/ shampoo

1130 Tucker Rd.  
Hood River, OR  
fish-food-bank.com

Let's give back this holiday season!

FISH Food Bank is a nonprofit entity operating in Hood River County and Mosier, serving an average of over 450 hungry families each month. Our Taxpayer ID is 46-2588355. We are fortunate to be in an area that supports the Food Bank with generous donations of food and with outstanding monetary donations and grants. You can visit our Facebook page at <https://www.facebook.com/FISHhoodriver> to learn more about FISH. Our web site at [www.fish-food-bank.com](http://www.fish-food-bank.com) will give you information for donating electronically through PayPal. Or, you can use the enclosed envelope and send your donation to 1767 – 12<sup>th</sup> Street, No. 147, Hood River, OR 97031. Call us at 541-386-3474 if you have any questions. From all of us at FISH, thank you for your continued support and generosity! FISH is an equal opportunity provider. ....**because no one should be hungry....**