

FISH

KITTITAS COUNTY'S FOOD RESOURCE

2021-2022

Community Impact Report





"Give your hands to serve
and your hearts to love."

MOTHER TERESA

MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear Friends and Supporters of FISH,

This is FISH's sixth annual report to the community. Each of the previous reports contained walls of words describing our organizational progress, new programs, and growth during the previous year. At some point, we added charts and graphs to reinforce the amount of community impact from providing food and other resources in new and innovative ways. All good information, but as I reread those reports, I was embarrassed to realize we had not done justice to the benefactors who graciously made it all possible.

The more than 100 active volunteers at FISH don't generally have input when we decide to grow or add a program, but they deal with the need for additional staff which is often the result. The average of 10,234 volunteer hours each year saves FISH approximately \$200,000 in payroll, making that group one of our largest donors. Without their generosity, we could not consider adding more outreach, because we could not support the staff needed to make it happen.

So much is written and said about gratitude for volunteers, that it is often difficult to avoid seeming cliché and even patronizing. I'm struggling with the words to appropriately express the gratitude that FISH feels for our volunteers, and the debt we owe them as an organization. Without volunteer support, FISH would meet the basic need for food, but certainly not in greater and more diverse ways than at any point in our 52-year history. Progress would be measured in food boxes delivered rather than in thousands of pounds distributed county-wide. Meals would be a count of 25 or so free lunches each day, rather than thousands of meals provided for seniors, delivered to those who are homebound, and served to anyone who is hungry and in need.

During a volunteer's daily encounters at FISH, despair is replaced with hope, darkness with light, and sadness with joy. Each day, volunteers use their talents and skills to make someone else's life better, without thought of the benefits to themselves. Their labor has a tangible impact, and their kindness and caring make the greatest difference in the lives of those they touch.

Volunteers focus on goodness and, as a result, they create more goodness in the world. How do we say "thank you" for that? It is the very definition of service to the community. My hope for each of them is that every kindness comes back to them tenfold, and that they will always know the love they show to others each day. I will end with a sincere, but inadequate, thank you for FISH's success.



Executive Director

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FOOD PANTRY



FISH HELPS FAMILIES MAKE ENDS MEET WHEN UNEXPECTED CHALLENGES ARISE

"I am retired & I am raising my 10 year old grandson. Before that I raised my granddaughter whom just moved out & got her own place. I am also caregiver for my mentally handicap uncle. He is 61. We pretty much live on my fixed income. I am so thankful for FISH. I make ends meet only because of going to the food pantry.

-FISH Food Pantry Client and former volunteer.

"I am single mom of 2 boys. My oldest, 9 yrs old is autistic & nonverbal. I was enrolled in school to be a chemical dependency counselor. I had to withdraw for a quarter. I had to take care of my son as he was not adjusting to our move here. I lost my training benefits while I was out of school. I had zero income until January when training benefits finally kicked back in and I got paid. I am so grateful for all the volunteers, community – and for the FISH organization."

-FISH Food Pantry Client

"You guys provided me with the ingredients to make stew this week! I swing by once a week to stock what I can in order to help pad my budget, this stew will be done in 8 hours when I get back from Seattle after a trip to the doctor. Going over the pass for me is really rough due to the condition I have because of the elevation. Being able to come home to a home-cooked, healthy meal like this plus have leftovers is such an amazing thing. I probably would not be able to do often without you!"

It's an amazing thing FISH provides, and I love that you work with community providers like grocery stores and there is less food waste in the area because of it!"

-FISH Food Pantry Client



"I visited the Mobile Pantry in Kittitas and was very happy with all you had to offer. We've had fresh salads with microgreens and onions and peppers for a week! I was also able to make enough soup for dinner to feed multiple people, 3 people twice and 2 people once. I've been able to preserve some of the fresh produce you had, so as to help ease the cost of fresh produce during the winter.

Tonight I made my family a baked pork tenderloin with onions and peppers, from what you gave me, and there's enough left to turn it into a delicious stew with other shelf-stable foods I was given.

You're all wonderful people doing good work. Thank you for being so generous, kind, and non-judgmental."

-FISH Mobile Food Pantry Client

"My nutrition has improved over the past 4 months by attending meals Monday-Thursday. Plus, I enjoy eating with others in community. I am in my 80's and widowed for 10 years. Thank you, I am grateful!"-Senior Nutrition Client



SENIOR NUTRITION

MEALS ON WHEELS

"Cooking for myself is difficult right now since I've been so sick. The volunteers are so wonderful. They always ask me how I'm doing & that means a lot to me. The food I receive is tasty, made from scratch & filling.



I feel blessed to have this in our community. I'm so grateful for the program. It's been a very difficult time & cooking has been a challenge, but with Meals on Wheels, I'm at least able to have nutritious meals. I appreciate the volunteers so much."

-Meals on Wheels Recipient

MEALS ON WHEELS

"Meals on wheels probably saved my mom's life, she fell and broke her hip. She was laying on the cold tile floor in her kitchen. If not for the excellent service of the individual that delivered her meal she might have laid there for days. I recommend you to seniors that could use your service. Some have a hard time understanding, you never know when something like my mom's issue can happen. It's more than just a meal. It's a friendly face a caring voice, and someone that cares checking in on you."

-Pat, son of a Meals on Wheels recipient.



"Recently widowed and determined to remain independent, my elderly dad moved into an apartment earlier this year. He has vision and mobility issues, so the daily delivery from a Meals on Wheels driver means a nutritious hot meal and a bright spot in an otherwise quiet day. It also means I don't have to worry about what he eats for the first half of the day, and can focus on making his dinner when I visit after work. I can't really put a price on that kind of peace of mind."



"Thank you, Meals on Wheels, for all the good you do."

-Jan, daughter of 94-year-old Meals on Wheels recipient.





IN 2021-22, FISH PRODUCED
AND DELIVERED OVER 8000
MEDICALLY TAILORED MEALS TO
39 PATIENTS WITH DIABETES,
AND HYPERTENSION.

"I'm not really a foodie but I like food too much, so one of the positive outcomes about getting these meals for me is that there are concrete portions and I can just have the one meal and know it is healthy and good for me and not eat too much.

Another positive for me is that because I have hypertension (controlled) I want to eat foods that are tasty but don't have high sodium or any sodium at all. These meals are delicious. They are phenomenal. I love them - I am not a cook and so eating something daily that is so beautifully created in terms of flavor and healthy ingredients makes me feel really good about myself. I have really wanted an experience like this and couldn't have done it on my own. I appreciate having the support of someone else create meals that help me with my health issues.

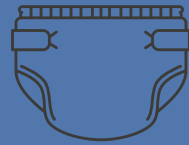
I cannot thank FISH enough for the opportunity to participate. I am super grateful."
-Medically Tailored Meals Recipient

HEALTHY
TABLE

FISCAL YEAR SERVICE IMPACT

10,234

Volunteer Hours



550

Families provided with diapers, formula and baby care items.

1,500,000

Pounds of Food Distributed through our Food Bank



11,743

Summer Meals served to Children at 8 parks throughout Kittitas County

50,620

Meals served to Kittitas County Seniors through Meals on Wheels and Congregate Dining

23,313

Household Members Nourished by Food Pantry Visits

832



Children and Seniors were provided with Christmas gifts

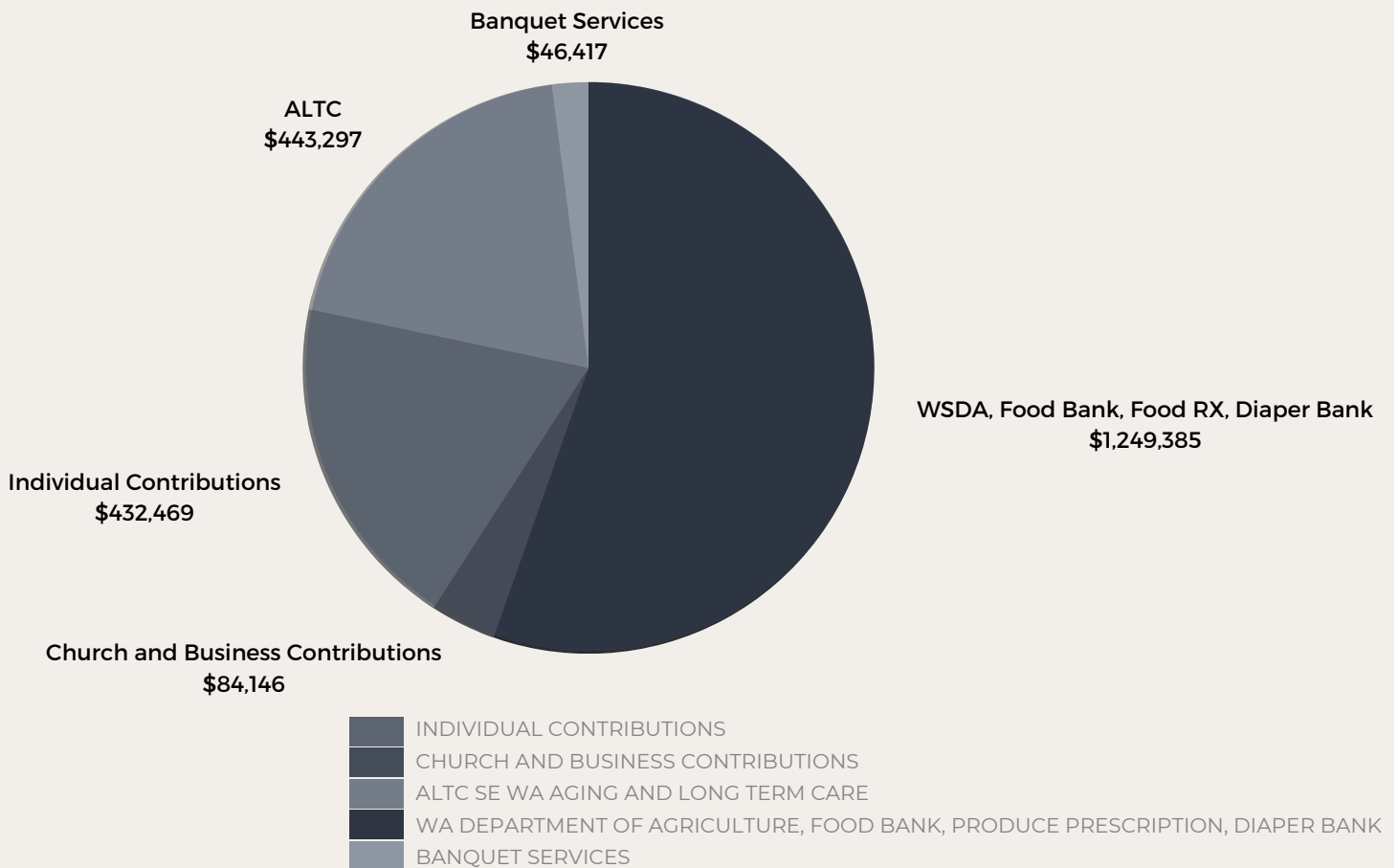
5000

Weekend Nutrition Meals for children at risk for weekend hunger

FINANCIAL OVERVIEW

We are so grateful to our committed donors, volunteers and community partners. Contributions enable us to work hard to help clients find long-term solutions for food security and personal wellness.

SUPPORT AND REVENUE



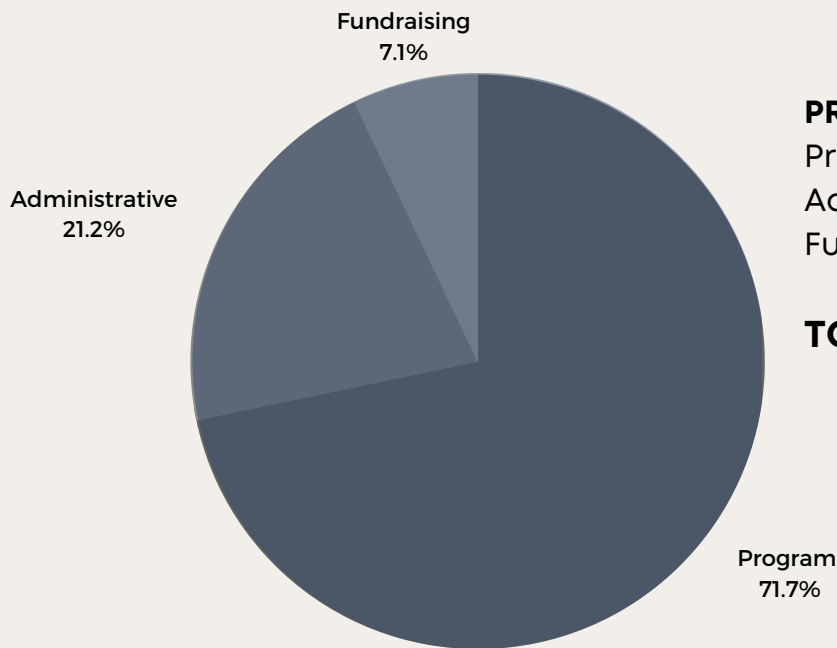
REVENUES

Individual Community Contributions.....	\$432,469
Church and Business Contributions.....	\$84,146
WSDA, Food Bank, Produce Prescription, Diaper Bank.....	\$1,249,385
SE Washington Aging and Long Term Care.....	\$443,297
Banquet Services.....	\$46,417

TOTAL REVENUE.....\$2,255,714



EXPENSES



PROGRAM EXPENSES

Program Services.....	\$1,605,663
Administrative Expenses.....	\$443,249
Fundraising Expenses.....	\$157,800

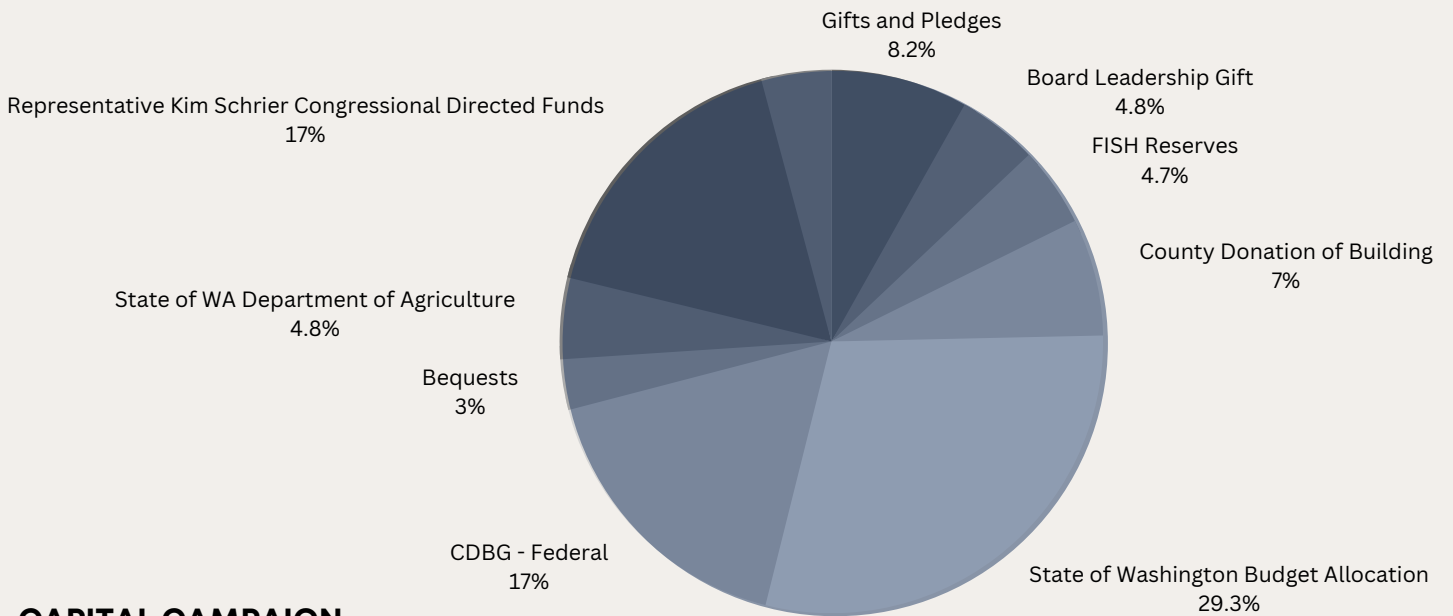
TOTAL EXPENSES.....\$2,206,712

- PROGRAM SERVICES
- ADMINISTRATIVE EXPENSES
- FUNDRAISING EXPENSES

"Hunger is not an issue of charity. It is an issue of justice."
 ~ Jacques Diouf



CAPITAL CAMPAIGN



CAPITAL CAMPAIGN

Gifts and Pledges.....	\$430,900
Board Leadership Gift.....	\$253,000
FISH Reserves.....	\$250,000
County Donation of Building.....	\$368,000
State of Washington Budget Allocation.....	\$1,545,000
CDBG - Federal.....	\$900,000
Bequests.....	\$159,000
State of WA Department of Agriculture.....	\$256,000
Representative Kim Schrier Congressional Directed Funds.....	\$900,000
Foundations.....	\$220,000

Campaign Goal Reached 2022\$4,325,000

KEY PARTNERS

For over 50 years, Friends of FISH like you, our champions, have made it possible for us to nourish hungry neighbors in our community.

Thank you

for your continued support.

ELECTED OFFICIALS

The Honorable Patty Murray Senator

The Honorable Kim Schrier House of Representatives

The Honorable Judith Warnick Washington State Senator

The Honorable Tom Dent Washington State House of Representatives

The Honorable Alex Ybarra Washington State House of Representatives

KITTITAS COUNTY BOARD OF COMMISSIONERS

Brett Wachsmith, Chair

Laura Osiadacz

Cory Wright

Basic Food-Department of Social and Health Services
Central Washington University
Churches County-wide
Community Health of Central Washington
Kittitas County Chamber of Commerce
Kittitas County Farmers' Market
Kittitas County Health Network
Kittitas County Ministerial Association
Mothership Collective
Rotary Clubs
SE WA Aging and Longterm Care

SUB-CONTRACTORS FOR FISH

Apoyo
Easton Food Pantry
FISH Food Pantry
HopeSource Cle Elum Food Pantry

GOVERNMENTAL AGENCIES

Kittitas County Public Health Department
Office of the Superintendent of Public Instruction
Washington State Department of Agriculture
Washington State Department of Commerce

2022 PROGRAM GRANTS

Catholic Charities Rice Bowl
Coordinated Care Healthcare
Greater Columbia Accountable Community
Suncadia Community Enhancement Fund
Seattle Foundation
Tew Foundation
Yakima Federal Savings and Loan
Yakima Valley Community Foundation

GET INVOLVED

DONATE FINANCIALLY

FISH values every dollar and every minute supporters invest in building community wellness. When you give to FISH you will provide for the basic needs of struggling neighbors and support opportunities for a brighter future. Give today: kvfish.org/donate

LEAVE A LEGACY

Your estate gift can continue to change lives in our community for generations to come.

EMAIL: executivedirector@kvfish.org

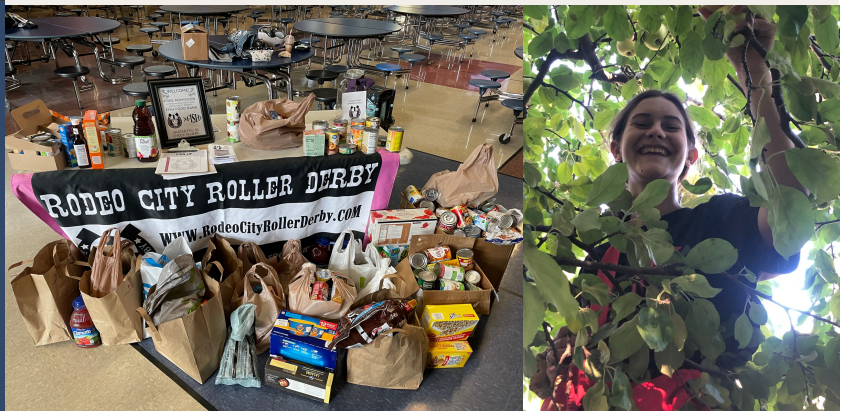
DONATE STOCK

When you donate stock, not only is your impact magnified but you'll also avoid costly capital gains tax. Our team can help you through the process. EMAIL: executivedirector@kvfish.org

DONATE GOODS

FISH depends on food donations and food drives to add variety and healthy choices to our community shelves. We accept donations of homegrown produce, USDA-wrapped meat and shelf-stable groceries. Healthy options are especially appreciated.

For all other questions please contact us at 509-925-5990





When employees are encouraged and equipped to contribute to causes they care about in a hands-on way, they gain a sense of pride in themselves and being associated with their employer. Days of Services benefit companies and employees by improving employee purpose, which helps attract and retain talent. To schedule a day of service, contact our Volunteer Coordinator:

volunteering@kvfish.org

Volunteers enable us to deliver vital programs and services, lend expertise on the board of directors, help with special events, and keep the doors open every day. kvfish.org/volunteer

ORGANIZE YOUR
EMPLOYEES TO
SERVE

VOLUNTEER



BOARD OF DIRECTORS

BOARD OFFICERS

Rick Toomey

Chairman

Retired aerospace engineer; experienced operator of a food pantry; currently works along with his wife, Ginger, as an Open Table volunteer

Gary Berndt

Vice Chairman

Washington Department of Natural Resources, Manager of School Trust Lands and Regulator of Forest Harvest and Road, and Wildland Fire; Hospital Commissioner District 1; Former Mayor Cle Elum; Former Kittitas County Commissioner

Phillip Backlund

Secretary

Professor Emeritus of Communications Studies at Central Washington University

Ruth Townsend

Treasurer

Accountant for non-profit organizations, including Hopelink and the College Success Foundation; Principal and CFO of Hotel Window in Ellensburg

BOARD MEMBERS

Sabrina Fuentes

Representing the Hispanic community and FISH's pantry clients

Norman Redburg, Ex-officio

Comptroller, Yakima Specialties; Board Treasurer 2020-2022

Bonnie Toland

Former CEO FOOD Share, a Feeding American food bank, in Ventura County, CA. Principal, along with her husband Scott, in a ranch in Ellensburg, WA raising Heritage Wagyu beef.

Constructing a meat processing facility where she will oversee the overall operations, promotions, and public affairs.

Justin Williams

Experienced investor and banker; Principal in Secret Valley Produce/3 Brothers Farm, Cle Elum, WA

Kevin Walsh, MD

Retired, Family Medicine Practitioner Community Health Central Washington

FISH

KITTITAS COUNTY'S FOOD RESOURCE

WE ARE

Strengthening communities and creating opportunity by addressing hunger now and working toward a future without it. Along with community partners and generous public and private support, FISH welcomes all people to food, education, and wellness services.

WE VALUE

Community participation and collaboration
Compassion, generosity and inclusion
Efficient use of precious resources
Integrity and selfless service

Ready availability of services and products to all who need them
Respecting the dignity and privacy of every person

OUR VISION

That every person in Kittitas County has access to nutritious food and a supportive community; and an opportunity for education to make healthy choices.