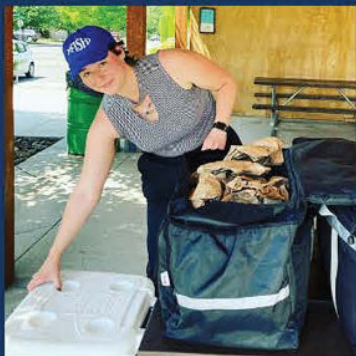


# F I S H



## 2023 Annual Impact Report



# MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear Friends and Supporters of FISH,

For seven years, FISH has published an annual Community Impact Report to keep the community informed of our efforts to expand and improve services. As part of this year's report, I will highlight the partnerships we have formed over the years that help move our mission forward.

FISH routinely collaborates with organizations of similar missions and values. Those collaborations bring new and innovative ideas to our community, give FISH access to new tools and resources, strengthen community involvement and leadership, and invigorate our advocacy voice.

As you read our 2023 Report, you will see highlights of partnerships that have strengthened a particular program. I hope you will read about our combined contributions to the community and why they are important. There are so many valued partners that help us mitigate food and nutrition insecurity and increase good health outcomes. Space limits the number I can mention. I apologize to any I have omitted.

Of course, our greatest partnership is with this community. You celebrate our successes, commiserate when we miss the mark, call us out when we disappoint you, and respond when we ask for help. Thank you is too little for that level of caring, but it is heartfelt.

Sincerely,

A handwritten signature in black ink, appearing to read "Peggy Morache". The signature is fluid and cursive, with a large initial "P" and "M".

Peggy Morache  
Executive Director



# TABLE OF CONTENTS

Table of Contents.....	01
Food Pantry.....	02
Senior Nutrition and Meals on Wheels.....	03
Community Lunch.....	05
Food is Medicine.....	06
Special Programs.....	07
Organizational Change.....	08
Fiscal Year Service Impact.....	09
Financial Overview.....	10
Key Partners.....	12
Get Involved.....	13
Board of Directors.....	15
Who We Are.....	16

*"Well, my family and I fell on some hard times. Lost our home, now in a 5th wheel. Even though I work it's never enough it seems. We really appreciate all FISH and its donors have done for us, thank you."-FISH Food Pantry Client*

**Partner Highlight:**

**Expanding access to new tools and resources**

Partnering with the **Washington Department of Commerce** provided the Diaper Bank at the Ellensburg pantry helping parents with the expense of diapers and other baby essentials.

**WSDA** purchased two refrigerated trucks to protect food during deliveries to pantries throughout the county and produce box delivery. FISH's partnership with **DSHS** provides **Basic Food (SNAP)** education and registration.

# FOOD PANTRY

*"I am a single parent. I am trying my best to support myself and my child. I help others as much as I can whether that be service, a meal or friendship. Food stamps have been cut and it's been hard to provide with the little amount left over.*

*Trying to decide whether or not to pay bills or have money for food. It's been a struggle to admit I need a little extra help."*

*-FISH Food Pantry Client*





*"I really enjoy the company, the music, balanced meals and relief from figuring out a meal at home."*

-Senior Nutrition Client

*"The music is wonderful on Tuesdays-Thank you all! Thank you all for all the welcoming smiles from the volunteers who greet us. We are truly blessed because of this service!"*

-Senior Nutrition Client



#### *Partner Highlight:*

*Expanding current programs and building new ones*

**SE WA Aging and Long-Term Care** partner with Open Table to provide meals for seniors and home-bound residents of Kittitas County. The **Seventh Day Adventist Church** provides a place to serve meals in Upper County and the **Suncadia Community Enhancement Fund** provided a truck to deliver lunches every day.

*"Also, thank you to the cook, chef, servers, all the guys and girls in the kitchen, dietician and especially the musicians on Tuesday! You all make life so much better!!"*

-Senior Nutrition Client



# MEALS ON WHEELS

*"Without all the Volunteers we wouldn't have the Meals on Wheels. I am so very grateful for each of them. They are all so caring & that makes a big difference. Since my illness last year & shattering my ankle this year I have a difficult time cooking. Getting a good meal makes me eat better. I feel blessed to live in a community that has a great chef & cooks that make great healthy meals. They are from scratch & not premade or out of a can. Thank you each & everyone for your time your energy & most of all your love."*

-Cheryl Meals on Wheels recipient



*"The people who deliver my food are very caring, helpful and wonderful."*

Meals on Wheels recipient



*"Appreciate all the meals and cook, helpers and deliverers, your time and labor and personality of each one."*

Meals on Wheels recipient



*"The meals have helped tremendously. I am unable to cook for myself and I look forward to food not from the microwave."*

Meals on Wheels recipient.



# COMMUNITY LUNCH



*"I am a struggling nursing student who needs help with a warm meal. Having a chance to eat before going to work or class is life changing."*  
-Community Lunch guest and nursing student

*When we asked "What brought you to our lunches?" One client shared, "Desperation, hunger and sobriety. I have 14 days clean and sober and do not have a penny to my name. I am very grateful for this meal. This gives me hope."*

*One client shared that they have been attending the lunches since we started the Community Lunch. He uses the meals, "to supplement my EBT expenses, which if not for the food bank and Open Table would only last me 2 to 2.5 weeks and eating only cold PROCESSED food. Warm meals fuel the soul. It's nice to eat as community. Makes me feel like a person to sit down and be served."*

*"Leave your drugs in the chemist's pot, if you can heal the patient with food."- Hippocrates*

*Partner Highlight:*

*Introducing new and innovative ideas to our community*

Five years ago, FISH formed the Central Washington Food is Medicine Network with staff from Open Table, **Community Health of Central Washington, Central Washington University**, the **Kittitas County Public Health Department**, and, recently, **Yakima People for People**. Using funding from **Molina Healthcare**, the Network introduced Food is Medicine, a combination of evidence-based, healthcare interventions—medically-tailored meals, produce prescriptions, and medical nutrition therapy-- that target cardiovascular conditions, chronic kidney disease and diabetes. Today, the Network meets monthly to continue Food is Medicine and improve health outcomes, lower costs of care, and increase patient satisfaction.

*"The program was great and it was super to have healthy food available to us. The ease was great and it helped us financially."*

*"It made a big difference in my health. My COPD is better, I'm using less oxygen and my blood pressure went down."*

MTM/FIM Participant

*Partner Highlight:*

*Increasing food access and improving health outcomes*

The **USDA** provides **Produce Rx** boxes to Medicaid patients to help mitigate chronic diseases.

*"Fruits and veggies are expensive so having this program enabled me to sustain the healthy diet my doctors want me to maintain, without it I would have to eat more processed food which would mean I would have to take more medications and supplements. Having this program improves my quality of life."*

Produce Rx patient.



*"It has been very difficult the last couple of years. I was homeless in my car with my German Shepard, Ike. He kept me warm and got me through this last winter. It was so cold. From the Christmas Basket from FISH I received a beautiful coat and boots that fit me perfect and a blanket (waterproof). It was one of the best Christmas' I have ever had. A few weeks later I qualified at Briarwood to receive an apartment for me and my dog. Finally, things are better for us. Thank you for the gifts last Christmas."*  
Senior Community Christmas beneficiary



*"The lady who helped me and my husband shop, she had her little daughter with her. From that moment she and her girl took us back and genuinely cared about our kids we were shopping for. She brought tears to our eyes and we had to hold back. Everything about that was magical. I truly appreciate everything everyone did to make this happen. At that moment we wanted to hug that mom and daughter. Driving home and pretty much the rest of the day we cried tears of happiness. We first hand witnessed the spirit of Christmas and God. We feel truly blessed. It was a wonderful way to wrap up the end of a not-so-easy year."*  
Community Christmas beneficiary

### Partner Highlight:

*Expanding access to new tools and resources*

The **Ellensburg School District's** partnership provides space to assemble lunches and a bulk discount for food ordering.



*"I'm newer to town and these lunches helped us get connected, get a meal and make friends our first summer here."*

Parent of Picnic in the Park participant

*"It was a super amazing program offered. My kids enjoyed it very much!"*

Parent of Picnic in the Park participant

### Partner Highlight:

*Expanding access to new tools and resources*

**KEEN** and **Ellensburg Parks and Recreation** help with children's activities at the parks.



# ORGANIZATIONAL CHANGE

In 2023 FISH's Board of Directors made a meaningful change in organizational structure.

Jay Wehmeyer joined FISH as Grocery Operations Director and became responsible for the day-to-day operations of the Food Bank and Food Pantry. Jay has comprehensive experience with national grocery chains and is applying that knowledge to refine FISH's grocery operations. During his career, Jay supervised the construction of grocery warehouses and has taken that role in the construction of FISH's new Food Bank warehouse and the renovation of the Food Pantry.

FISH's Special Program Director, Gary Bye, accepted increased responsibility in managing the senior nutrition, home-delivered meals, Picnic in the Park, KERNEL, and in improving FISH's technology.

Kathy Riggs, Administrative Director, is responsible for Human Resources and ensuring consistent administration of policies and procedures at both locations.

Along with Darren Macri, Food Service Director and Executive Chef at Open Table, the Directors ensure that FISH and Open Table provide quality services for the community every day.

The Directors report to the Executive Director.

The restructuring has provided the Executive Director with more time to advance initiatives and partnerships that increase FISH's long-term sustainability and expand existing programs.

## *Partner Highlight:*

*Strengthens our leadership and invigorates our advocacy voice*

FISH is one of the founding members of MTMWA, a coalition of non-profit medically tailored meals (MTM) providers in Washington, working to ensure that all people in our state have access to medically tailored, nutrient rich food that improves health and wellbeing. One of our senior staff takes part in a state advisory group making decisions on improvements to the availability and distribution of summer meals. Using the strength of our combined voices, we are advocating for improved food and nutrition access.





# FISCAL YEAR SERVICE IMPACT

11,379



1,145.5

more than last year

Volunteer Hours

Families provided with  
diapers,  
formula and  
baby care  
items.

867

317

more than last year



2,119,915

Pounds of Food  
Distributed through  
our Food Bank



619,915

more pounds than last year



20,242

Summer Meals served to Children at 9  
parks throughout Kittitas County



8499

more than last year

56,907

Meals served through  
Meals on Wheels and  
Senior Nutrition and  
Community Lunch

6287

more than last year



897

Children and Seniors were  
provided with Christmas gifts



65

more than last year



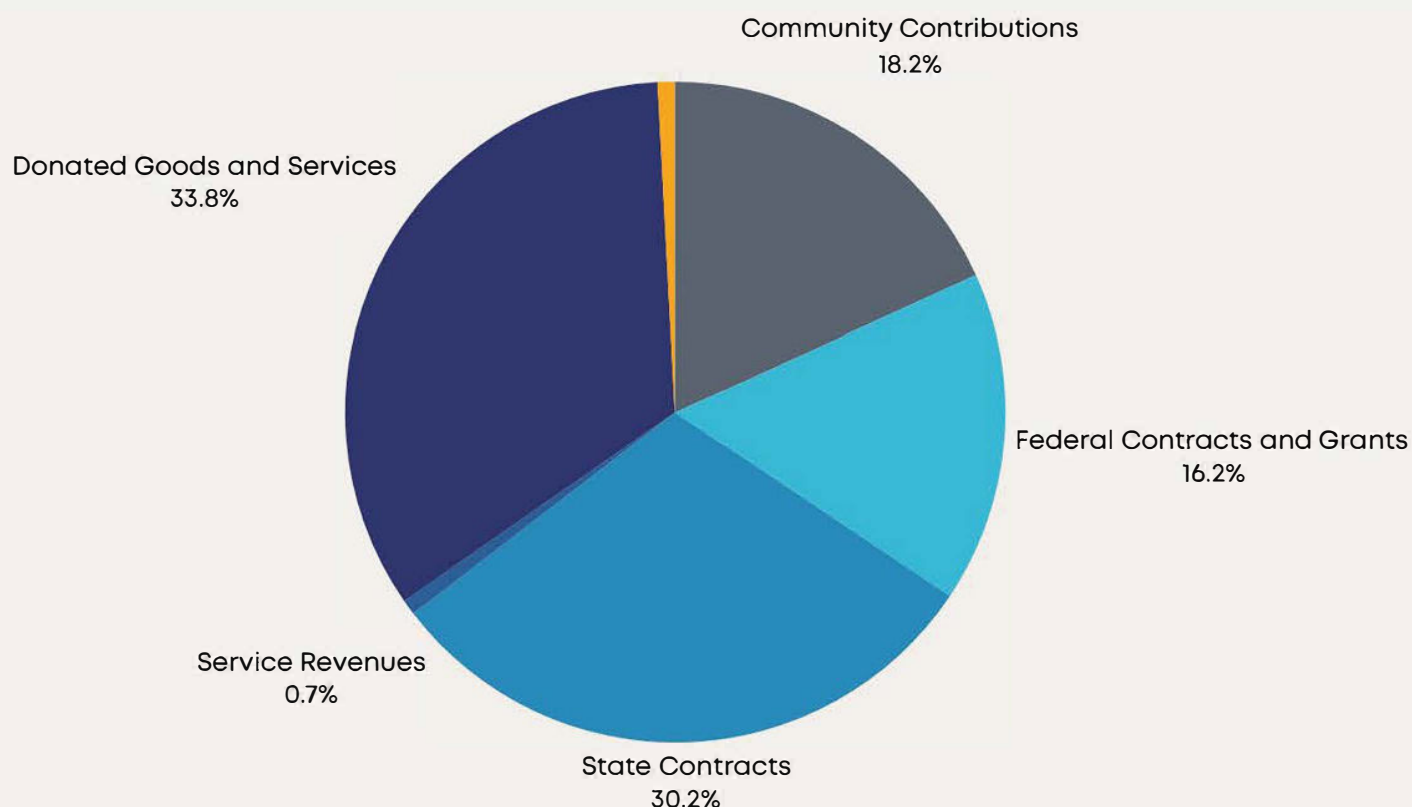
720

Produce Rx boxes  
distributed to clients  
with chronic medical  
conditions

# FINANCIAL OVERVIEW

Thank you to our committed donors, volunteers and community partners. Contributions enable us to work hard to find long-term solutions for food and nutrition security and personal wellness.

## SUPPORT AND REVENUE



### REVENUES

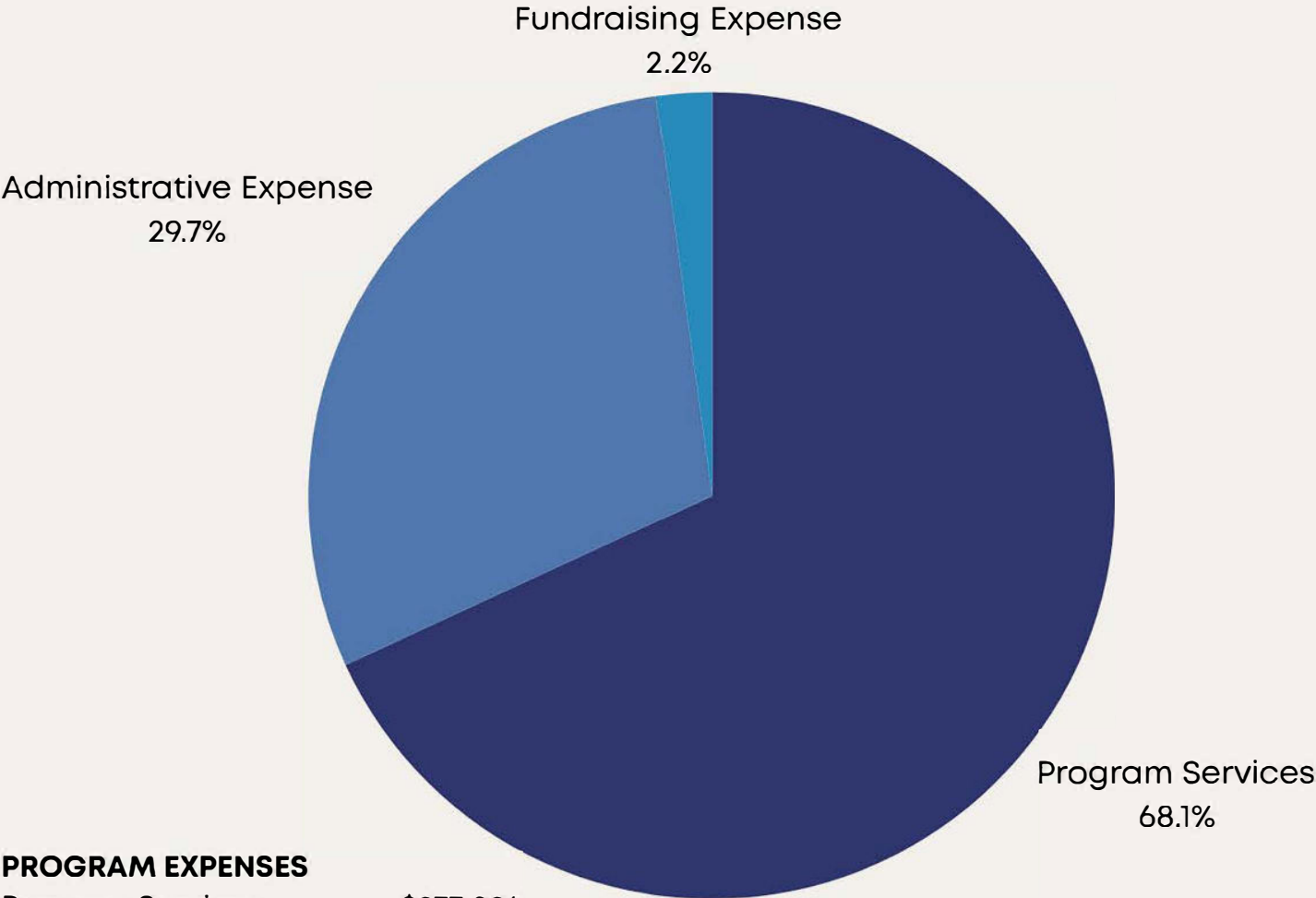
Community Contributions.....	\$268,461
Federal Contracts and Grants.....	\$238,530
State Contracts.....	\$445,293
Service Revenues.....	\$11,041
Other Income.....	\$12,335

**TOTAL REVENUE.....\$1,474,725**





# EXPENSES



<b>PROGRAM EXPENSES</b>	
Program Services.....	\$977,096
Administrative Expenses.....	\$425,776
Fundraising Expenses.....	\$31,614
<b>TOTAL EXPENSES.....</b>	<b>\$1,434,486</b>

# 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

## FOOD BANK SUB-CONTRACTORS FOR FISH

Apoyo

Easton Food Pantry

FISH Food Pantry

HopeSource Cle Elum Food Pantry

Wildcat 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  
United States Department of Agriculture

## 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](https://kvfish.org/donate)

## LEAVE A LEGACY

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

EMAIL: [peggy.m@kvfish.org](mailto:peggy.m@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: [peggy.m@kvfish.org](mailto:peggy.m@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](mailto: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](http://kvfish.org/volunteer)

# ORGANIZE YOUR EMPLOYEES TO SERVE

## VOLUNTEER





# BOARD OF DIRECTORS

## BOARD OFFICERS

Bonnie Toland

### **Chair**

Former CEO of FOOD Share a Feeding America food bank in California. Along with her husband, she is a principal in a ranch in Ellensburg raising Wagyu beef and constructing a meat processing facility.

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

Joseph Pearson

Currently Executive Director for Auxiliary Enterprises at Central Washington University. Masters of Public Administration and a Certified Auxiliary Service Professional.

Kevin Walsh, MD

Retired, Family Medicine Practitioner  
Community Health Central  
Washington

Greg Schatzlein

Experienced executive with large corporations, including AT&T and T-Mobile. Led the transition of Snoqualmie Valley Food Bank to a Food Bank that had a staff/volunteer mix.

Diane Briggs, Ex-officio

Board Member 2012-2023  
Vice Chair 2014-2019; 2021-2023

Norman Redburg, Ex-officio

Board Member 2012-2022  
Treasurer 2020-2022

Rick Toomey-Ex-officio

Board Member 2020-2023  
Chair 2021-2023

# 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.