

FISH COMMUNITY FOOD BANK

Annual Report 2024



FISH
KITITAS COUNTY'S FOOD RESOURCE

FISH Believes Everyone Has a Place at the Table

At FISH, we believe our community's greatest strength is the many different people who make it up. We honor the variety of backgrounds, experiences, and perspectives in Kittitas County — and we are committed to making sure everyone feels welcome.

Our doors are open to anyone in Kittitas County who needs groceries, a meal, or connection and support. Respect and dignity are at the heart of everything we do, and we expect the same high standard of care from everyone involved with FISH and Open Table.

Providing food is essential, but we know it's only part of the solution. Hunger is tied to challenges in health, housing, education, and employment. That's why FISH goes beyond temporary relief, working alongside partners like the Department of Social and Health Services, Central Washington University, Community Health of Central Washington, the Kittitas County Health Network, local churches, Rotary Clubs, and many others. Together, we address the root causes of food insecurity and build long-term solutions.

FISH is known for innovation, collaboration, and building programs that meet people where they are. Our goal is simple: when our neighbors no longer need us, we've succeeded.



FISH Programs:

Food Bank

Food Pantry

Diaper Bank

Open Table Meals

Picnic in the Park

Connections

SNAP Enrollment

Commodities Enrollment

Medically Tailored Meals

Produce RX

GROCERIES

FISH Food Bank

FISH operates the **only food bank in Kittitas County**, serving as the hub for food distribution across the region. To reach every corner of the county, FISH partners with local pantries and also brings food directly to communities through our **Mobile Pantries in Roslyn and Kittitas**.

- Apoyo
- Easton Food Pantry
- HopeSource Cle Elum Food Pantry
- Wildcat Pantry



Impact in 2024:

Pounds of food distributed: 2,493,200 (up from 2,119,915 the year before)

Household members nourished: 97,097 (up from 58,820 the year before)



FISH Food Pantries

FISH operates **client-choice** food pantries across Kittitas County, including our **Ellensburg Pantry**, the **Kittitas Mobile Pantry**, and the **Roslyn Mobile Pantry**. These pantries provide a wide variety of foods sourced from the government, local grocers, restaurants, farms, and community donations — giving families the dignity of choosing the items that work best for them.

Diaper Bank

Housed at the Ellensburg Pantry, the FISH **Diaper Bank** serves families throughout Kittitas County. Families can receive up to **50 diapers and wipes each week**, along with formula and other baby care items. There is no income threshold, and families do not need to shop at the Pantry to qualify.

Impact in 2024

Families served with diapers, formula, and baby items: 1,367 (up from 867 the year before)

MEALS

Senior Meals

FISH provides nutritious meals for older adults (60+) through two programs:

- **Congregate Meals** – Hot meals served in a welcoming group setting where seniors can eat together and connect with others.
- **Meals on Wheels** – Home-delivered meals for seniors who are homebound or have difficulty preparing food on their own.

Impact in the past year:

- **Congregate Clients Served: 487**
- **Congregate Meals Provided: 17,513**
- **Meals on Wheels Clients Served: 294**
- **Meals on Wheels Delivered: 39,609**



Community Lunch

Community Lunch is open to anyone in Kittitas County who needs a hot, nutritious meal. This program ensures that no one goes hungry — whether they are experiencing homelessness, financial hardship, or simply need a meal.

Impact in the past year:
Meals Served: 6,767

Summer Meals

When school is out, many children lose access to the free and reduced-price meals they rely on during the year. FISH fills that gap through **Picnic in the Park**. Kids and teens enjoy nutritious **lunches in local parks**, while families in rural areas receive weekly **meal packs with 14 ready-to-eat meals (7 breakfasts and 7 lunches)**.

Impact in the past three years:

2022: 11,756 meals served
2023: 20,242 meals served
2024: 36,352 meals served

This growth reflects both the rising need in our community and the trust families place in FISH to keep children healthy and nourished through the summer months.

SPECIAL PROGRAMS

At FISH, providing groceries and meals is only part of our mission. Our **Special Programs** go further — connecting families to resources, improving health through nutrition, and addressing the root causes of food insecurity. From helping seniors enroll in commodities programs, to delivering medically tailored meals, to offering fresh produce prescriptions at the farmers market, these programs build long-term stability and healthier lives.

Connections

Connections is a new program designed to help individuals improve their quality of life through personalized support. In one-on-one sessions, a **Connections Coach** works with clients to set goals and map out the small steps that lead to big change.

Whether it's learning a new job skill, leading a healthier lifestyle, or finding the right community resources, Connections helps people identify opportunities and build a path toward greater stability and well-being.



SNAP Enrollment

FISH assists households with enrolling in the Supplemental Nutrition Assistance Program (SNAP) so families can access monthly grocery benefits and stretch limited budgets.

Impact in the past year:
32 individuals enrolled in SNAP with FISH's assistance

Commodities Enrollment

Through the federal Commodities Supplemental Food Program, FISH helps eligible low-income seniors (60+) enroll to receive monthly food boxes. To reduce barriers, FISH delivers the boxes directly to seniors, making sure nutritious food reaches those who may have limited mobility or transportation options. This program strengthens food security and supports older adults living on fixed incomes.



SPECIAL PROGRAMS

Produce Rx

Produce Rx is a free program that improves health by providing regular access to fresh, locally grown fruits and vegetables. Participants receive a produce box every other week (delivery available), along with recipes, nutrition education, and farm information. In 2024, the program also included hands-on cooking classes with our Executive Chef, giving participants the chance to learn how to prepare healthy meals from high-quality ingredients. Produce Rx supports individuals using SNAP or Medicaid/Apple Health who are pregnant or postpartum, in medication-assisted treatment for opioid use disorder, or managing health conditions such as diabetes, hypertension, high cholesterol, overweight/obesity, or severe osteoarthritis.

Impact in the past year:
1,705 produce boxes distributed



Medically Tailored Meals

For neighbors managing chronic illness or recovering from serious health conditions, food is medicine. FISH provides home-delivered meals customized to meet specific dietary needs, supporting health, recovery, and independence.

Impact in the past year:
6,353 meals delivered (up from 5,201 in 2023)

Programs like Produce Rx and Medically Tailored Meals make sure that families and individuals with special health needs can access fresh, nourishing food. These programs are funded through grants and public health partnerships, but that support isn't guaranteed each year. Every meal provided reduces the risk of serious health complications, lowers medical costs, and strengthens our community's overall well-being.

VOLUNTEERS

FISH is, at its core, a volunteer-powered organization. With just 26 staff members and about 160 active volunteers, we simply could not do this work without the time, talent, and dedication of our community. Volunteers make it possible to keep the doors open every day and ensure that FISH and Open Table's many programs reach everyone who needs them.

They serve in every corner of the organization: rescuing food, stocking pantry shelves, welcoming and registering clients, preparing and serving meals, making deliveries, lending their expertise on the board of directors, helping with special events, and stepping in wherever needed. Volunteers bring warmth, compassion, and dignity to every interaction, reminding our neighbors that they are valued and not alone.

The impact of this generosity is remarkable. Every month, FISH and Open Table volunteers give more than 1,100 hours of their time. Over the last year, that added up to more than 12,000 hours of care poured into our community. Without their efforts, the cost of staffing our programs would be prohibitive. With them, we are able to deliver vital services with heart.



If you've ever thought about getting involved, now is a great time to join the FISH volunteer team. Whether you have a few hours a month or a few hours a week, your time makes a real difference in the lives of your neighbors. From helping in the pantry to serving meals, making deliveries, or lending a hand at special events, there's a place for you at FISH.

To learn more, email volunteering@kvfish.org, visit kvfish.org/volunteer, or call Elise Warren, CVA at 509-925-5990 x1003.

PARTNERS

For more than 50 years, FISH has relied on the strength of partnerships to carry out our mission. Local organizations, faith communities, service clubs, businesses, and generous individuals work alongside us every day. Grantors and government agencies at the city, county, state, and federal levels have also played a vital role in sustaining our programs and expanding our reach.

These collaborations make it possible for FISH to provide far more than food. Together, we've built innovative programs, improved access to healthcare and nutrition, and strengthened the safety net for families throughout Kittitas County. Our partners' support — whether through funding, food donations, advocacy, or shared expertise — ensures that everyone in our community has a place at the table.

PARTNERS

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

2024 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





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.