



HERNDON-RESTON FISH, INC.

Providing local residents with
Friendly Instant Sympathetic Help
since 1969

Kenneth R. Plum, Delegate to Virginia General Assembly

"When life's problems seem unsolvable, FISH finds a way to help. Helping FISH help others ensures that our community stays connected and strong."

Janet D. Howell, Senator to Virginia General Assembly

"Herndon-Reston FISH means having food, water, heat and shelter for families in crisis in Fairfax County. I can think of no other charitable organization that does so much for so many while putting every possible dollar donated towards the charitable goals for which the association was founded."

John Foust, Fairfax County Supervisor, Dranesville District

"We live in a community that cares about all our residents, especially those who are less fortunate and most in need. Herndon-Reston FISH converts caring into action. FISH provides immediate help that enables people facing crisis to stay in their homes, feed their families, and meet other essential needs. Many thanks to FISH and its wonderful and dedicated volunteers for the critical services they provide."

Catherine Hudgins, Fairfax County Supervisor, Hunter Mill District

"As our region becomes seemingly more affluent, it is important to have organizations such as FISH offering support, reminding us all that charitable giving at the local level is indeed still a necessity and a worthwhile venture in sustaining the lives and livelihood of all residents and families."

Anne Hochstrasser, Coordinated Services Planning, Dept. of Systems Management for Human Services

"Herndon-Reston FISH has been a key partner in meeting critical human service needs in the Herndon/Reston area. Working collaboratively with Fairfax County and other community based organizations, FISH's dedication to the residents of Fairfax County is evident in their continuing efforts to solve crises and assist those most in need."

**Ask us about the very special tax credits
you can receive by donating to
Herndon-Reston FISH, Inc.**

Email FISH for more information:
FISH@HerndonRestonFISH.org

Herndon-Reston FISH, Inc.
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Herndon, VA 20170
www.HerndonRestonFISH.org
(571) 267-2977

Herndon-Reston FISH is a volunteer, nonsectarian, non-profit 501(c)(3) corporation dedicated to helping local residents through short-term crises.

How did Herndon-Reston FISH help in FY 2016?

- **Paid** over \$300,000 directly to landlords, utility companies, and pharmacies on behalf of clients in need.
- **Coordinated** over 360 volunteers who work for FISH contributing close to \$115,000 in time and talent.
- **Kept** 777 people in housing and avoided eviction.
- **Kept** electric, gas, and water turned on for 906 people.
- **Provided** holiday food & gift baskets for 1,597 residents.
- **Initiated** matching dollars SNAP program for purchase of fresh produce at Farmers' Markets.
- **Taught** financial literacy workshops every month and offered optional budget mentoring to all FISH clients.
- **Received** over \$90,000 for assistance funding from *The Bargain Loft*, the FISH thrift store in Herndon. Shop * Donate * Volunteer at (703) 437-0600.

Who does Herndon-Reston FISH help?

- Herndon and Reston residents with predominately extremely low income
- Families, veterans and seniors struggling with illness, medical, and chronic health issues
- Workers struggling without affordable housing and experiencing job loss
- Single parents working long hours in low paying jobs
- Children who reach out to FISH on behalf of their families

How can you support Herndon-Reston FISH?

- ❖ Offer a tax-deductible financial donation by check or online at: www.HerndonRestonFISH.org
- ❖ Donate quality items to sell at *The Bargain Loft*
- ❖ Volunteer for FISH
- ❖ Sponsor or host a FISH Event



CFC – No. 83534



United Way of the National Capital Area

United Way – No. 8359



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