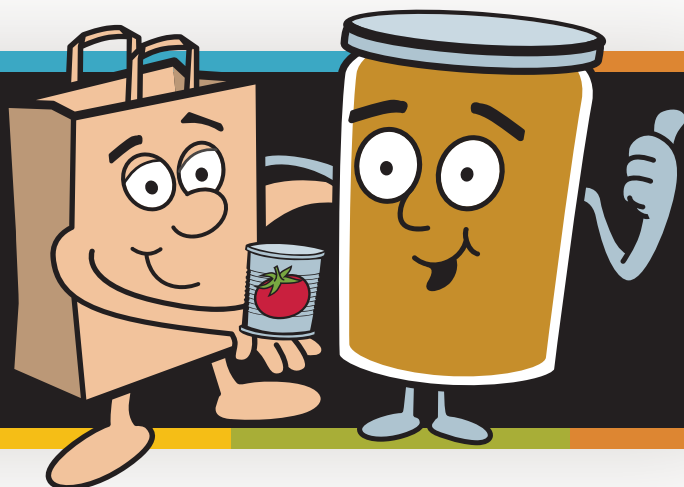


# JFS Polack Food Bank



JFS has been providing free food to our community for close to 100 years. As the food needs of our community have increased over time, we have evolved from an emergency rations closet to a modest storage space to our fully staffed food bank located in the heart of Capitol Hill. We provide healthy food, with dignity and respect, to individuals and families throughout the Puget Sound region.

## OUR STORY

### The Polack Food Bank:

- Is proud to provide **culturally appropriate food**, including Kosher food, to the Jewish community in Seattle and on the Eastside.
- Operates on a **consumer-choice model**, which allows people to select from multiple varieties of canned fruits, vegetables, tuna, soup, and beans as well as fresh produce, eggs, lean meats, and dairy.
- Distributes food to **more than 2,000 of our neighbors** in Seattle and on the Eastside.
- **Delivers food bi-weekly to approximately 250 homebound households** in need of fresh food throughout the Puget Sound, thanks to our dedicated volunteers.

## WHAT TO BUY

Thank you for thinking of the Food Bank. We have a high need for the following items:

- **Canned Goods (Low Sodium)**
- **Grains & Pastas**
- **Proteins (Peanut Butter & Tuna)**
- **Toiletries**
- **NO GLASS CONTAINERS**
- **NO EXPIRED FOOD**
- **NO OPENED PACKAGES**

Our food bank is always in need of donations of food. If you can donate, please reach out to us at [fb@jfsseattle.org](mailto:fb@jfsseattle.org) to coordinate a drop off time.

