

Seeking Participants: Mitzvah Meals for Medical Visitors

Support Jewish individuals and families temporarily staying in Seattle for medical care. **Refer a family from out of town who needs support or volunteer to prepare and deliver home-cooked meals** to provide much needed comfort and connection during a challenging time.

How You Can Help

- **Volunteer:** Are you interested in becoming a volunteer for this program by preparing and delivering a meal? Contact us to join the volunteer list!
- **Refer a Family:** Do you know Jewish individuals or families coming to Seattle — or who have already traveled here — while a loved one receives medical care? Connect them with us so they can receive two to three kosher-style meals per week.

Questions? Please reach out to **Mitzvah Meals** at mitzvahmeals@jfsseattle.org to learn more about the program, volunteer, or refer a family!

Thank you for helping create a supportive community for medical visitors!

This program was originally created in 1999 by community member Margot Kravette, inspired by her personal family experience receiving medical care out of state. The program offers a vital safety net for the extended Jewish community.

