

HELP THE JFS *POLACK FOOD BANK* BAG HUNGER HERE AT HOME.

On-site *Food Bank* open three days a week on Capitol Hill • 1601 16th Avenue • Seattle
Clients shop once a month
(Wednesdays & Fridays, 10 – Noon • Thursdays, 2 – 4 p.m.)

JFS Polack Food Bank in 2011:

- On average, over 1,850 different individuals are served each month (up nearly 18% from 2010).
- An all-time monthly record of 1,384 households were served in July, 2011 (up 13% from July, 2010).
- Distributed, on average, nearly 28,000 pounds of food (14 tons) month-in and month-out.
- The amount of food distributed increased by 12% over 2010...39% over 2009.
- Nearly 19,000 pounds of food, on average, was donated each month to JFS *Polack Food Bank*, including food from Northwest Harvest and Food Lifeline.
- In spite of the community's generous donations of food, the demand exceeded the supply by 96,245 pounds (48 tons) — which JFS had to purchase to meet the need.
- Annual Fall Food Drive brought in nearly 15% of food distributed during the entire year.
- The JFS *Polack Food Bank* is committed to helping meet the needs of local families who keep kosher — hosting a dedicated Seattle Va'ad supervised Kosher Food Bank Event once a month.

Who is served by the JFS Polack Food Bank?

- As a longstanding partner with the Seattle Human Services Department; the JFS *Polack Food Bank* serves people of all backgrounds and denominations from Downtown Seattle to the Madison Valley (zip codes 98101, 98112, 98121 and 98122) — as well as providing kosher food for those in the Jewish community who request it.
- 47% must choose between paying for food and paying for utilities — the “Heat or Eat” dilemma.
- A grant from the City of Seattle Human Services Dept. helps fund monthly home delivery of groceries to over 400 frail elderly and adults with disabilities who have nowhere else to turn.

**BAG
Hunger?
Can Do!**



How You Can Bag Hunger Now:

- Donate Everything from Soup to Nuts (See Shopping List below)
- Involve Kids (A great community service project)
- Donate Grocery Store Gift Cards
- Collect Reusable Grocery Bags
- Do A Mitzvah — Fill a bag or two...or three or four or more
- Organize a “Fill A Bag for the Food Bank” Neighborhood Food Drive
- Write a Check
- Volunteer in the JFS *Polack Food Bank*
- Challenge Family, Friends & Neighbors to Pitch In
- Collect Food Donations at Work, School or Community Events
- For more information, call (206) 461-3240 or visit www.jfsseattle.org

- - - - - DONATE EVERYTHING FROM SOUP TO NUTS - - - - -

- | | | |
|---|---|--|
| <input type="checkbox"/> Canned Soup | <input type="checkbox"/> Grains (Rice, Pasta, etc.) | <input type="checkbox"/> Household Cleaning Supplies |
| <input type="checkbox"/> Canned Tuna & Fish | <input type="checkbox"/> Dried Fruits & Nuts | <input type="checkbox"/> Reusable Grocery Bags |
| <input type="checkbox"/> Canned Fruit & Veggies | <input type="checkbox"/> Toothpaste & Toothbrushes | <input type="checkbox"/> Grocery Store Gift Cards |
| <input type="checkbox"/> Peanut Butter* | <input type="checkbox"/> Shampoo & Hand Soap | |
| <input type="checkbox"/> Cooking Oil* | | |
- *Plastic containers only



The JFS *Polack Food Bank* is one of 10 diverse programs of Jewish Family Service.

Founded in 1892, the mission of Jewish Family Service is to deliver essential human services to alleviate suffering, sustain healthy relationships and support people in time of need.



JEWISH **FAMILY** SERVICE



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