



Polack Food Bank Action Plan

The JFS Polack Food Bank serves food insecure households in the Capitol Hill, Central District and Downtown neighborhoods; as well as vulnerable members of the Jewish community in the Puget Sound region. Volunteers, donors and community supporters are key to the success of the Polack Food Bank.

Hungry or food insecure households often have little choice in what they eat because they are reliant on the donation stream of the emergency food system. Poor diet is directly related to multiple negative health outcomes such as diabetes and obesity. These negative health outcomes have a disproportionate impact on low income communities, like those served by the Polack Food Bank.

Food banks are a small but critical piece of the food environment for our most vulnerable community members. To improve the health of our community and to help end hunger, we are committed to goals that promote food justice in our community.

HEALTHY FOOD FOR ALL

All people should have access to sufficient quantities of healthy food.

We work to promote healthy eating by providing:

- At least 10 servings of fresh produce at each visit.
- Culturally-relevant choices for those who keep kosher and for clients from multiple immigrant groups.
- Delivery of groceries to disabled or homebound clients.
- Access to cooking, nutrition and budgeting information and classes.
- Increased access to SNAP (food stamps) and other resources.

“Let all who are hungry come and eat.”

– Passover Haggadah

GROW LOCAL

Locally grown and purchased food has a lower environmental impact than food that is shipped many thousands of miles. Buying locally also supports the regional economy.

To meet the goal of making locally grown food more accessible, we:

- Glean the Broadway Farmers Market bimonthly.
- Coordinate outreach to local P-Patches.
- Engage community members in sharing the bounty of their home gardens.



JEWISH **FAMILY** SERVICE

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May the
kavod/dignity of your
fellow be as dear to you
as your own.

Pirke Avot/Ethics of our Ancestors

*“There is nothing harder in the world than poverty.
It is the hardest kind of suffering in the world.”*

– Midrash

STRENGTHEN THE LOCAL ECONOMY

Food bank use is directly linked to the state of the local economy. When jobs are scarce, the need for emergency food increases. Many local companies and non-profits support and partner with us to help provide emergency food. JFS is committed to using its purchasing power to efficiently provide emergency food and to strengthen the local economy.

We work to strengthen the local economy and decrease the need for emergency food by:

- Purchasing locally grown or produced food whenever possible.
- Maintaining partnerships with small non-profit farms for farm-to-food bank distribution.
- Promoting the Fresh Bucks and Harvest Voucher programs to encourage the use of farmers markets.

PREVENT FOOD WASTE

To reduce the environmental impact of food bank operations, we will:

- Distribute close-to-date food as allowed by Food Lifeline's distribution guidelines.
- Glean produce from the Broadway Farmers Market that would otherwise enter the waste system.
- Compost unusable food whenever possible.
- Coordinate with the emergency food network to share resources and avoid waste.

*“When we eat and drink in celebration, we are obligated
to feed the stranger, the orphan and the widow.”*

– Torah

