



JFS Polack Food Bank

For nearly 100 years, JFS has provided free food to our neighbors in need. What began as an emergency rations closet is now a fully staffed food bank in the heart of Capitol Hill, serving individuals and families across the Puget Sound region with dignity and respect. **But we can't do it without your help.**

Why Your Help Is Urgently Needed

Demand is at a record high. This summer, we served 190 people in a single day—the most in our food bank's history.

Statewide, food bank visits have increased nearly 60% since 2021. Meanwhile, food donations and funding are plummeting. Federal cuts to SNAP and USDA food programs are making it harder than ever to keep our shelves stocked.

- \$200 billion in proposed cuts to SNAP could impact 1 million Washingtonians
- \$1 billion in cuts to USDA programs means fewer healthy staples for food banks and schools
- Polack Food Bank visits have increased 25% in the first half of 2025 compared to the last half of 2024
- Food donations from key partners have dropped 75%
- The rising cost of groceries means eggs are unaffordable and meats and canned goods are scarce

Our community is struggling—and the need continues to grow.

How You Can Help

We're always in need of shelf-stable, nutritious food. If you can donate, email **fb@jfsseattle.org** to arrange a drop-off.

Most Needed Items:

- Canned Proteins (low-sodium fish, chicken, beans)
- Canned Fruit & Vegetables
- Canned Soup
- Peanut Butter
- Grains & Pasta
- Pasta Sauce & Canned Tomato Products

**No Glass • No Opened Packages
No Expired Food**

