

# POLACK FOOD BANK

## 10 Things We Need That Might Surprise You

BY JANA LISSIAK, POLACK FOOD BANK MANAGER



Jana Lissiak

### SPICES

Many *Polack Food Bank* clients struggle with diet-related health issues, like diabetes and hypertension. Cooking at home with whole foods is one important step that can help manage these chronic issues. Spices play a critical role in making healthy foods taste good, but they are expensive.

### ADULT DIAPERS

Feminine products are great, but these are even more in demand. Imagine being 80 years old, struggling with incontinence and then not being able to afford products you need.

### TOILETRIES

Food stamps (SNAP) don't cover toiletries. Stores don't commonly donate toiletries to food banks since they don't expire. These items are vital to basic hygiene and self-esteem.

### BABY SUPPLIES

Diapers, baby wipes and baby formula. WIC (the supplemental nutrition program for women, infants and children) helps, but diapers are a hot commodity in the *Polack Food Bank*. Always needed are diapers in sizes 3-5 and pull-ups, as well as non-dairy formula.

### CANNED MEATS & JERKY

Providing homeless clients with nutritionally valuable foods, and especially proteins, is always a challenge.

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### CULTURALLY RELEVANT FOOD FOR ASIAN POPULATIONS

The *Polack Food Bank* serves 5 central Seattle zip codes. This is a significant population in our community.

### CANNED CHILI & STEW

These are very popular and relatively expensive for clients. A can of chili or stew can make a very filling, high-protein meal — especially on damp, cold days.

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68% of *Polack Food Bank* clients are seniors.

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### NUTRITIONAL SHAKES & DRINKS

68% of *Polack Food Bank* clients are seniors. This product helps with the many older clients who have age-related dietary needs.

### FLOUR

Many of our clients like to cook and bake from scratch. Plain flour never sits in the bins for long.

### FOOD THAT IS NOT EXPIRED

If you don't want it because it's past its use-by date, we don't want to erode our clients' dignity by giving them those back-of-the-pantry, expired food stuffs.

*Adapted from a Reddit.com survey of food bank volunteers.*



Donations of food, toiletries and grocery gift cards are accepted year-round. The *Polack Food Bank* serves 1,800+ people each month on-site and through its home delivery and Kosher Food Bank programs.

For more information, contact **Jana Lissiak** at [jlissiak@jfsseattle.org](mailto:jlissiak@jfsseattle.org).

