

HIGH, LOW OR NO?

# Matzah Meal



*May the kavod/dignity of your fellow be as dear to you as your own. – Pirke Avot*

# Matzah Meal



## Thanks, but no.

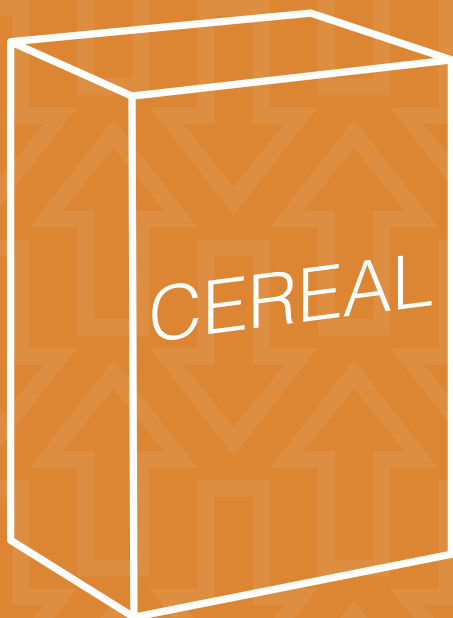
We have almost no requests for matzah meal, except during Passover. We purchase or ask for donations of this item at that time.



*Praised are You...  
who provides food for all.  
– The blessing after eating*

**HIGH, LOW OR NO?**

# No-Name Brand Box of Sugar Cereal



*May the kavod/dignity of your fellow be as dear to you as your own. – Pirke Avot*

# No-Name Brand Box of Sugar Cereal



## Lower Need

While breakfast cereal is a popular item, for people who speak limited English, **name brand canned or packaged items are more recognizable, and therefore preferable.** In addition, we would rather provide items that aren't high in sugar because they are healthier. Our Food Bank space is limited, and our priority is providing the high-quality and healthy foods that usually are more expensive and difficult to purchase when people are on limited budgets.



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**HIGH, LOW OR NO?**

# Cooking Oil



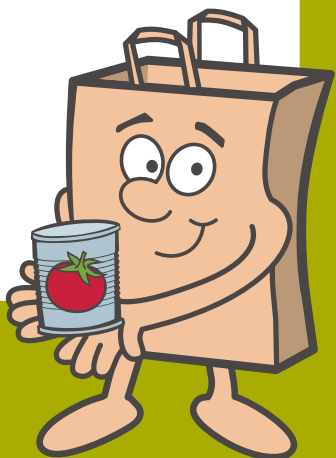
*May the kavod/dignity of your fellow be as dear to you as your own. – Pirke Avot*

# Cooking Oil



## High Need

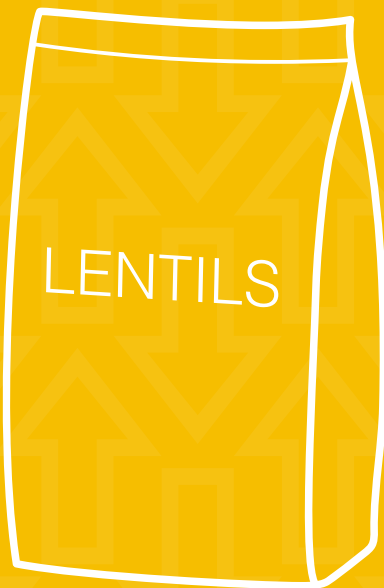
This is a constantly requested item throughout the year by people from all cultures.



*Praised are You...  
who provides food for all.  
– The blessing after eating*

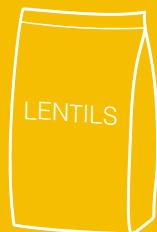
**HIGH, LOW OR NO?**

# Package of Lentils



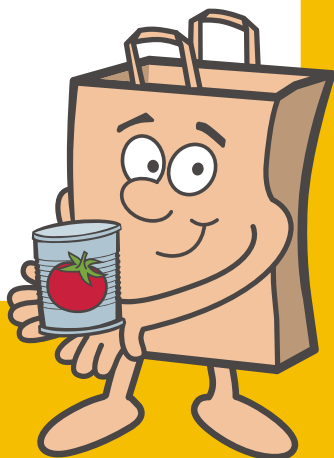
*May the kavod/dignity of your fellow be as dear to you as your own. – Pirke Avot*

# Package of Lentils



## Lower Need

All legumes (beans, lentils, etc.) are appreciated. The most requested legume, however, is black beans. Black beans are culturally appropriate for our East Asian clients. Offering black beans not only provides food, but also the comfort and familiarity of home. Providing culturally appropriate food to our clients is a way of respecting their dignity.



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**HIGH, LOW OR NO?**

# Baby Food



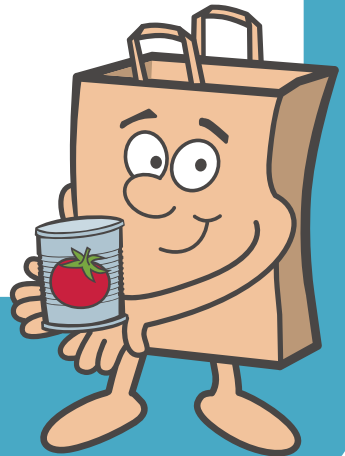
*May the kavod/dignity of your fellow be as dear to you as your own. – Pirke Avot*

# Baby Food



## Thanks, but no.

Baby food expires quickly, and we have very few requests for it at our Food Bank.



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**HIGH, LOW OR NO?**

# **Peanut Butter in a Glass Container**



*May the kavod/dignity of your fellow be as dear to you as your own. – Pirke Avot*

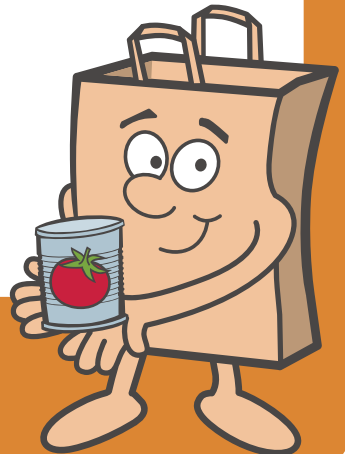
# Peanut Butter in a Glass Container



## Thanks, but no.

While peanut butter is a highly requested product, we ask that you not donate anything in a glass container to our Food Drive. Glass containers break easily during our food sort. This is both wasteful and dangerous. If you donate peanut butter to the Food Drive, **please donate it in plastic containers. During the year, donations of peanut butter in glass containers are welcome.**

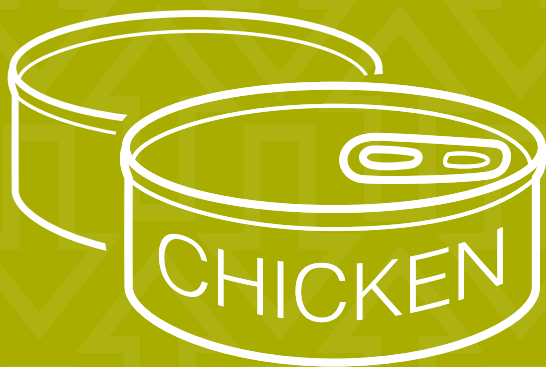
Food donations are accepted all year at JFS during normal work hours.



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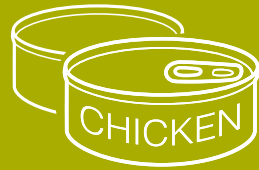
**HIGH, LOW OR NO?**

# Canned Chicken



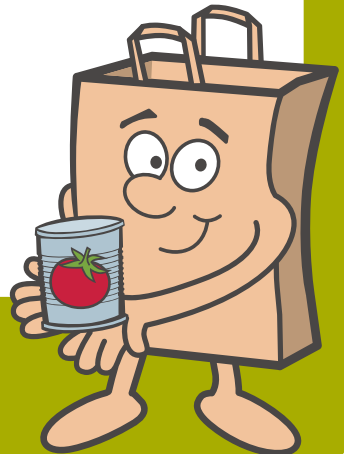
*May the kavod/dignity of your fellow be as dear to you as your own. – Pirke Avot*

# Canned Chicken



## High Need

Although this item is not kosher, JFS serves a variety of people from different cultures, as well as Jews with different levels of kashrut needs. Canned chicken is often requested, as is **canned salmon**. These items are more expensive and therefore harder for our clients to purchase on their own than canned tuna (which is also a welcome donation!)



*Praised are You...  
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– The blessing after eating*

**HIGH, LOW OR NO?**

**Canned  
Peas  
(not low-sodium)**



*May the kavod/dignity of your fellow be as dear to you as your own. – Pirke Avot*

# Canned Peas (not low-sodium)



## High Need

Although we find that people generally prefer low-salt canned vegetables, our Russian friends often request any type of canned peas. It is important to provide food that is familiar to people visiting our Food Bank. Providing culturally appropriate food to our clients is a way of respecting their dignity.



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HIGH, LOW OR NO?

# Can of Low-Sodium Vegetables



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# Can of Low-Sodium Vegetables



## High Need

Many of our elderly and home delivery clients are on low-sodium diets. In addition, low-sodium items are rarely available through the Food Bank's traditional suppliers. Donations of low-sodium canned vegetables or soups are greatly appreciated and help people follow the advice of their doctors. Poor health and the lack of ability to care for one's health greatly impacts dignity.



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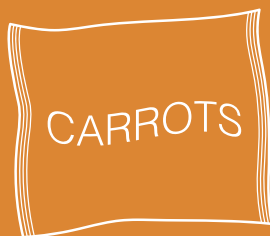
**HIGH, LOW OR NO?**

# Bag of Carrots



*May the kavod/dignity of your fellow be as dear to you as your own. – Pirke Avot*

# Bag of Carrots



## Thanks, but no.

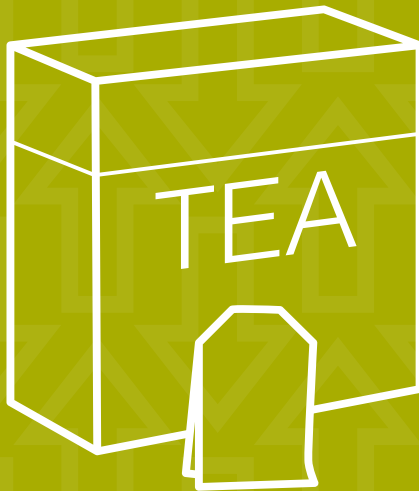
We cannot accept perishable items for the Food Drive. **However, we love your fresh fruits and vegetables, especially from your garden, other times of the year when brought directly to our Food Bank during normal JFS work hours.**



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**HIGH, LOW OR NO?**

# Herbal Tea



*May the kavod/dignity of your fellow be as dear to you as your own. – Pirke Avot*

# Herbal Tea



## Lower Need

We welcome all donations of tea, but please note **that most people ask for plain green or black tea.** For immigrant families, offering plain black or green tea provides the comfort and familiarity of home. Providing culturally appropriate food to our clients is a way of respecting their dignity.



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# HIGH, LOW OR NO?

## Candy



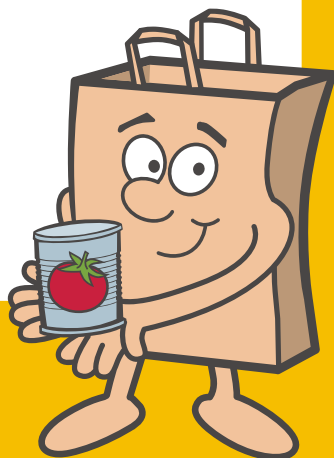
*May the kavod/dignity of your fellow be as dear to you as your own. – Pirke Avot*

# Candy



## Lower Need

We do accept donations of candy and other treats because we realize that respecting the dignity of others means that everyone should have access to treats. But our Food Bank space is limited, and our priority is providing high-quality and healthy foods that are usually more expensive and difficult to purchase for people on limited budgets.



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**HIGH, LOW OR NO?**

# Diapers Sizes 3-5



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# Diapers Sizes 3-5



## High Need

Baby diapers, sizes 3-5, are a high need. Other baby diapers sizes are requested less often, but still welcomed. JFS is grateful for any diaper donations, including adult diapers.



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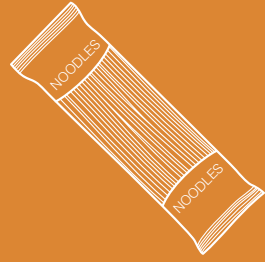
**HIGH, LOW OR NO?**

# Thin Rice Noodles



*May the kavod/dignity of your fellow be as dear to you as your own. – Pirke Avot*

# Thin Rice Noodles



## High Need

Many people in the JFS neighborhood are immigrants from Asian countries. Our Asian friends love rice noodles. It is important to provide food that is familiar to people visiting our Food Bank. Providing this culturally appropriate food is a way of respecting the dignity of our clients. All types of pasta are welcome donations, but rice noodles fill a special and unique need.



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**HIGH, LOW OR NO?**

# Reusable Bag



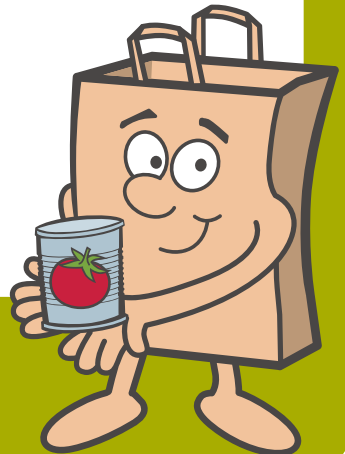
*May the kavod/dignity of your fellow be as dear to you as your own. – Pirke Avot*

# Reusable Bag



## High Need

People need bags to bring their food home. Clean, reusable bags are great! **We also appreciate brown bags with two handles and no tears.** The more the better!



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**HIGH, LOW OR NO?**

# Gefilte Fish in a Glass Container



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# Gefilte Fish in a Glass Container

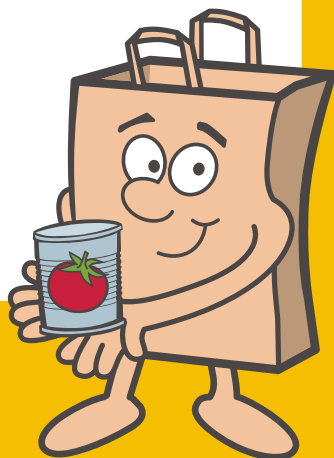


## Thanks, but no.

**Gefilte fish is a highly requested food item, but we ask that you not donate any glass containers during the Food Drive.** Glass breakage occurs easily during our Food Sort, which is both wasteful and dangerous. If you donate gefilte fish to the food drive, please donate it in non-glass containers.

**During the year, donations of gefilte fish in glass containers are welcome.**

Food donations are accepted all year at JFS during normal work hours.



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**HIGH, LOW OR NO?**

# Costco-sized Can of Something



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# Costco-sized Can of Something



## Thanks, but no.

Unfortunately, we can't divide this into smaller containers—and this is too big for someone to carry home. People visiting the Food Bank are limited by what they can carry home. Plus, they want a variety of options for food.

People with limited incomes often buy smaller amounts of food because that is what they can afford, even though the better “deal” is to buy larger amounts. Not being able to purchase in bulk (which is generally cheaper than smaller packages) is one of the frustrations and challenges experienced by people with limited incomes.



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# HIGH, LOW OR NO?

## Expired Products



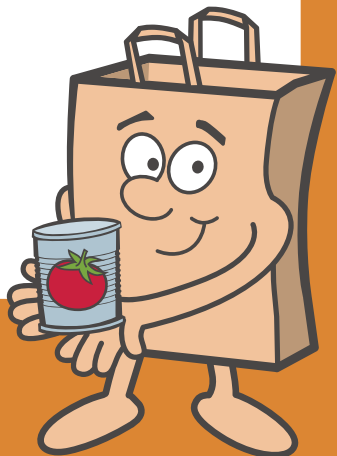
*May the kavod/dignity of your fellow be as dear to you as your own. – Pirke Avot*

# Expired Products



## Thanks, but no.

Please note the expiration date on packages. For both dignity and safety reasons, we do not give away expired food. We realize that many foods are still edible (other than baby food and baby formula) after the expiration date, but we try to preserve the dignity of our clients by placing a priority on offering food before the expiration date on the package.



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**HIGH, LOW OR NO?**

# Financial Donations



*May the kavod/dignity of your fellow be as dear to you as your own. – Pirke Avot*

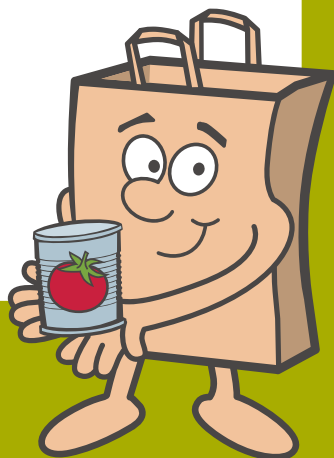
# Financial Donations



## High Need

We greatly appreciate financial donations to our Food Bank at any time, but **please don't put cash or checks in bags for the Food Drive!** Your donations allow us to buy items in bulk, as needed and at reduced prices.

**You can also donate gift cards.** The Food Bank doesn't distribute gift cards, but the **JFS Emergency Services Program** does. Gift cards give people the opportunity to buy what they need with the dignity of shopping in a regular store.



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**HIGH, LOW OR NO?**

# Normal Sized Toothpaste



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# Normal Sized Toothpaste



## High Need

Toothpaste is one of our most requested toiletry items. **Other highly requested toiletry items are bar soap and shampoo.** Regular sized toiletries are requested much more often than travel size. JFS receives and distributes all types and sizes of toiletries, including toothbrushes, conditioner, lotion, deodorant, razors, shaving cream, floss, feminine hygiene products and toilet paper.



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**HIGH, LOW OR NO?**

# Honey

(in plastic container)



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# Honey (in plastic container)



## High Need

Our Jewish clients especially appreciate honey around Rosh Hashanah, and all our clients appreciate honey throughout the year. It is a commonly used but expensive product.



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# HIGH, LOW OR NO?

## Kasha



*May the kavod/dignity of your fellow be as dear to you as your own. – Pirke Avot*

# Kasha



## High Need

JFS serves many people from the former Soviet Union. This culturally appropriate food item is very popular among them. It is important to provide food that is familiar to people visiting our Food Bank. Offering kasha provides not only food, but also the comfort and familiarity of home. Providing culturally appropriate food to our clients is a way of respecting their dignity.



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