



The
FOOD BANK
@ ST. MARY'S

The Harvest Journal

April 2026 Edition

ABOUT US

DONATE

VOLUNTEER

Supporting Our Community with Hospitality, Respect, and Nutritious Food.

REMINDERS

We are open for walk-in distribution every Monday, Wednesday, & Friday from 10:00 am – 1:00 pm.

May Baby Week is:
5/4, 5/6, and 5/8.
Please arrive at 9am.

Visit our [Amazon Wishlist](#) to find items our clients are currently in great need of and ship it directly to us.



Updates From Us

FREE Dental, Vision & Medical Services!

ALL ARE WELCOME

- For people in need
- All services are **FREE**
- **No ID required**
- Interpreters available
- Limited number of admission tickets
 - Distribution starts at 5:30 AM in Fisher Pavilion at Seattle Center
- First come, first served



April 23 – 26, 2026



at Seattle Center

MORE INFORMATION: [SEATTLECENTER.ORG/PATIENTS](https://seattlecenter.org/patients)

If you or someone you know needs medical, dental, or vision services at zero cost, we encourage you to share the news about [King County's upcoming Free Clinic!](#) Please arrive early to secure a free ticket for these services!

Building New Relationships...

We are so excited about our upcoming Harvest Dinner! This year's theme is "Building New Relationships". Our hope for 2026 is to build connections, share stories of hope with one another, and continue to build up the strong support that The Food Bank @ St. Mary's has had for nearly 80 years! Maybe this year you can invite someone new to our Harvest Dinner - we can't wait to meet them!

9.26.26

**Invites &
Registration
details to come!
Doors open at
5:30pm.**

Save the Date

The Food Bank @ St. Mary's

26th Annual Harvest Dinner
Building New Relationships



**SODO PARK
3200 1st Ave S
Seattle, WA 98134**

**We are looking for looking for Auction Items that you may have access to!
Please look over the list below and if you would like to donate an item, please
click the "Donate an Auction Item" button.**

- Local Sport's Tickets (Seahawks, Kraken, Storm, Mariners, Sounders, Reign)
- Professional Services: landscaping, nutrition, life coaching, music lessons, photography, personal training, financial advising, etc...
- Timeshare Stays/Cruise Tickets
- Tickets to Famous Seattle Attractions: Space Needle, Ferris Wheel, Columbia Tower Tour, etc.
- Airline Miles/Travel Points
- Restaurant Gift Cards
- Homemade Art/Ceramics
- Museum/Concert Passes/Opera Tickets/PNW Ballet Tickets
- Wine for our famous Wine Wall

[Sponsor the Harvest Dinner](#)

[Donate an Auction Item](#)

Volunteer of the Month

Martha is a weekly volunteer and every Tuesday she work alongside our job training employees who speak many languages! She is always thinking of new ways to engage with the community. Martha has started to not only teach English to our Tuesday volunteers, but she is also learning words in other languages, including: French, Arabic, Spanish, Lingala, and Tigrinya. The Food Bank @ St. Mary's is a home to mutually transformative relationships and Martha has stood out as a volunteer who desires to create and maintain these beautiful relationships. We love you Martha!



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