



The
FOOD BANK
@ ST. MARY'S

The Harvest Journal

July 2025 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.

August Baby Week is: 8/4, 8/6, and 8/8.
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.

Happy Make a Difference to Children Month!
See Below to Get Involved



Updates From Us



We are so thankful for the DSHS Mobile Office that came to the Food Bank at the beginning of July!

DSHS (*Department of Social and Health Services*) offers assistance programs, such as: housing assistance, long-term care, mental health and medical services, disability services, and food assistance.

To read more, click the link [HERE](#)

There is Always a Silver Lining...

In September, we will be holding a special 25th Harvest Dinner! Our theme this year is "There is Always a Silver Lining" -

come experience our most in-depth Harvest Dinner yet.
Including dinner, auction, interactive walk through experience, special
key note speaker, and live entertainment.
Save the Date! September 27th, 2025
[Click Here to Learn More!](#)



**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
- Museum / Concert Passes / Opera Tickets / PNW Ballet Tickets
- Wine for our famous Wine Wall

Sponsor the Harvest
Dinner

Donate an Auction
Item

Fresh, Hydrating Fruit?



Yes Please!

Part of our mission statement includes "Nutritious Food". We aim to always serve fresh produce and healthy proteins weekly.

July is National Make a Difference to Children Month and we believe that access to food is so important for families and children! The Food Bank provides groceries that families can use to feed their children.

The same children whose lunches are usually provided to them by schools during the school year.

We invite you on July 15th (National Give Something Away Day) to donate a bag of fruits or vegetables to The Food Bank @ St. Mary's. Donation hours are Monday through Friday between 8am-1pm.

FACEBOOK

INSTAGRAM

CONTACT
US

The Food Bank @ St. Mary's | 611 20th Ave S | Seattle, WA 98144 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!