



The  
FOOD BANK  
@ ST. MARY'S

# The Harvest Journal

March 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.

April Baby Week is: 4/6, 4/8, and 4/10.  
**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.

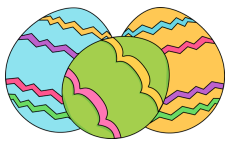


## Updates From Us

### Happy Women's History Month!

We celebrate the women from our past who did the hard work of feeding people! Check out this awesome article from Move for Hunger to learn about our past leaders in food solutions: [Click Here](#)

## Easter Holiday Distribution



Come by for a special distribution week on **Monday March 30th, Wednesday April 1st, or Friday April 3rd** between 10am-1pm.

We will be giving out whole chickens, whole turkeys, ham, eggs, oil, salt, sugar, and more!

## Dinner Party Donations?

We recently heard from some of our local leaders that they have implemented a new strategy of ending food insecurity, and you can too!

Our neighbors have been hosting small dinner parties in their home, the entry fee is unique, in order to dine, you are required to bring a non perishable food item! How fun!

Think you could host dinner this month and collect some donations?  
We would love to hear about it! Send us some photos from your dinner party.



## Did You Know This About SNAP?

- 53% of Washington State Families Use SNAP.
- 2/3 of those on SNAP are working a job.
- The Average SNAP benefit is \$6.20 per person per day.

Find Out More About SNAP by clicking this link: [12 SNAP Myths Debunked](#)



## Our Volunteer of the Month is Jay!

Jay is very committed and involved in the food bank, he has been volunteering daily for over 20 years! He brightens everyone's day and makes everyone laugh. Whether he is serving clients or helping clean up, we appreciate all that he does for the food bank! It happens to be his birthday this week! Happy Birthday Jay!



[FACEBOOK](#)

[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!