



The
FOOD BANK
@ ST. MARY'S

The Harvest Journal

February 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.

We will be open as usual on President's Day, Monday 2/16.

March Baby Week is 3/2, 3/4, and 3/6. **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 Black History Month!



Updates From Us

Feed Local Families Today

THE SUPPER BOWL



CONGRATS SEAHAWKS!!!!

Read below to see how we are providing suppers to our community!

\$3 A Meal? Is That Possible?

The USDA has decided that nationally, someone could get a nutritious meal for \$3. Even if someone has a stocked up pantry, this is still an uninformed take on what someone could get for themselves on \$63 a week, especially in a place like Seattle. What does this look like in practice?

Please [click here](#) to watch a reporter take on this \$3 meal challenge.

After the victorious win by our local football team, GO HAWKS, we can't help but think of victories we've had at the food bank over the last few months. We watched you, our community, step into the gaps created by inaccessibility to SNAP benefits. We've seen an uptick in volunteering, and we have fed everyone coming to our doors with *nutritious food*. We can't throw a parade (or a football), but we want to invite you into our February "sporting" event....

Consider helping us raise \$18,000 this month.

Why \$18,000? We feed 2,000 people per week, this is the cost of feeding one week of clients, 3 times a day on \$3 a day.

Be part of Our Supper Bowl!

[Supper Bowl Donation](#)



Black History Month

Celebrating the wonderful culture that surrounds The Food Bank @ St. Mary's, Seattle's Central District has a rich history in African American Culture! We encourage you to support some of the local, Black-owned businesses in the Central District:

Marjorie • Boosh Nursery • The Postman • Communion
Central Cafe and Juice Bar • Arte Noir • Jerk Shack • Simply Soulful

[FACEBOOK](#)

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