



The  
FOOD BANK  
@ ST. MARY'S

# The Harvest Journal

February 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.

We Will Be Closed on Monday, February 17th for President's Day.

March Baby Week is 3/3, 3/5, 3/7. 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

Free Community Event Coming Up! - [Click Here to Learn More!](#)



## NATIONAL CANNED FOOD MONTH

We're here to debunk some canned food myths!

- 1.) Canned Food is a less healthy option than fresh produce (**FALSE!**): canned food is less likely to be missing vitamins and minerals since the produce is commonly picked and packed in a short timeline.
- 2.) Canned Food has more sodium than fresh food (**FALSE!**): canned foods do not even make the top 10 list of foods that contribute to high sodium diets! Beyond that, so many canneries offer low/no sodium options.

Take this month to collect canned food to donate to The Food Bank @ St. Mary's.

If you bring them to Chuck's Hop Shop (2001 E Union St. Seattle WA, 98122) between 2/1 and 2/27, you'll get a free entry in a raffle to

win a Chuck's Gift Card!

Stick around on 2/27 for a game night fundraiser for The Food Bank @ St. Mary's (see below).



**HELP FEED THE HUNGRY**  
**IN YOUR NEIGHBORHOOD**

THE FOOD BANK @ ST. MARY'S FEEDS OVER 2,000 HOUSEHOLDS A WEEK! CHUCK'S HOP SHOP IS COLLECTING NON-PERISHABLE FOODS FOR THE MONTH OF FEBRUARY

Chuck's Hop Shop - Central District  
 2001 E Union St. Seattle WA 98122

DROP OFF NON-PERISHABLES TO RECEIVE A RAFFLE TICKET TO WIN A CHUCK'S GIFT CARD!





FEBRUARY 1 - FEBRUARY 27

DROP OFF DONATIONS BETWEEN 4PM AND 8PM

On 2/27 between 4pm and 8pm, stay for our fundraiser! bring a game you love, and even your dog!

## 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!

Please take a look at these incredible articles from

United Way, Northwest African American Museum, & Black History Month.

We also 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

## *There is Always a Silver Lining...*

In September, we will be holding a special 25th Annual 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



## Celebrating 5 Years!

"As I look back at these past years, one of the things that stands out the most for me is the way the food bank was able to keep its doors open and provide people with groceries during Covid-19.

The Pandemic presented a once-in-a-lifetime public medical safety challenge never encountered before. For more than two and a half years, the food bank kept its doors open - serving an ever-increasing number of people in need of hunger relief every week! So important during that time of uncertainty and for many ... desperation! I am so proud of the way the staff and volunteers, and donors were able to overcome so many obstacles yet were successful in keeping the community fed! I will never forget things such as: face masks, social distancing, sanitizing, plastic partitions, a disrupted food supply chain, people's patience, etc.



More recently, I'm happy to have brought the Harvest Dinner back a few years ago as an in-person event with good participation and impressive financial results. I'm hopeful to growing the annual event thru the joining of our new families: St. Therese and St. Joseph's! Look for our Save-the-Date and other information about how to get involved coming soon – we'll be celebrating our 25th event anniversary!



It's been an honor to say the least!"

Sincerely, Bruce  
*Executive Director*

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