



The
FOOD BANK
@ ST. MARY'S

The Harvest Journal

June 2025 Edition

ABOUT US

DONATE

VOLUNTEER

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

REMINDERS

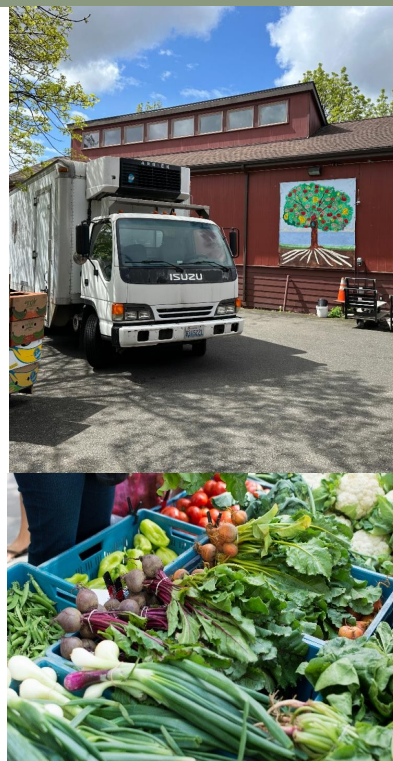
We are open for walk-in distribution every Monday, Wednesday, & Friday from 10:00 am – 1:00 pm.

We will be closed Friday, July 4th.

July Baby Week is: 7/7, 7/9, and 7/11.
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 Pride Month! Check out some fun activities to celebrate [Pride in Seattle!](#)



Updates From Us

GIVE 
BIG
POWERED BY
501 COMMONS MAY 6-7

THANK YOU FOR GIVING BIG!
We Hit Our Goal!
You can still [Give Big Now!](#)

GIVE 
BIG
POWERED BY
501 COMMONS MAY 6-7

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



We are looking for looking for Auction Items that you may have access to!
Please look over the list below, 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

Culturally Diverse Food Products

The Food Bank @ St. Mary's is always in need
of more culturally diverse food items. This can



include seasonings, sauces, fruits, veggies, and grains used in different parts of the world.

A recent study done by the University of Washington pointed out food insecurity was higher in households with respondents identifying as Black (77%) or Hispanic (70%), and households with children (68%)". The

Food Bank @ St. Mary's serves high populations of Chinese, Vietnamese, and Hispanic families, making culturally diverse foods a priority for our food bank. We strongly encourage you to read the UW study about food insecurity in Washington: [PUBLICATION](#)

[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!