

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 for walk-in distribution Friday, Nov 29th.

Next Baby Week is December 2nd, 4th, & 6th.

Happy National Native American Heritage Month
(read below)



November Updates From Us



Our Thanksgiving Distribution is November 18th, 20th, & 22nd from 10am-1pm!

Please bring bags and ID (not required).

Turkeys, whole chicken, limited halal chicken, salt, sugar, oil, eggs, fresh produce, & more!

According to Mike...

Mike has been going to food banks either for himself, his family, or his elderly friends all over King County for over 15 years. He takes the 48 bus for 20 minutes to get to our Food Bank and when we asked why he chose to come here he said:

"I come here for the social interactions, I have friends I see each week, and the staff and volunteers are wonderful - they use common sense: they are humane and efficient."

When asked what foods he enjoys picking up each week, he said "Fish, Chicken, Indian Food, and Fresh Juice". Mike comes on different days each week because he

loves meeting new people saying,

"I love empowering people, and being empowered by them ... *I love this food bank.*"

He encouraged people to continue donating food, resources, finances, and time to
The Food Bank @ St. Mary's.

**GIVING
TUESDAY**

**GIVING TUESDAY IS DECEMBER
3RD!**

Help people like Mike with necessary food resources that we provide everyday by donating today.
Our goal is \$10,000!

Didn't get a chance to go to the Harvest Dinner?
You can still be involved by donating!
[CLICK HERE TO DONATE](#)



Columbia City Farmer's Market is OPEN

We partner with the Columbia City Farmer's Market each year and receive around 8,500 pounds of fresh produce between May and October.



Rain or shine, the farmers market will be open once a month this winter to continue to provide fresh foods & resources to our community. Please check out their booths and support the amazing local farmers we get to call our neighbors.

[More info here.](#)

November is National Native American Heritage Month

We, The Food Bank @ St. Mary's, are a long-standing member of the Seattle Food Committee. The mission of the Seattle Food Committee is to end hunger by identifying and addressing the root causes, including systems of injustice and oppression. Together, our member organizations work to educate, advocate and collaborate for food and social justice.

Seattle Food Committee members acknowledge their work is done on the lands of the Coast Salish peoples, including the Duwamish (dx^wdəwʔabš), a tribe displaced by the unfulfilled Treaty of Point Elliott signed in 1855 by Chief Si'ahl on behalf of the Duwamish and other allied tribes. Our work today is possible only because of the stewardship of the lands and waters shown by



[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!