



The
FOOD BANK
@ ST. MARY'S

The Harvest Journal

March 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.

April Baby Week is: 4/7, 4/9, and 4/11.
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.

Our Annual Impact Report is [HERE!](#)

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Impact Report FY 2023-2024



611 20th Ave S Seattle, WA 98144 • 206-338-7215 • www.thefbm.org • admin@thefbm.org

Updates From Us



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

[Click Here to Learn More!](#)

International Day of Happiness 3/20

Study after study have shown there is one consistent way to



gain happiness in easy and hard times.

GRATITUDE

Writing down three things you're thankful for everyday can, overtime, change your view of your circumstances! I decided to put my money where my mouth was and try this out for a week. The first day had a pretty pathetic list: 1. I'm grateful that I didn't have to wait to long for the bus today, 2. I'm thankful that the week is almost over 3. I'm grateful that it was at least sunny for a day or two. My gratitude list by the end of the week was significantly different: 1. I am so thankful for the food in my kitchen, 2. I am so grateful for the way that flowers just pop up and bloom even if it's cloudy 3. I am thankful for a bed to sleep in.

If you try this week of gratitude, let us know what you thought by emailing Lexie (development@thefbsm.org) we'd love to hear your story!

Here are some helpful resources on happiness and gratitude.

[Berkley Study](#) - [TED Talk](#)

Chucks Hop Shop Fundraiser!

The Community in Seattle's Central District is so amazing! We loved meeting our neighbors, playing trivia, and introducing people to The Food Bank @ St. Mary's! **We raised over \$600!** Think you could answer all of our trivia questions? [Find Out Here!](#)



Thank you to our February Volunteer Groups!

- Whole Foods Market
- King Street Co-op Preschool (Food Drive)

FACEBOOK

CONTACT US

The Food Bank @ St. Mary's | 611 20th Ave S | Seattle, WA 98144 US

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