



VOLUNTEER NEWSLETTER

OCTOBER 2025

Upcoming Volunteer Opportunities in the Food Forest

As some of you may already know, we have a Food Forest and Orchard at our Sedro-Woolley location. We're working to formalize a plan to involve volunteers and community members in the care and upkeep of this space, and want to hear your feedback!



Ideally, we would like to have a group of consistent volunteers who can commit to doing a few hours of garden maintenance on a weekly basis. We could then fill in any gaps with volunteer groups to tackle the larger projects.

If this is something you are interested in, or would like to be kept in the loop about, please email volunteer@helpinghandsfoodbank.org.

Celebrate Halloweek with us!

Join us in celebrating Halloween by dressing up all week! The (optional) themes are:

- Monday, 10/27: Meme Day
- Tuesday, 10/28: Decade Day
- Wednesday, 10/29: Heroes & Super Villains
- Thursday, 10/30: Movie & TV Characters
- Friday, 10/31: Classic Halloween

NOVEMBER 2025				
Helping Hands Holiday Distribution Schedule				
MON	TUE	WED	THU	FRI
1 Sedro-Woolley 10AM-2PM	2 Anacortes 10AM-2PM 10AM-2PM	3 Sedro-Woolley 10AM-2PM 10AM-2PM	4 Sedro-Woolley 10AM-2PM 10AM-2PM	5 Sedro-Woolley 10AM-2PM 10AM-2PM
6 Sedro-Woolley 10AM-2PM	7 CLOSED	8 Sedro-Woolley 10AM-2PM 10AM-2PM	9 Sedro-Woolley 10AM-2PM 10AM-2PM	10 Sedro-Woolley 10AM-2PM 10AM-2PM
11 Sedro-Woolley 10AM-2PM	12 Anacortes 10AM-2PM 10AM-2PM	13 Sedro-Woolley 10AM-2PM 10AM-2PM	14 Sedro-Woolley 10AM-2PM 10AM-2PM	15 Sedro-Woolley 10AM-2PM 10AM-2PM
16 Sedro-Woolley 10AM-2PM	17 Anacortes 10AM-2PM 10AM-2PM	18 Sedro-Woolley 10AM-2PM 10AM-2PM	19 Sedro-Woolley 10AM-2PM 10AM-2PM	20 Sedro-Woolley 10AM-2PM 10AM-2PM
21 Sedro-Woolley 10AM-2PM	22 Anacortes 10AM-2PM 10AM-2PM	23 Sedro-Woolley 10AM-2PM 10AM-2PM	24 CLOSED	25 CLOSED

November Closures:

Tuesday, November 11th for Veterans Day
November 27th & 28th for Thanksgiving

[Download our Holiday Distribution Schedule Here](#)

In the event of inclement weather, any closures will be posted to our Instagram and Facebook

[Instagram](#)

[Facebook](#)

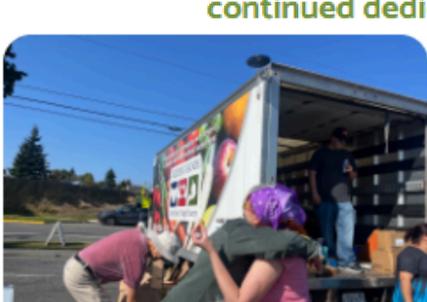
YOU made an impact!

In September, volunteers at Helping Hands served a total of 1,743 hours and over 180 new participants.

These efforts helped us facilitate nearly 8,000 visits last month across our 6 locations in Skagit County.



We couldn't do it without you! Thank you so much for your continued dedication and support.



TAKE ACTION



When you trust Helping Hands with your donation, our resources turn every \$1 into 24 lbs. of food.

Donate Today



find out more online at: HelpingHandsFoodBank.org