

# 2025 Blessing of the Backpacks

## Friday, September 12, 8:15am

### School Parking Lot

## & Sunday, September 14,

### 10:30am Mass

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The annual Blessing of the Backpacks will take place on **Friday, September 12 at 8:15am** on the school parking lot and on Sunday, **September 14 at the 10:30am Mass**, where Fr. Parrish will bless the backpacks filled with donated food. This is a great opportunity for our parish and school families to participate directly in the support of those in our community most in need.

We will split the food donations between BTK-8 and our St. Vincent de Paul food pantry here at St. John. Your support of the St. Vincent de Paul food pantry is always appreciated!

*Don't have a student at St. John, but still want to support BTK-8 & St. Vincent de Paul? Donations can be dropped off in the Parish Office September 10 - 12 or at Masses the weekend of September 13 & 14.*

*Questions? Contact Teresa Gillett at 206-782-2810 ext.355 or [tgillett@stjohnsea.org](mailto:tgillett@stjohnsea.org)*

**Please do not include glass containers. Gift Cards are always welcome and used.**

#### **Non-perishable food items:**

Whole Rolled Oats or Quick Oats (not the flavored packets)  
Pancake Mix, Syrup  
Cereal - large boxes and small, individual boxes  
Cooking Oils  
Flour and Sugar  
Whole Beans - black beans, pinto beans, garbanzo beans  
Dried pasta  
Pasta sauce/tomato sauce  
Nut butters  
Ramen  
Macaroni and Cheese

Tuna/Chicken (canned)  
Rice  
Canned Soup  
Chef Boyardee type things like Spaghetti O's,  
Meatballs, Ravioli  
Canned Chili  
Canned vegetables  
Canned tomatoes  
Canned White Beans, Refried Beans, Kidney Beans  
Gluten-Free items  
Dried lentils & beans  
Peanut Butter  
Jams/jellies

#### **Snack Foods:**

Nut-free granola bars/snack bars  
Goldfish  
Cheeze-Its  
Pretzels  
Apple sauce or other fruit pouches  
Pop Corn (bags)  
Chips  
Sandwich Crackers (cheese, mainly)  
Crackers/Cheese packs  
Seaweed  
Any non-perishable, nut-free, individually packaged snacks