

The GVFB is on the lookout for the following high protein, whole grain, lower-sodium (salt), lower-sugar items:

Top 10

- Canned chicken or turkey
- Canned fish
- Canned black beans, chickpeas, and kidney beans
- Dried lentils*
- Natural Peanut Butter
- Brown Rice, Barley or Oats*
- Whole Wheat Pasta or Couscous*
- Canned vegetables
- Canned fruit
- Hearty Stew or Chili

*In sealed packages



5 Most Wanted

- Canned black beans, chickpeas, and kidney beans
- Canned Fish
- Canned chicken and turkey
- Whole Wheat Pasta
- Brown Rice



Please note, due to health and safety issues we are not able to accept the following items:

- Homemade items
- Food you would not feed yourself or your family
- Products containing alcohol
- Open packages of food
- Food that is 6 months past best before date

You can drop off non-perishable food items at participating grocery stores in Vancouver, Burnaby and the North Shore or at the Food Bank office at 1150 Raymur Avenue.

If you have more than one box, please go to the end of our building to the loading dock, and a staff person will be happy to help you with your donation.

The warehouse is open Monday – Friday, 7:00am – 3:00pm.

Download our [Ways to Donate Poster](#)