

ANNUAL REPORT

Greater Vancouver
food bank
VOLUNTEER

2019



Building strong, connected communities through the power of food.



MESSAGE FROM THE BOARD

This year has been full of change for the Greater Vancouver Food Bank. With change comes a chance to look back and appreciate the past and also look ahead to new and exciting opportunities.

One of the first big changes this year was renewal of the Board of Directors. There were many long-serving and committed Directors who completed their time on the Board and a number of new directors have joined the Board in their place. We extend our sincere thanks to the former directors for their contributions to the Food Bank over many years. Our new directors are equally committed to the Food Bank's success and they are working hard to bring their deep and diverse set of skills, knowledge and experience to bear both in and out of the boardroom.

This year, the Board was also very pleased to welcome David Long as our Chief Executive Officer. David was previously the GFVB's Chief Operating Officer, and he brings a wealth of knowledge and experience not only

in the food services sector but also in leading organizational change and development. And the first change he managed was a big one!

Together David, the management team and staff worked extremely hard this year to plan and prepare to move to the Food Bank's new and larger warehouse in Burnaby without interrupting day-to-day service. The move was successfully completed and the expanded space has allowed the Food Bank to open a new food distribution hub at the warehouse. The Food Bank can now receive and manage larger amounts of food, including significantly more fresh food, and our clients can now access that healthy food at the new permanent food hub at the warehouse and head office location. The Board congratulates and thanks David and his team for their efforts to initiate and complete this important project so efficiently.

Additionally, this year, there was also a noteworthy increase in the need for food support in the communities we serve. The Board deeply thanks our individual, corporate and industrial donors whose valuable and increased donations allowed us to meet this growing demand. We also thank the many, many volunteers who make it possible for us to distribute food in our communities every week.

While we look back at this year's many changes and accomplishments, we're also looking forward. In the year ahead, the Board will work closely with the Food Bank's senior leaders to establish a new strategic plan that will provide focus and the framework to ensure the Food Bank leverages its newly increased warehouse capacity, continues to build vital relationships with our donors, and effectively delivers its important services over the next several years. It's an exciting year ahead!



Cheryl Shkurhan, Board Chair

MESSAGE FROM THE CEO

This year has been one of transformation for the Greater Vancouver Food Bank and I could not be more proud of the results the GVFB team has achieved. Building on the work undertaken by many people since the Greater Vancouver Food Bank came into being in 1983, we are now moving from strength to strength to create a sustainable organization for the future, with a laser focus on our clients' needs, and a firm resolve to maximize the funding we receive from our generous donors. To that end, we are re-designing both our operations and our partnerships around our commitment to provide a consistent supply of healthy food to those who need assistance.

In many ways, it feels as though the work has just begun, but it is important to reflect on our accomplishments over the last year. If I had to choose just three they would be our **new home, our dedicated team and our passionate Board of Directors.**

The GVFB has a beautiful new home specifically designed to do more for our clients and the agencies we support. At the new Winston Street location we have set up a permanent weekday Community Food Hub open Tuesday to Friday from 9:30am-3pm and in early 2020 we will be opening the doors on Saturdays. As well, we now have the capacity and ability to host community, industry and donor events in our multi-functional new 1,200 square foot kitchen and 40,000 square foot warehouse. The team we have put together makes me proud every day and with the passion and skill of our staff and leadership I sincerely believe we will accomplish all of our goals. We want to be an employer of choice at the GVFB and keep these wonderful people, so we have done a lot of work behind the scenes to build a strong HR and organizational infrastructure to fuel engagement and loyalty.

Our Board of Directors truly excites me with their tangible passion and the dedication of time, effort and resources they have already demonstrated, I could



David Long, CEO

not be more confident in the oversight, guidance and support they will provide for the GVFB and our clients in the years to come.

I also want to thank our industry donors, a critical component of our ability to meet an alarming 20% increase in clients this past year. The top three items that we spent money on this year were milk, eggs and baby food, accounting for almost 40% of our overall purchases. With further increases to industry donations anticipated, the pressure on our food budget will be alleviated somewhat, freeing up funds to purchase these critical items.

This year we were able to improve the amount and quality of food we provided to our clients and agencies each week, despite many challenges that we were able to overcome. None of this could have happened without donors and partners like you, so truly, we all share the triumph of the past year.

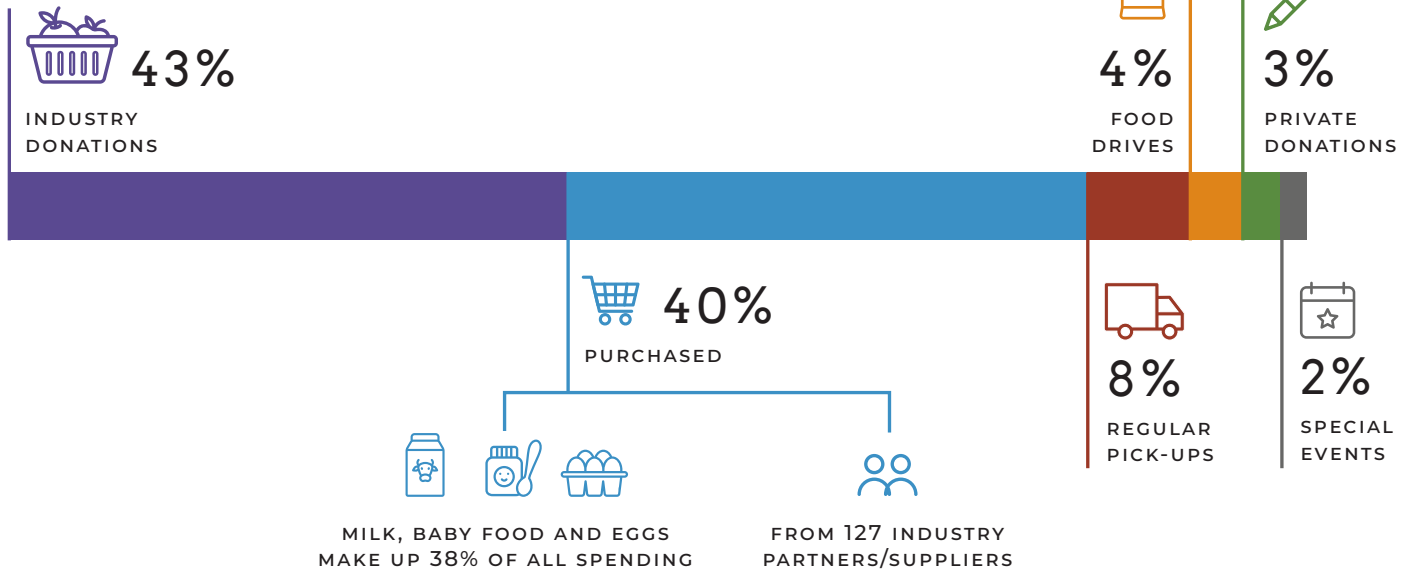
One of my favourite things to do these days is tour people through our new facility; please come and see us, the new GVFB at **8345 Winston St. in Burnaby** - ask for David.

FOOD PROCUREMENT AND DISTRIBUTION 2018-2019

WHERE DID IT COME FROM?

4,743,415 LBS

▲ **42% UP FROM LAST YEAR**



WHAT CAME IN?

36%
FRESH PRODUCE

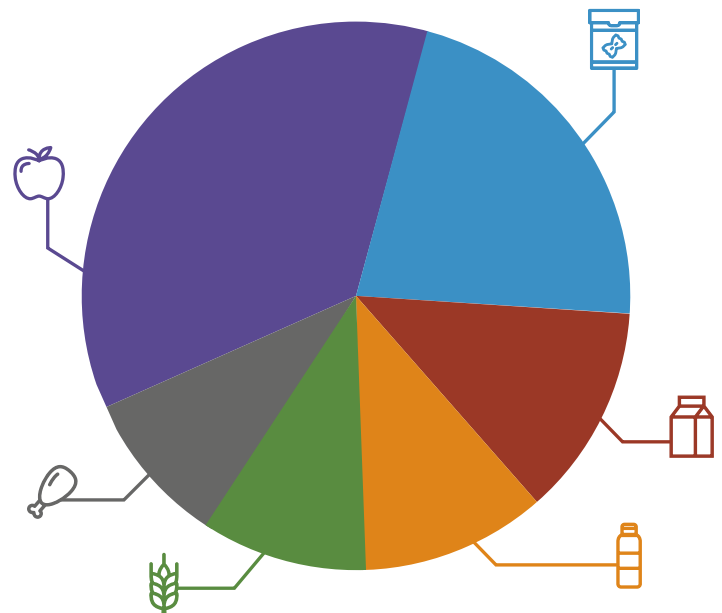
22%
MIXED DRY GOODS

12%
MILK & ALTERNATIVES

11%
OTHER

10%
GRAIN PRODUCTS

9%
MEAT & ALTERNATIVES
EGG



WHERE DID IT GO?

4,476,260 LBS

▲ **30% UP FROM LAST YEAR**



LOCAL SUPPLIER PROFILE

Ken Witzke has been involved with the Greater Vancouver Food Bank for over 30 years. An only child of farmers, Ken grew up in Kelowna and has lived in the area his whole life, finally settling in Winfield, BC to farm 32 acres of orchards. Ken helped revolutionize the fruit industry in the Okanagan through his background in science and marketing (1969 BSc. Applied Science and 1971 UBC MBA graduate).

Since 1985 he has ensured GVFB clients and Community Agency Partners have access to fresh, local in-season produce like cherries, apricots, apples, plums and pears through donations and purchased product.

We are proud to support local farmers like Ken and rely on longstanding relationships to make sure our clients and community agency partners are receiving some of the highest quality food that our province has to offer.



48,179 LBS APPLES

12,283 LBS PEARS

8,795 LBS CHERRIES

73,257 LBS

TOTAL PURCHASED
FROM KEN WITZKE 2019

AT LEAST

687,481 LBS

LOCAL PRODUCE PURCHASED



FOOD QUALITY

Dietitians of Canada research tells us that food bank clients are at a much higher risk of developing chronic health conditions like diabetes, heart disease, high blood pressure and anxiety (1), which makes food quality critical. In 2016, in consultation with registered dietitians, we developed a food quality measurement framework to ensure our clients receive a consistent supply of nutritious food. Since then, we have used it to monitor our progress towards increasing the quality of food for the people who rely on the GVFB for support. This past year the percentage of first and second choice (high-nutrient) foods at the GVFB increased from 67% to 73.8%.

The long-awaited launch of the updated Canada's Food Guide in January confirmed we are on the right track, with recommendations for plenty of fruits and vegetables, whole grain foods and protein foods.

Thanks to recent trends in the industrial food sector, food distributors are reducing their edible food waste, and increasing their donations to foodbanks. As a result, the GVFB has been able to distribute over 108% more fresh food to our clients and agency partners; this translates to over 40,000 lbs of fresh food distributed each week!

We were able to increase our cold storage capacity from **13,000** cubic feet to **64,000** cubic feet including 2 large coolers, a large freezer, and refrigeration capacity for our fleet of trucks, thanks to a grant from Food Banks BC, making accepting, storing and distributing all this fresh, healthy food possible.

That's almost an Olympic-sized swimming pool filled with nutritious, fresh and frozen food!



36.2%

FRESH PRODUCE



55.2%

PERISHABLE PRODUCTS



73.8%

FIRST AND SECOND
CHOICE FOODS



6.8%

FIRST AND SECOND CHOICE
FOODS UP FROM 2018

1. Dietitians of Canada (2016). Addressing Household Food Insecurity in Canada, p.6

FOOD QUALITY RANKING AND DEFINITIONS

FIRST CHOICE

Nutritious foods and beverages that meet strong nutrition criteria with minimal ingredients such as fresh produce, brown rice, 100% natural peanut butter, milk, lean meats and eggs. The Greater Vancouver Food Bank prioritizes foods in this category.

SECOND CHOICE

Nutritious foods and beverages promoted at the Greater Vancouver Food Bank such as pasta, white rice, no salt added canned beans, canned fruits and vegetables, low salt canned fish and meats. Food categories with more prepared foods have reasonably strong, instead of very strong nutrition criteria.

SOMETIMES CHOICE

Foods and beverages with the highest fat, sodium, or sugar to eat in a healthy relationship with other food such as pasta sauce, fruit juice, granola bars and white bread. GVFB does not encourage food donations in this ranking.

OTHER CHOICE

Foods and beverages that are less nutrient dense to eat in a healthy relationship with other food such as candy, pop, instant noodles, canned soup, deli meats. GVFB does not encourage food donations in this ranking.*

UNRANKED ITEMS

Household items, such as toiletries and plastic bags, and food not meant for human consumption, such as pet food.

* Other Choice foods fit in a healthy relationship with food-in moderation. These are not "bad" foods.

COMMUNITY AGENCY PARTNERS

The GVFB works hard to provide support to over 75 Community Agency Partners (CAPs) through our Agency program. This year our CAP team, along with our CEO, visited every agency we support to better understand the unique needs of this incredibly diverse group of organizations and to streamline our service. The CAPs that the GVFB works with include supportive housing centres, neighborhood houses, community meal programs, school meal programs, women's shelters, transition houses, First Nations community centers, immigrant settlement service providers and many others.

Priority is given to agencies that support individuals facing multiple barriers to nutrition and wellness, as well as communities that are not accessing our Community Food Hubs.

The GVFB supports partner agencies by offering kitchen equipment, workshops and trainings, and nutritious food for the programs they facilitate.

Through "impact" centred conversations with CAP staff we learned that the increase in fresh food donations such as cheese, milk, yogurt, meats and fresh produce topped the list for items the agencies had not received in this quantity in recent years. This increase in quality food is thanks in large part to Loblaw's/Real Canadian Superstore (who donated 460,000 lbs of food last year). The positive impact on CAP clients has been remarkable.

Our increased refrigeration capacity, made possible through a grant from Food Banks BC, enabled us to store and distribute these most requested perishable foods. Overall, we have increased our cooling and freezing capacity by **400%**!

931,000 pounds of quality food was distributed to CAPs this past fiscal year. **A 26% increase** over the previous year's 763,300 pounds. In addition, the GVFB offered full-day Food Safe Level 1 and Train-the-Trainer Canning workshops to CAP staff and key volunteers.



75

COMMUNITY
AGENCY PARTNERS

234

DIFFERENT PROGRAMS SUPPORTED

WHICH RUN FOR A TOTAL OF

4,252

TIMES EVERY MONTH



931,000

POUNDS OF FOOD
DISTRIBUTED THIS YEAR
TO AGENCIES

SUPPORTED PROGRAMS

- MEAL PROGRAMS
- SNACK PROGRAMS
- COMMUNITY KITCHENS
- FOOD CUPBOARDS
- AGENCY FOOD BANK
- OTHER (BINGO, WORKSHOPS, SPECIAL EVENTS)

“AT DIXON HOUSE, WE ARE PROUD OF OUR ABILITY TO PROVIDE ENOUGH FOOD AND A VARIETY OF FOOD SO THAT OUR FAMILIES DO NOT HAVE TO EXPERIENCE A CHANGE IN THEIR DIET AMIDST SO MANY OTHER CHANGES THEY HAVE TO GO THROUGH WHEN FLEEING VIOLENCE. WE ALWAYS APPRECIATE THAT THE FOOD BANK PROVIDES A VARIETY OF ITEMS THAT CAN MEET THE DIVERSE DIETARY NEEDS AS WE SERVE DIVERSE POPULATIONS.”

JASMINE ROH
COMMUNITY RELATIONS ASSISTANT
DIXON TRANSITION SOCIETY

“AS YOU KNOW, MOST OF THE PROJECTS YOU PROVIDE FOR HAVE REALLY TIGHT BUDGET CONSTRAINTS. YOUR HELP ALLOWS US TO PURCHASE ITEMS THAT WE WOULD NOT OTHERWISE BE ABLE TO PROVIDE. THE OPTIONS FOR OUR MONTHLY ORDERS ARE FANTASTIC, ESPECIALLY THE DAIRY AND MEAT OPTIONS. THE VARIETY OF CHOICES IS WONDERFUL.”

TRACEY TURCOTT
COORDINATOR, RAINIER HOTEL

“THE PROGRAM LEADERS HAVE NOTICED A HUGE BEHAVIOURAL CHANGE TAKING PLACE SINCE FRESH FRUITS AND VEG, YOGURT, CHEESE AND MEATS WERE INTRODUCED. THE USUAL SPIKE IN ENERGY FOLLOWED BY LETHARGY IS NOW A MUCH MORE SUSTAINED LEVEL OF ENERGY THANKS TO LESS SUGARY SNACKS AND MORE WHOLE FOODS. THE PARTICIPANT’S ABILITY TO FOCUS ON HOMEWORK AND ACTIVITIES HAS IMPROVED.”

GILLIAN AND GAVIN
AFTER SCHOOL PROGRAM
HASTINGS ELEMENTARY SCHOOL

AGENCY SPOTLIGHT SPIRIT WAY

Helping Spirit Lodge Society is a leading Indigenous women's organization located in the Greater Vancouver area, that alleviates family violence and enhances community wellness through a traditional, holistic approach.

Spirit Way is a 14-unit residential program with 18-month accommodation for women and children who have suffered domestic violence. It is operated by Helping Spirit Lodge Society in partnership with BC Housing.

"Sometimes there's more month than there is payday." Spirit Way Program Coordinator - Patricia Dobrik points out. **"Food is at the centre of everything we do, it's our culture."** Last year, the CAP program supplied 11, 379 lbs of food that enabled Spirit Way to offer food to residents six days a week. 36 people including 13 mums and 23 kids are fed through weekly community kitchens, snack and breakfast programs, meals included with workshops, an in-house 24-7 food bank and a monthly community meal. This allows the families to focus on getting back on their feet without having to worry about where their next meal is coming from.

An essential aspect of Spirit Way's holistic approach promotes healing in a supportive environment and cooking together is a natural fit. **"The best things happen when you are cooking together as a community. Healing, telling stories,"** enthuses Patricia **"You want to empower them (the mums) and embrace their story and allow them to feel like they have contributed to their own life. Cooking is one of the ways we can encourage this to happen."**

Not only do the families have access to essential proteins like peanut butter, canned fish, eggs and fresh produce, but Spirit Way was able to recently hire two youth mentors with money saved by not having to buy food.



OUR 2018 – 2019 PARTNERSHIPS

- Aboriginal Front Door Society
- Aboriginal Mother Centre Society
- AIDS Vancouver
- Al Mitchell Place
- Antoinette Lodge
- Arco Hotel
- Bridge Housing for Women
- Britannia Secondary School
- Broadway Youth Resource Centre
- Burnaby Association for Community Inclusion
- Burnaby Neighbourhood House
- Changing Addictive Attitudes Recovery Society
- Christ Church Cathedral
- Coast Mental Health Resource Centre
- Collingwood Neighbourhood House
- Directions Youth Services
- Dixon Transition House
- Downtown Eastside Neighbourhood House
- DT South Neighbourhood Helpers
- DTES Women's Centre
- DTES Neighbourhood Helpers Project
- First Place
- First United Church Community Ministry Society
- Frog Hollow Neighbourhood House
- Giving Back Support Recovery Society
- Gordon Neighbourhood House
- Grandview Boys & Girls Club
- Grandview Woodland Food Connection
- Hampton Hotel
- Hastings Elementary – Kids First
- Helping Spirit Lodge Society
- Hotel Irving
- Hutchinson Block
- Ian Lehman Place
- Inner City Women's Initiative Society
- Jacob's Well
- Jeffrey Ross Residence
- Kettle Friendship Society
- Kitsilano Neighbourhood House
- Kiwassa Neighbourhood House
- Marguerite Ford Apartments
- McLaren Housing Society of British Columbia
- Mission Possible
- MPA Resource Centre
- New Leaf Clubhouse
- Odyssey II
- Potter's Place Mission Society
- Powell Street Getaway
- Purpose Society
- Rainier Hotel
- Sage Transition House
- Sakura So
- Second Housing for Women
- Serena's House
- Sheway
- Sisele Housing
- Sorella Housing for Women and Children
- SOS Starting Over Society
- South Vancouver Neighbourhood House
- St. Michaels Outreach Program
- Strathcona Food Programs
- The Beacon Hotel
- The Door is Open
- The Dugout Drop-in Society
- The KidSafe Project Society
- The Oasis Hotel
- The Orwell Hotel
- Urban Native Youth Association
- Vancouver Aboriginal Friendship Centre Society
- Vancouver Recovery Club
- Vivian Transitional Housing Program for Women
- Watari Counselling and Support
- WISH Drop-in Centre Society
- Woodward's Housing

THANK YOU TO ALL OUR VOLUNTEERS!

The GVFB runs on volunteer power. Without the help of each and every dedicated volunteer we would not be able to run our organization as smoothly as we do. We salute you!

**77,216 HOURS OF VOLUNTEER SERVICE
GIVEN, WHICH IS THE EQUIVALENT OF**

39.5 FULL TIME EMPLOYEES

Thank you to our Board of Directors, Warehouse, Food Sort, Community Food Hub and Community Events volunteers.

We invite you to join us on our mission to build strong, connected communities through the power of food!

**"I HAVE SEVERE DEPRESSION, PTSD, ANXIETY.
VOLUNTEERING AND GOING OUT OF THE HOUSE EVERY
WEEK WAS A PART OF MY HEALING PROCESS, AND THE
ONLY WAY I COULD FEEL I COULD GIVE A LITTLE HELP."**

**"I JUST WANT TO SAY VOLUNTEERING AT THE
FOOD BANK IS AWESOME, IT BUILDS MY SELF-
ESTEEM AND EVERYONE AT THE FOOD BANK
TREATS YOU WITH DIGNITY AND RESPECT."**



**"I HAVE ONLY VOLUNTEERED FOR
ONE SHIFT SO FAR AND IT IS SO
GOOD TO SEE HOW IT RUNS AND IT IS
ILLUMINATING TO SEE HOW DIVERSE
THE PEOPLE ARE WHO AVAIL OF THE
GVFB. I THINK IT IS A MUCH NEEDED
AND FABULOUS ORGANIZATION"**

COMMUNITY FOOD HUBS

The Greater Vancouver Food Bank’s vision of fair, welcoming access to healthy food through the Community Food Hub (CFH) model is central to our organization. The CFH transforms food bank service, offering clients enhanced choice, a dignified shopping experience, and expanded access to community resources.

30%
OF INDIVIDUALS ACCESSING
GREATER VANCOUVER FOOD
BANK CFHS ARE SENIORS

21%
OF HOUSEHOLDS ACCESSING
FOOD HAVE ONE CLIENT LIVING
WITH PHYSICAL DISABILITY

25%
OF THOSE ACCESSING
FOOD ARE CHILDREN

CFHs follow a pop-up model where once every week a team of up to 40 volunteers, supported by GVFB staff, set up at multiple site partner locations to host our CFH service. They work together to unload over 80,000 lbs of food each week, creating market-style spaces for over **8,000 clients** to access grocery items. Site partners support GVFB CFHs by providing a space and staff resources. We are grateful for the relationships with neighbourhood houses, community centres, churches and social centres that offer their space week in and week out to make CFHs a possibility!

The GVFB has learned that CFHs cannot be “one size fits all”. Each hub adapts to the needs and characteristics of its community, encompassing the clients who are accessing food, the volunteers, and the community partners who host the Hubs and provide support services to clients.

“IT’S REALLY
HELPFUL FOR ME
AS A NEWCOMER TO
CANADA. REALLY GOOD
FOOD AND GOOD
SERVICE”

8000+
CLIENTS SUPPORTED
WEEKLY





13

COMMUNITY
FOOD HUBS

4 cities

VANCOUVER, BURNABY,
NEW WESTMINSTER,
THE NORTH SHORE

"I AM A WIDOW AND THE
FOOD BANK HELPS ME
WITH MY DAILY LIFE SO
I'M GRATEFUL"

"VERY GOOD FOR
PEOPLE LIKE ME.
LIMITED RETIREMENT
INCOME."



20.2%

GROWTH RATE OF UNIQUE
CLIENTS VISITS

310,805

INDIVIDUAL CLIENT
VISITS IN 2019

83%

SAY THEY RECEIVE HEALTHY
FOOD FROM THE FOOD BANK

87%

OF CLIENTS AGREED THAT THE
FOOD BANK IS A WELCOMING
PLACE FOR THEMSELVES, THEIR
FRIENDS AND FAMILY



86%

INCREASE IN CLIENTS ACCESSING
THE COMMUNITY FOOD HUBS WHO
REPORT EMPLOYMENT INCOME

"YOU GUYS HAVE SAVED ME SO MUCH
ANXIETY, STRESS AND DEPRESSION
RE: WILL I HAVE ENOUGH FOOD"

WHO ARE THE PEOPLE THE
FOOD BANK SUPPORTS

POOR? HOMELESS?
UNEMPLOYED? UNEDUCATED?

THIS IS A PRETTY CLOSE IMAGE, RIGHT?

HOW ABOUT?

- your neighbour
- the senior sitting on a park bench
- the college student at a coffee shop
- the parent with a toddler at the park
- the seventeen-year-old cashier
- the new immigrant family at your child's school
- the recently retired couple strolling down the street
- the person who served in the military

THESE ARE THE PEOPLE WHO ACCESS
FOOD SUPPORT FROM THE GVFB



MEET JAYMEE GAIN

She's focused on her goals, her responsibilities, her priorities. Her goal is to become a paramedic.

Her number one responsibility is taking care of her two kids. They're 18 months apart, and she's been holding off until they both acquire a solid grasp of language before sending them to daycare.

Her priority is providing for her family, and giving back to her community.

Right now though, she needs a little help... a stepping stone.

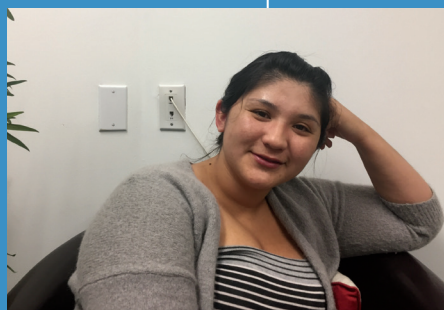
Before she becomes a paramedic, she needs to take a 15-day course that comes with a price tag of \$1,600. Once that's done, she'll be in school full-time for six months before she moves into her practicum when she'll be on-call 24 hours a day.

The Food Bank means she doesn't have to skimp on food for her kids. It also happens to be a place to make connections and build community.

"I had this picture in my head before I went, that it would be in an alley with a couple of tables set up outside," she says. "But it's in a church. The people who are there, they are just regular people. There's nothing scary about it, and the food isn't any different than what I would buy in the grocery store."

She describes the Food Bank as a place with quality food, and quality people. She's grateful for the temporary help. As a teenager, I used to give out sandwiches in the Downtown Eastside. I believe in giving back. I seem to have come full circle," she says. "I need some help right now."

She looks forward to completing her education, not just so she can take on the task of providing for her family, but also so that she can give back to her community.



MEET ESTEFANIA BORJA

Estefania came to Vancouver with her family from Ecuador.

During her family's first trip to the grocery store they were surprised by how much more expensive everything was here.

"We said, 'okay let's buy something to make dinner', and my mom literally cried... Food was so expensive, and she struggled to make enough food for all of us."

At first, Estefania's family simply didn't know about all the services available to help them in their time of need. Thankfully, one day, that all changed:

"My brother, he wanted to be a normal kid and he didn't have food, so he refused to go to school. That's when the teacher said, 'Your family can get help through the Food Bank.'"

That one suggestion made a life-changing difference to Estefania and her family. Suddenly, they had a place to go. A place to get the food they needed and meet people going through the same things as they were. To share recipes and food prep ideas. To create hope and happy memories together.

"The first friend my mom made here in Canada was at the Food Bank, and they are still friends today... When you meet friends and join a community -- it just makes it easier. It's an easier transition."

GOODLY FOODS

It was amazing to see Goodly Foods grow from a pilot project into a viable and thriving social enterprise this year through a generous investment grant from the Walmart Foundation, as well as support from the Greater Vancouver Food Bank (GVFB) and Fulmer Capital Partners. Working in partnership as an anchor tenant with Commissary Connect, BC's first Regional Food Hub, Goodly Foods was able to design and move into their own shared, commercial kitchen space.

The production and distribution of their first product, a Hearty Tomato Vegetable Soup, began in January, 2019. By the end of June, they had produced over **28,000 litres** of soup and repurposed close to **20,000 kg** of donated, surplus tomatoes that would have otherwise have been considered waste. Close to **19,000 litres** of that soup was distributed to GVFB clients via Community Food Hubs and Community Agency Partners.

In collaboration with local supplier partners and celebrated chef Karen Barnaby, they began product development on their next generation of branded soups which now include a beet and a squash soup. By the spring of 2019 they began selling soup to UBC and grocery stores throughout Metro Vancouver.

Additionally, working in close partnership with H.A.V.E. Culinary Training Society, Goodly Foods was able to create over 4,000 hours of living wage employment (3 full-time and 2 part-time staff) for people who have experienced barriers to employment in the past.



“GOODLY FOODS IS EMPLOYING PEOPLE FROM THE DOWNTOWN EASTSIDE THAT HAVE HAD A REALLY HARD TIME GETTING EMPLOYMENT AND THEY ARE PAYING THEM A LIVING WAGE. THIS IS ENABLING THEM TO GIVE BACK TO THEIR COMMUNITY, TO GET OUT OF SHELTERS, AND TO HAVE THEIR OWN PLACES. IT IS JUST AN INCREDIBLE PARTNERSHIP.”

AMBER ANDERSON, EXECUTIVE DIRECTOR
H.A.V.E CULINARY TRAINING SOCIETY



PROJECT CHEF



For 12 years, Project CHEF has been a part of countless Vancouver elementary schools. Since **2007**, over **16,500** children have learned about cooking healthy food and the program has directly involved over **7,500** parent and community volunteers. In **2018/19** Project CHEF taught **1,550** children and **140** school staff members about how to create wholesome food for themselves from garden to table.

Starting and finishing the school year with Project CHEF In Residence Programs, the Project CHEF team taught two school-wide programs, one at Elsie Roy Elementary School and another at University Hill Elementary School, integrating food education throughout the curriculum. Kindergarten to grade seven students were immersed in the cooking process and hands-on learning while exploring the joys of learning about the whole food cycle: where food comes from, what it tastes like, how to prepare it, and the importance of sharing it around a table.

Sandwiched between the two residency programs, Project CHEF taught 13 weeks of their One Week Program to 26 classes of children. One teacher wrote, **"Project CHEF is off the scale as an unforgettable hands-on experience that teaches healthy eating and living habits to children and families."**

The success of the Project CHEF programs is clearly measured each year with feedback collected from children, teachers, parents and administrators.



"IT CONNECTS FAMILIES, FOOD AND LIFE. THE PROGRAM IS INCLUSIVE, INSPIRATIONAL AND ENCOMPASSES EVERYTHING. THIS IS GOOD EDUCATIONAL PRACTICE."

TEACHER

"THEY HAVE RUINED PRINGLES, COCA COLA AND KRAFT DINNER FOR ME."

STUDENT

"YOU GET TO BE INDEPENDENT IN THE KITCHEN AND LEARN VALUABLE SKILLS. ALSO YOU GET A PERSONAL SNEAK PEAK AT SECRETS ON WHAT FUEL YOU ARE PUTTING IN YOUR BODY AND HOW IT'S GOOD FOR YOU."

STUDENT

"MY CHILD CAME HOME FROM THE FIRST CLASS AND ACTUALLY ASKED FOR VEGETABLES IN HER LUNCH."

PARENT

"I'VE BEEN TRYING TO GET MY SON INTERESTED IN COOKING WITH ME FOR AGES. PROJECT CHEF NOW HAS HIM MAKING FOOD FOR ME!"

PARENT



FOOD SKILLS WORKSHOPS

With the support of Vancouver Coastal Health dietitians, the GVFB Food Education team offered workshops supporting clients to improve their diets through cooking, learning and eating together. Clients increased their confidence in preparing healthy, balanced, budget-friendly meals, as well as their skills, using a variety of sometimes unfamiliar foods.

WORKSHOPS OFFERED

- CANNING 101
- COOKING FOR 1 OR 2
- FERMENTING 101
- BAKING WITH NOEL
- UNLOCK THE POTENTIAL OF FOOD



“WE ARE SO HAPPY TO RECEIVE YOUR E-MAIL AND WE LIKE THE PICTURES SENT VERY MUCH. YESTERDAY WAS THE BEST DAY OF OUR LIVING IN VANCOUVER. EVERYTHING WAS EXCELLENT! BAKERY IS REALLY AN ART AND CRAFTSMANSHIP WE ARE INTEREST IN. THANK YOU VERY MUCH AGAIN. WE ARE LOOKING FORWARD TO SEEING YOU NEXT TIME.”

GVFB CLIENT,
BAKING 101 WORKSHOP



16

GVFB COMMUNITY
KITCHENS



26

FOOD DEMOS



16

WORKSHOPS



COMMUNITY FUNDRAISING PARTNERS

GAMERS GATHER GRUB

#ggg as they affectionately refer to their campaign, is a group of Vancouver gaming studios who have been supporting the GVFB since 2015 by coming together in a friendly competition to see who can raise the most money, and more importantly who gets bragging rights for the upcoming year. The competition takes place over three weeks in November and December leading up to the holiday season. This friendly, but fierce competition collected \$16,237 last year to support Community Agency Partners and Community Food Hubs!

Participants included: A Thinking Ape (2018 Winners), Archiact, Blackbird Interactive, Demonware, East Side Games, Lugo and Kabam.

RICHARD & GILLIAN'S 20TH ANNUAL CHRISTMAS PARTY & BENEFIT FOR THE FOOD BANK

Since 1997 Richard Kay and Gillian Maxwell have been inviting their friends and colleagues into their home for a Christmas Party. Back in 1997 Gillian mused "Let's have a little Christmas party. We don't want people to bring presents, that would be silly. Let's have guests make a donation." She asked Richard "What's a cause that everybody would like, what's a common interest of many people?" Fortunately for the GVFB's clients and Community Agency Partners, his answer was the Food Bank.

Here we are 21 years later and last year alone Richard, Gillian and their colleagues and friends, raised \$42,260 for their neighbours and community. With our buying power, that becomes \$126,780 worth of nutritious food. The power of community can really accomplish just about anything!



CANLEY CUP

Organized by the Vancouver District Student Council (VDSC), this enduring initiative has supported the GVFB for 20 years. The CANley Cup is an annual competition between Vancouver Secondary Schools where hundreds of students come together to help raise money and non-perishable food for the GVFB.

In 2018 these dedicated students raised a staggering \$38,400 in cash and food donations. The future looks bright with these future leaders at the helm!



DLA PIPER

DLA Piper global law firm has been raising funds for the GVFB since 2013! This dedicated group of employees make good use of our online Virtual Food Drive tool by sharing a link to their fundraising page with friends, family and fellow employees making donating as easy as a few clicks.

This year alone DLA Piper raised a total of \$26,750 with whopping \$18,450 contributed by the firm from their corporate matching program.



CANSTRUCTION

Canstruction Vancouver is a volunteer-driven Design and Build Competition where teams of architects, engineers, graphic designers, companies and schools come together to create massive sculptures constructed entirely from nutritious canned food. Founded in 2002 by Met Fine Printers and sponsored by Save-On-Foods and Shape Properties in 2018, each team has 12 hours to build their structure. The structures are judged on a variety of categories and then displayed as art exhibit for the public to enjoy. 100% of the proceeds of Canstruction Vancouver benefits the GVFB. The 2018 edition raised a whopping 22,873 lbs of food. Over the years more than 1.3 million cans have been donated.

"The GVFB is grateful to ALL of the individuals, foundations and corporations who supported us in our 2019 Fiscal Year. The donors acknowledged here made gifts of **\$25,000** or more in cash and in kind donations. To them, and to each one of our generous donors regardless of the amount, thank you for making our work possible.

INDIVIDUALS

Anonymous Individual
Anonymous Family
Mars Yue Kung Koo

CORPORATE PARTNERS

Fidelity Investments Canada ULC
Fulcrum Media Inc.
Maple Leaf Foods
Richards Buell Sutton, LLP
Teekay Shipping (Canada) Ltd.
TELUS Corporation
Iululemon

GIFTS IN KIND

Chuck Brook Real Estate Advisor
Metropolitan Fine Printers
STOR-X
Smartbrite Snacks
Harris Consulting Inc.

FOUNDATIONS, ORGANIZATIONS & GOVERNMENT

Anonymous
BC Gaming Commission
Anonymous
Food Banks BC
Food Banks Canada
D&B Atkins Charitable Gift Fund
Lagniappe Foundation
Longhedge Foundation
The Rix Family Foundation
Vancouver Foundation
Vancouver Coastal Health

FOOD INDUSTRY PARTNERS

Blue Monkey
Catelli
Clarke Transport
Coca-Cola
Conte Foods
FDC Brands
Fresh Choice Farm
Hain Celestial Group
Ice Age Water
Innofoods Inc.
Island City Baking
Jit Bains Farms
Ken Witzke
McKenna Logistics
Millenium Pacific Greenhouses Ltd.
National Food Sharing Service
Nature's Path Foods Inc.
PepsiCo
Raymont Logistics
Saputo Inc.
Stericycle
Van Whole Produce Ltd.
Versa Cold
West East
Windset Farms

FOOD INDUSTRY RETAIL PARTNERS

Arctic Meat & Sausage Ltd.
Benny Foods
Canada Bread Company Ltd.
Loblaw Inc.
Overwaitea
Save-On-Foods
Sobeys Inc.
Walmart Inc.
Whole Foods Market

EVENTS

Canstruction Vancouver
CBC Open House and Food Bank Day
Chinese Taoism Kuan Kung Food Drive
Citywide Food Drive
DLA Piper Virtual Food Drive
Gillian Maxwell & Richard Kay Christmas Party
Mortgage Investment Association Of BC
REEL Thanksgiving Challenge
Startups Care
Vancouver Sun Run
Canley Cup

ESTATES

Estate of Paulette Dubreuil
Estate of Rodg Harry Goptin
Estate of Evelyn Doris Harper
Estate of Irene Kouwenhoven
Estate of Louise R. Lyons
Estate of Dorothy Georgina Rea
Estate of John Seifred

“MY ULTIMATE DREAM IS THAT FOOD BANKS AREN'T NECESSARY...YOU GUYS ARE THE EXPERTS, YOU KNOW WHERE TO PUT (MY GIFT) TO BEST USE”

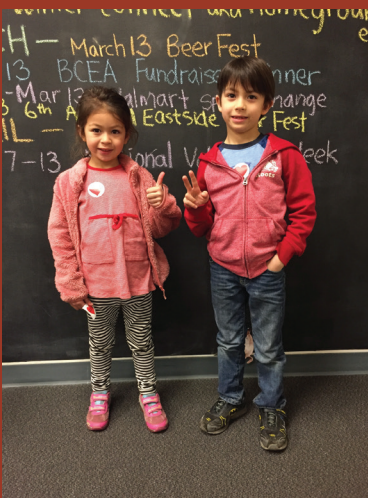
SUZANNE VETTERLI,
GREATER VANCOUVER FOOD BANK DONOR



*Suzanne Vetterli, Greater Vancouver
Food Bank Legacy donor since 2001*

“FIDELITY INVESTMENTS HAS A LONG AND PROUD HISTORY OF SUPPORTING THE LOCAL COMMUNITIES IN WHICH WE ALL LIVE AND DO BUSINESS. IT IS A GREAT PRIVILEGE TO BE ABLE TO, IN SOME SMALL PART, PARTNER WITH SUCH A WONDERFUL ORGANIZATION AS THE GVFB WHO SUPPORTS ALL OF THOSE IN OUR COMMUNITY WHO AT ONE POINT OR ANOTHER NEED A HELPING HAND. THE MESSAGE IS CRYSTAL CLEAR FROM THE MOMENT YOU WALK THROUGH THE DOORS OF THE GVFB, FROM THE SMILING STAFF TO THE DEDICATED VOLUNTEERS “YOU ARE WELCOME HERE”. WHAT A WONDERFUL FEELING FOR THOSE IN NEED, AND FOR ALL OF US.”

BRUCE MCADIE, DISTRICT VICE PRESIDENT
FIDELITY INVESTMENTS CANADA ULC



“I ASKED MY FRIENDS TO BRING A TOONIE FOR MY BIRTHDAY SO I COULD GIVE IT TO THE FOOD BANK TO BUY FOOD”

MATIAS, AGE 7,
BIRTHDAY MONEY DONOR

VISION FOR THE FUTURE

We are excited to begin work on our new Strategic Plan with our Board and key stakeholders this fiscal year. We will also review and refresh our vision, mission and values to ensure they align with our purpose, and that they flow through the GVFB in every aspect of what we do. We will complete this by the end of the fiscal year in June 2020.

Our short term vision is clear, and it revolves around gathering and maintaining more accurate client data, addressing our clients' needs in more meaningful ways, and taking on a more proactive role within our communities. These are the activities that will guide us through this next year.

- We need to improve the accuracy of our data. Many foodbanks refresh their client data at least annually, and it is long overdue at the GVFB. We will be initiating a client registration refresh in the fall, which will facilitate more accurate purchasing and programming, as well as position the GVFB as a valuable source of data in local, provincial and federal initiatives to understand and reduce poverty and food insecurity.
- With a dramatic increase in the number of clients who are working, and a 20% increase in the number of clients we support overall, we need to improve our accessibility. We will be moving away from a Monday - Friday 'mornings only' model, to a Tuesday - Saturday model with afternoon and evening hours. We have outgrown several of our locations; as a result we will be consolidating some of them and moving into larger spaces with expanded hours. These new spaces will allow us to partner with more community resources to support our clients and their families, such as healthcare, employment and immigrant/newcomer services.
- We need to increase our profile in the community of Greater Vancouver. You will start to see and hear about us as the charity of choice for more community events and festivals as we increase awareness about the GVFB, and the need for community support across the North Shore, New Westminster, Vancouver and Burnaby.

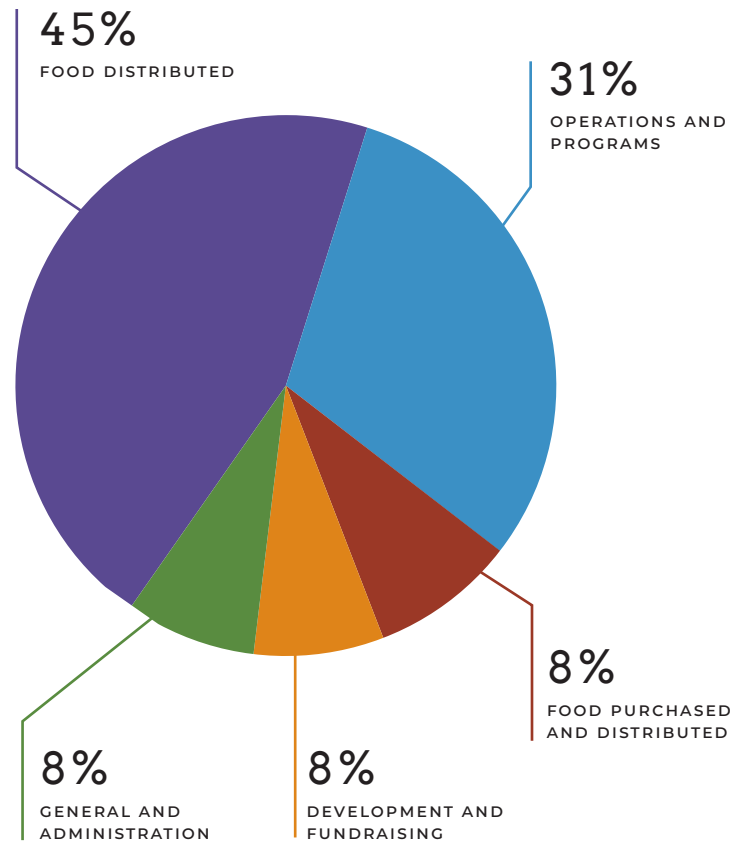
WHERE FUNDS ARE USED

\$16,432,348

TOTAL

WHERE GVFBS FUNDS ARE USED

Food Distributed	\$7,429,957
Operations and Programs	\$5,065,178
General and Administration	\$1,386,229
Development and Fundraising	\$1,316,207
Food Purchased and Distributed	\$1,234,777
TOTAL	\$16,432,348



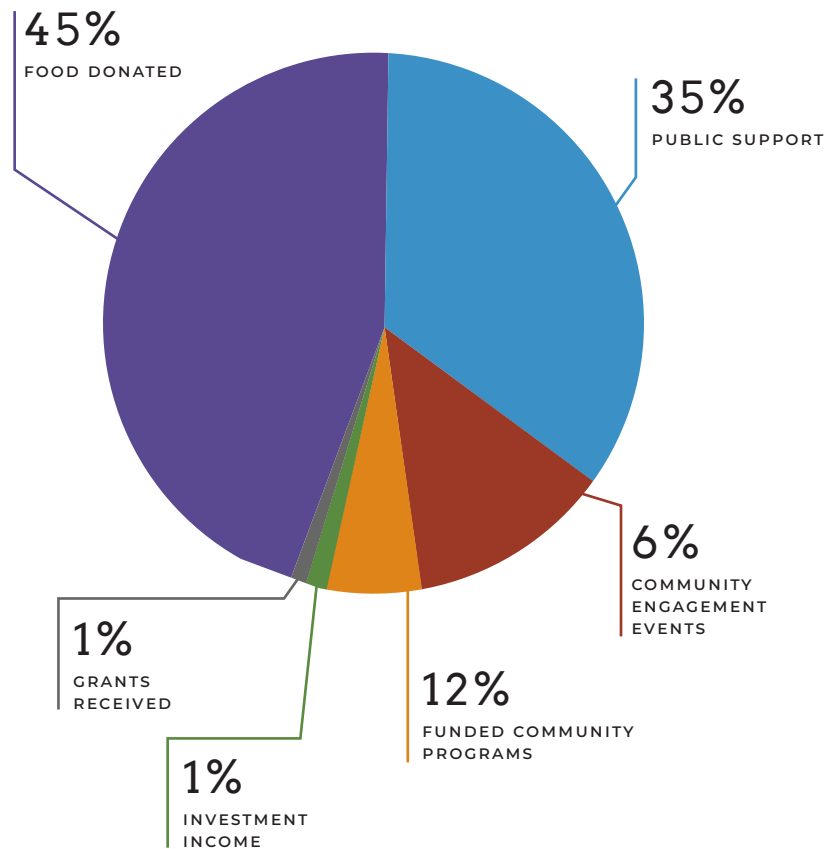
WHERE FUNDS COME FROM

\$16,637,466

TOTAL

WHERE GVFBS FUNDS COME FROM

Food Donated	\$7,429,957
Public Support	\$5,787,448
Funded Community Programs	\$2,094,739
Community Engagement Events	\$977,370
Investment Income	\$179,324
Grants Received	\$168,628
TOTAL	\$16,637,466



2019



FOODBANK.BC.CA

8345 WINSTON STREET
BURNABY, BC V5A 2H3

604.876.3601

REGISTERED CHARITY NUMBER
10744978RR0001