

FOOD FOR THOUGHT

YOUR DONATIONS AT WORK:
WINTER NEWSLETTER 2024

Thank you for brightening up the holidays

It has always been a struggle to be a single mom.

But with the sky-rocketing costs of living in the last year or so, it's become even harder for single mothers.

Taryn moved to Vancouver 16 years ago. Recently she changed jobs so she had more time to care for her children. But the increasing costs of living — especially rent and food — have been shocking.

Overwhelmed by the act of juggling work, kids and taking on extra shifts, Taryn couldn't pause long enough to even ask for help.

Which is why I'm so glad she found Greater Vancouver Food Bank. We've been providing Taryn and her kids with healthy food, and now the whole family can eat a balanced diet that includes dairy, eggs, vegetables and fruit.

Supporters help us add a little extra, too, because all families deserve a treat. One day, her son was surprised to find a tub of ice cream in their freezer! It

had been kindly donated by Häagen-Dazs.

With no time on her hands and limited funds, Taryn says the previous Christmas “had just passed by.” But this year, over the Christmas season, Taryn was delighted to be able to cook her family's special chilli pasta recipe. And we were delighted to help by providing all the nutritious ingredients. You can find this recipe on the back page of your newsletter.

Thank you for the gifts that let us support families like Taryn's.



Your donations at work to support wildfire evacuees

Few of us can imagine the emotional toll involved in fleeing our family home during a wildfire.

When we saw thousands of people living this nightmare last August, we all wanted to help.

This past summer was Canada's worst wildfire season on record, and many people were evacuated with nothing but the clothes on their backs.

In those weeks, local food banks were often described as beacons of hope.

Here in Vancouver, our donors responded with overwhelming kindness and generosity, enabling us to deliver more than 50,000 pounds of food and supplies to the Okanagan and surrounding areas.

With our supporters' help, we provided fruits

and vegetables, cereal, dairy, and canned goods. We also shipped supplies for parents with babies, including diapers and formula.

Our shipments were delivered to three food banks in the Okanagan, with the generous support of Sysco, who provided us with a 53ft truck and driver.

Our thanks go out to Sysco and to our generous family of supporters, who always jump in to help their neighbors in their time of need — no matter where they are.



Dedicated team loading up the truck.

The impact of your gifts in 2023



REGISTERED NEARLY **10,000** NEW CLIENTS.



DISTRIBUTED OVER **9M LBS** OF FOOD TO OUR CLIENTS AND AGENCY PARTNERS.



27,000+ INDIVIDUALS' LIVES IMPACTED, WITH AN AVERAGE OF **16,000** CLIENTS REQUIRING OUR SERVICES EACH MONTH.



SUPPORTED **12** OTHER FOOD BANKS ACROSS THE PROVINCE WITH OVER **330,000 LBS** OF FOOD.



GVFB CLIENTS WERE:
27% UNDER THE AGE OF 18
13% SENIORS.



TOP 5 MOST PURCHASED FOOD BY QUANTITY: APPLES, EGGS, MILK, ORANGES AND CHEESE.

Caring for our friends and neighbours this winter

The Greater Vancouver Food Bank is honored to partner with two front-line organizations working to improve life for our neighbours in Metro Vancouver.

Covenant House Vancouver provides a safe haven for young people experiencing homelessness.

Often these youth have left abusive backgrounds, or have no family homes to return to. Through its Crisis Program and affordable housing, Covenant House offers shelter and support to people between the age of 16 and 24.

In addition to housing, they also provide a daily drop-in centre, open 9am to 5pm in downtown Vancouver. Sixty or more young people drop in daily to use their service.

Covenant House provides computer stations, laundry and showers, a breakfast and lunch program, games, and support services.

They also offer a food pantry, but their budget for this is very limited.

That's where the Greater Vancouver Food Bank steps in to support. With donations from the GVFB, Covenant House is able to keep this pantry full, and make sure none of the young people who drop in during the day leave hungry.

Along with Covenant House and 136 other agencies, we are thrilled to partner with **AIDS Vancouver**. Every Christmas, AIDS Vancouver organizes a Holiday Grocery Event featuring a beautifully designed 'grocery store' setup for those in need.

This year, they handed out over 800 bags of groceries to 600 individuals who needed some extra support to provide for the holidays. In addition, staff delivered 200 bags of groceries to those in vulnerable situations, or who couldn't make it to the event.

Kudos to the AIDS Vancouver team for planning this annual event, providing support with tremendous dignity and respect.



Fridge stocked with fresh, nutritious food!

Winter Chilli

Ingredients

- 2 pounds ground beef
- 1 onion, finely diced
- 3 cloves garlic, minced
- 2 (14.5 ounce) cans diced tomatoes
- 1 (15 ounce) can kidney beans
- 1 (15 ounce) can pinto beans
- 1 (14.5 ounce) can diced tomatoes
- 1 (8 ounce) can tomato sauce
- 1 cup water
- 2 tablespoons chilli powder
- 2 tablespoons white sugar
- 1 tablespoon hot pepper sauce
- ¼ teaspoon cayenne pepper
- 1 tablespoon ground cumin
- 1 tablespoon salt
- 1 teaspoon ground black pepper



Instructions

1. Heat a large pot over medium-high heat. Cook and stir ground beef in the pot until brown (~5-7 minutes). Drain and discard grease.
2. Add onion and garlic to the pot and cook until onion is translucent. (~3-4 minutes)
3. Open the canned beans and rinse them.
4. Stir in diced tomatoes with kidney and pinto beans, tomatoes, tomato sauce, water, chilli powder, sugar, hot pepper sauce, cayenne pepper, cumin, salt, and pepper.
5. Bring pot to boil, and simmer for 30 minutes. The longer you simmer, the more flavorful it'll be.
6. If you have sour cream and cheese, add it to your bowl, and serve.

All moved in!

We have opened a new Vancouver food distribution centre, with a little help from our friends.

Our new location — on Lougheed between Rupert and Boundary — has let us plan a more efficient distribution layout. This reduces our clients' time spent waiting in line.

It was a big operation! We've painted, we've added a cement floor, and put in an entire line of refrigeration — with more to come.

And we couldn't have done it without the help of our friends. So, a huge thank-you goes to Beedie, Brunner's Concrete, ADN Refrigeration Ltd., Ace Fencing, Handy Manny, and Galaxy Paving Ltd. for all your help!

As the need for the Food Bank becomes greater, and our services expand, our new home will let us serve our clients better than ever — today and into the future.

Follow our progress on social media at [@vanfoodbank](https://www.instagram.com/vanfoodbank)



Our new Vancouver distribution location!

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