

FOOD FOR THOUGHT

- 2024 NEWSLETTER SPRING EDITION -

Monthly Donor Spotlight

What does it mean to be a monthly donor?

One of our generous Full Heart Club members, Gayle, recently shared her experience giving monthly to the GVFB. In her story, Gayle explains what her \$20 monthly contribution means and how it has impacted her life.

"I began making donations to the Food Bank because my nephew was a homeless youth for years, and the Food Bank was a lifesaver for him many times. When he passed in 2021 at 32 years of age, we were devastated – he was a special young man who got down on his luck, and life got hard for him. I wanted to put forth a small legacy for him in his memory.

I began donating \$20.00 a month – a small amount that for me equates to not giving up much of anything – one lunch out with friends, one movie night, 4 or 5 cups of Starbucks... For me, it wouldn't make any difference to my lifestyle. Why not do it?"

- Gayle, Monthly Donor



[Read Gayle's Story](#)

Celebrating a 30-year partnership with Sheway

Since first opening in 1993, Sheway has provided services to pregnant people and parents who use substances and live in Vancouver's Downtown Eastside. As a 30-year partner of the GVFB, their program focuses on ensuring people have healthy pregnancies and create positive early parenting experiences.



Sheway helps their clients to navigate the complex problems they are facing, including food insecurity. Many of their clients live below the poverty level and have a hard time affording food and essential items for their infants, such as diapers. Recently, the GVFB visited Sheway and presented them with a cheque for \$5000 to purchase diapers, enough to supply them with 16 weeks of product for their clients.

Sheway's partnership with the GVFB has been essential in helping their clients to tackle food insecurity. They have been able to connect with their clients and build relationships and trust through food, as well as supply clients with hot daily lunches, food provisions and emergency food supplies. For Sheway's clients, being properly able to nourish their bodies allows them, and their babies and infants, a chance at living a healthy life. With the additional diapers, the organization can provide new parents with the tools to have successful beginnings with their new addition.

Upcoming G♥FB Events

Foodstock at Night

The GVFB is hosting a Battle of the Bands fundraiser, a two-night event taking place on March 28th and again on April 12th at the Cobalt, where bands will compete to perform at Foodstock 2024!

Each night of the fundraiser will name a winner who will secure a spot to open for Yukon Blonde and the Matinees at Foodstock on June 23rd. The third and final band to earn a spot to perform live will be a fan favourite, selected through public voting.

Come join us for live music, fun and fundraising! Get your tickets at:

March 28th: [TICKETS](#)

April 12th: [TICKETS](#)



Upcoming G♥FB Events

Foodstock 2024

Foodstock is returning this summer with an all-new line up! The food bank fundraiser festival will take place on June 23rd at Swangard Stadium. Headlining bands include Yukon Blonde and The Manitee, supported by 3 local bands chosen through our lead up Battle of the Bands fundraiser, Foodstock at Night.

Along with an afternoon of live music, the fundraising festival will feature booths from local vendors, breweries, and a selection of food trucks to enjoy. Make sure to get your tickets before they sell out!

[Get your tickets here!](#)



YUKON BLONDE



THE MATINEE



Upcoming G♥FB Events

Fore For Food 2024

The GVFB is excited for their 4th Annual Fore for Food Golf Tournament! This year, the tournament will be held at Northview Golf & Country Club on Monday, August 26th, 2024.

The all-day event will include: 18 holes of world- class golf on the Canal Course, power carts, a raffle, 50/50, live and silent auctions, golfer gifts, a tail gate BBQ lunch, ending with a champions dinner. There will be a shotgun start at 1:30pm, with all participants having access to the driving range prior to the tournament.

Sound like your kind of event? We still have some sponsorship packages available! Find out more information on our [events page](#).

