

## FOOD FOR THOUGHT

YOUR DONATIONS AT WORK:  
WINTER NEWSLETTER 2025

### Edward is Grateful for Your Support

Edward spent the last 15 years growing his career and family. Recently, he has fallen into hard times and has become the primary parent for his two young children after a divorce.

With the extremely high cost of living, making ends meet has been a growing issue for single parents like Edward.

One of Edward's friends suggested he consider visiting the Greater Vancouver Food Bank. He felt relieved when he began receiving fresh, healthy food for his family. The meals he prepares ensure his kids eat well at home and have nutritious lunches packed for school. The Grade Schooler Packs help by providing food his children enjoy while meeting their nutritional needs.

*"Having access to fresh food means a lot to our family. Having the Food Bank helps because I don't need to worry as much about what food we can afford. When you're in a situation where you don't have enough money to spend on meals, you become exhausted and frustrated."*

As a former donor, Edward emphasized the value of community services in supporting those in need. Being able to seek and receive help



*Single parents like Edward truly appreciate your support!*

locally made him feel supported during his most challenging times. He shares,

*"Knowing there is help covering at least your basic food needs makes a difference. I really appreciate the food I receive from the Food Bank. Because I have donated to food banks before, I feel an appreciation when I can access this service provided in my community."*

***THANK YOU for helping single parents like Edward get back on their feet!***



# The impact of your gifts in 2024



REGISTERED A TOTAL OF  
**7,029 NEW CLIENTS.**



**DISTRIBUTED OVER  
8.9M LBS OF FOOD**  
TO OUR CLIENTS AND AGENCIES,  
WITH 68% FRESH.

**27,474 UNIQUE INDIVIDUALS' LIVES  
IMPACTED, WITH AN AVERAGE  
OF 15,164 CLIENTS DIRECTLY  
SUPPORTED EACH MONTH.**



SUPPORTED 11 OTHER  
FOOD BANKS ACROSS  
THE PROVINCE WITH  
**382,551 LBS OF FOOD.**



GVFB  
CLIENTS  
WERE:



**28.3% UNDER  
THE AGE OF 18,  
14% SENIORS.**



TOP 5 PURCHASED  
FOOD BY QUANTITY:  
**POTATOES, APPLES, MILK,  
ONIONS AND EGGS.**

## Coming Together to Feed More People



*Boxes filled with apples  
for GVFB clients!*

The Greater Vancouver Food Bank (GVFB) has been leveraging the BC Farmers' Food Donation Tax Credit to access surplus produce that is destined for landfill.

As a result, farmers have been coming together to feed more people by sending us their excess produce that is either

not acceptable for the grocery store or is unused produce at the end of the season.

In 2024, we accepted 80,000 pounds of nutritious, Okanagan-grown apples deemed too small for retail sales. We intercepted these apples with the help of our partner, ReFeed, and began distributing them to our clients. The volume was more than we could hand out, leading us to explore new opportunities in food preservation.

The result is Freeze-Dried Apple Chips - a delicious and nutritious slice of freeze-dried apple with 97% nutritional value and a shelf life of 25 years! Great as a snack or in school lunches, these chips showcase an exciting new path for surplus food and open the door to new opportunities in food security.



*Freeze-Dried food ready for distribution.*

These apples are just one part of a much larger story! We will share more preservation content with you as we continue to experience and research new methods of transforming surplus products.

**Scan this QR code to watch a video featuring farmers Linda and Ken Witzke, from Witzke Orchards, one of our longest farming partner relationships, for over 39 years!**



**Link to video:**

<https://youtu.be/i9BPOE6xSPo>

## 97% nutritional value and a shelf life of 25 years!

# It takes More Than Food

The GVFB is excited to introduce Wrap-Around Services with the opportunity to include financial aid, job placement, educational resources, mental health support, and housing services.

These services enhance the food support that GVFB already provides to clients, thanks to your generosity!

It has been almost a year since we successfully relocated our Vancouver distribution centre to a new warehouse at 3454 Lougheed Highway. In early 2025, two of our key partners, Immigration Services Society of BC and WorkBC, will be moving in! Our new location has dedicated office space, allowing us to provide these essential services in a private and respectful environment.

This initiative aims to empower our clients to thrive sustainably and independently in Greater Vancouver by addressing the external factors contributing to food insecurity.



*Our Vancouver distribution centre, serving more than food.*

*“Having the opportunity to give out healthy food feels amazing, but at the Greater Vancouver Food Bank, we offer more than just food. We work to help our clients connect to the well-established resources that already exist in our community. By coming together with other organizations and non-profits who share the same vision, we hope to become the connecting point so we can better help those in need.”*

*- Ashlyn, Distribution Assistant Manager*

# Connecting a Community Through Food



*SVNH volunteers Belinda, Francis & May, who assist in preparing the weekly community lunch.*

South Vancouver Neighbourhood House (SVNH) is a community-based organization dedicated to enhancing the quality of life for individuals and families in South Vancouver. They offer a wide range of programs and services, including family support, youth activities, senior services, settlement assistance for newcomers, and community events.

Over the past six years, the GVFB has provided SVNH with over 420,000 lbs of food.

Thanks to your support, the SVNH offers food programs such as weekly community lunches and a seniors' Frozen Meal Delivery program, helping community members facing food insecurity access healthy, culturally-appropriate foods.

*“On behalf of SVNH, thank you for your continued support of our food programs.*

*- With gratitude, Shelley, Randy and the seniors in the community that your funding supports. ❤️”*

**GVFB has provided SVNH with over 420,000 lbs of food.**



# Laura's Positive Impact by Giving Monthly

With a family history of food insecurity during the hardships of World War II, Laura has been familiar with food being a foundation of safety and well-being from a young age.

On her daily commute to her job in the Downtown Eastside, Laura saw the lineups for food outside of local non-profit and charitable organizations. This recognition of people in need sparked her giving journey, where she eventually became one of our cherished monthly donors.

Laura shares,

*“The Greater Vancouver Food Bank of today is such an amazing organization; I had the opportunity to tour the facility and gain insight into the great work being done. The Food Bank is putting together healthy meals for individuals*

*and families, providing nourishment for seniors, infants, and young children, and assisting those struggling to make ends meet. Donating to the Food Bank supports them in continuing this good work, and it directly impacts the people within our community.”*



Laura, a GYFB Full Heart Club member

If you are not already a monthly donor but would like to join Laura in becoming one, please see the reply form attached to your letter or go online to [foodbank.bc.ca](http://foodbank.bc.ca).

**If you'd like more information on monthly giving, please visit our monthly giving page or get in touch with Mandy Wu at [mandyw@foodbank.bc.ca](mailto:mandyw@foodbank.bc.ca) or 604.216.2328.**



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## Winter Recipe

### Creamy Butternut Squash Pasta

#### Instructions

1. Preheat oven to 400 F.
2. In a large mixing bowl, add chopped butternut squash, onion, garlic, melted butter, Italian seasoning, salt, and pepper. Toss well to coat and arrange them on a rimmed baking sheet. Roast until tender, approximately 20-25 minutes. Remove and let cool slightly, about 3-5 minutes.
3. While the squash is baking, cook pasta in a large pot of boiling salted water until al dente, or in accordance with package instructions. Drain, reserving 1 cup of the pasta cooking water.
4. Add the roasted veggies to a food processor, along with cream and parmesan cheese. Puree until smooth. Slowly drizzle in ¼ cup of reserved hot pasta water and pulse until it reaches a desired consistency. Add more pasta water, if needed.
5. Add the drained pasta back into the pot. Pour the sauce on top and toss to combine.
6. Season with more salt and freshly cracked pepper on top (to taste) and serve immediately. You can also top with chili flakes.

#### Ingredients

- ½ large butternut squash, peeled and chopped into ½-inch pieces
- 1 small onion, halved
- 2 cloves garlic
- 2 tablespoons melted butter
- ½ teaspoon Italian seasoning
- ½ tablespoon salt
- ¼ teaspoon ground black pepper
- ¼ cup half and half cream
- ½ cup Parmesan cheese, grated
- 1 pound dry pasta of your choice

Recipe source: Ahead of Thyme