

Find more information and resources here: <https://foodbank.bc.ca/>
GVFB reception can be reached at 604.876.3601 or reception@foodbank.bc.ca

Supplements to Weekly Groceries	Tuesday	Wednesday	Thursday	Friday	Saturday
Baby Steps (0-2 years) Diapers (0-36 months) Preschooler Pack (2-5 years)	1 Vancouver: 10am - 4pm	2 Vancouver: 10am - 4pm North Van: 9am - 5:45pm	3 Vancouver: 1pm - 7pm	4 Vancouver: 10am - 4pm Burnaby: 12pm - 7pm	5 Vancouver: 10am - 3pm Burnaby: 10am - 3pm
Grade Schooler Pack (6-12 years) EGGS	8 Vancouver: 10am - 4pm	9 Vancouver: 10am - 4pm North Van: 9am - 5:45pm	10 Vancouver: 1pm - 7pm	11 Vancouver: 10am - 4pm Burnaby: 12pm - 7pm	12 Vancouver: 10am - 3pm Burnaby: 10am - 3pm
Senior's Pack (65+ years) MILK	15 Vancouver: 10am - 4pm	16 Vancouver: 10am - 4pm North Van: 9am - 5:45pm	17 Vancouver: 1pm - 7pm	18 Vancouver: 10am - 4pm Burnaby: 12pm - 7pm	19 CLOSED
	22 CLOSED	23 CLOSED	24 CLOSED	25 CLOSED	26 CLOSED
Baby Steps (0-2 years) Diapers (0-36 months) Preschooler Pack (2-5 years)	29 Vancouver: 10am - 4pm	30 Vancouver: 10am - 4pm North Van: 9am - 5:45pm	1 Vancouver: 1pm - 7pm	2 Vancouver: 10am - 4pm Burnaby: 12pm - 7pm	3 Vancouver: 10am - 3pm Burnaby: 10am - 3pm

LOCATIONS All locations are CLOSED on Sundays, Mondays and Statutory Holidays.	BURNABY	NORTH VANCOUVER	VANCOUVER
	GVFB Office/Warehouse 8345 Winston Street	North Shore NH 225 East 2nd Street	3454 Lougheed HWY

Important Information

Picking Up Food:

- Registered clients can pick up food once a week.
- If you are registered, you only need to bring your client card, as well as a bag, cart, or box to take your food home.
- **Only members on the account are permitted to pick up food.**
- Food distribution is closed at all locations on the last FULL week of every month.

Expiry Date for Cards:

- GVFB client cards are valid for food pick-up for up to one year. After a year, a client account update and check-in appointment is required.

Parking:

- Parking is for priority access holders and individuals with disability status.
- **Parking at our Burnaby location is available to all clients after 4:30PM on Friday and all day on Saturday.**

No Early Arrivals:

- Clients should not arrive or form lines before the listed distribution hours. Early arrival violations may lead to suspension.

No Public Washrooms:

- For health and safety reasons, we do not have public washrooms available. We thank you for your understanding.

Priority Access:

- Our priority access line opens 2 hours after distribution starts for the day.

Non-Profit Organization:

- The GVFB is a non-profit organization independent of government affiliation. As a result, we cannot guarantee the availability of specific menu items or quantities; our offerings depend solely on the donations we receive.