

MARCH 2025

VOLUNTEER IMPACT

WINTER NEWSLETTER

LET'S CONNECT



@vanfoodbank

RESCUING FROZEN FOOD

On January 7th, Burnaby warehouse volunteers jumped into action to help us rescue frozen food that was at risk of being discarded. Unfortunately, during transportation, the trailer was involved in an accident, causing the products to be tossed around. Determined to still distribute this food to the community, we reached out to volunteers for their support.



After

Together, volunteers and staff saved **29,475 lbs** of frozen food. The items were manually moved from the 53-foot trailer and repacked into totes for distribution to Agencies and clients.

THANK YOU to Michelle, Eric, and Kush. for your hard work and determination!

Join the Warehouse Support Backup List if you want to be notified about warehouse opportunities! The Backup List option gives volunteers the opportunity to indicate their willingness to be contacted by VET when there are priority and last-minute shifts available.



Before

A MESSAGE FROM THE VOLUNTEER TEAM

Thank you all for your volunteer efforts throughout this winter season. Your commitment to volunteering, even in the cold and snowy conditions, has ensured that we can continue providing healthy food to those in need.

Together, you've demonstrated your passion for giving back to the community and for that, we sincerely thank you.

- Lisa and Hailey



Warehouse volunteers who braved the snow!

CELEBRATING VOLUNTEERS

We closed the year by celebrating International Volunteer Day on December 5th. Volunteers were surprised with sweet treats from the local company Bak'd. Cookies were delivered to Burnaby and Vancouver volunteers as a small token of our appreciation.



To kick off 2025 we hosted the first GVFB Volunteer Movie Night by transforming the Burnaby kitchen into a movie theatre.

It was a blast enjoying pizza, popcorn, and watching Ratatouille together!



Last month, some of our longest-serving volunteers were invited to the Nourish the Neighbourhood event hosted by BCLC and Canucks Sports and Entertainment at Rogers Arena.

Guests were treated to a community-focused experience including a buffet meal, special activities, and guest appearances from the Vancouver Canucks including alumni and beloved mascot, FIN.

We look forward to continuing these celebrations during National Volunteer Week in April!





GVFB at the Nourish the Neighbourhood Event.


BENEFITS OF VOLUNTEERING


Volunteering is a meaningful way of engaging with the community and helping those in need. Here at the GVFB, we love being a part of your volunteer journey as you gain experience, learn new skills, build connections, and so much more!


In January we asked our newest individual volunteers **what has been the most rewarding aspect of volunteering with us**, and here's what they shared:


 Helping people and making friends.

 Getting to know the “regulars” on a Saturday shift. Both volunteers and clients.

 Just knowing that the little I can offer goes towards helping support those in need

 Adding to my sense of purpose.

 The most rewarding aspect is that I finally understood how GVFB operates and how it helps people.

 Meeting great people with the same passion as I do and being able to make a meaningful impact on the community.

FOOD BANK FACTS

DECEMBER 2024-FEBRUARY 2025



Approximately

17161

unique lives that were directly supported



10-15

items on average were distributed per person per week



+50k lbs

of food was packaged during produce packing shifts



68%

of the food distributed was fresh



176

Agencies received food support



Approximately

1,227,295 lb

of food was distributed

GROUP VOLUNTEER ZONE



RJC Engineering



UBC Kin Games



Shape Properties

WE WANT TO HEAR FROM YOU!

Our quarterly newsletter aims to keep our volunteer community updated on the GVFB's mission of providing healthy food to those in need.

We focus on sharing success stories, volunteer spotlights, and fun opportunities that can bring us together!

We would love your input through a quick feedback survey to help us share the stories that matter most to you.

Your responses will guide us in making future newsletters more relevant and engaging. Thank you for helping us improve!

