

Find more information and resources here: <https://foodbank.bc.ca/>  
GVFB reception can be reached at 604.876.3601 or [reception@foodbank.bc.ca](mailto: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)	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
Grade Schooler Pack (6-12 years) EGGS	6 Vancouver: 10am - 4pm	7 Vancouver: 10am - 4pm North Van: 9am - 5:45pm	8 Vancouver: 1pm - 7pm	9 Vancouver: 10am - 4pm Burnaby: 12pm - 7pm	10 Vancouver: 10am - 3pm Burnaby: 10am - 3pm
Senior's Pack (65+ years)	13 Vancouver: 10am - 4pm	14 Vancouver: 10am - 4pm North Van: 9am - 5:45pm	15 Vancouver: 1pm - 7pm	16 Vancouver: 10am - 4pm Burnaby: 12pm - 7pm	17 CLOSED
MILK	20 Vancouver: 10am - 4pm	21 Vancouver: 10am - 4pm North Van: 9am - 5:45pm	22 Vancouver: 1pm - 7pm	23 Vancouver: 10am - 4pm Burnaby: 12pm - 7pm	24 Vancouver: 10am - 3pm Burnaby: 10am - 3pm
	27 CLOSED	28 CLOSED	29 CLOSED	30 CLOSED	31 CLOSED

LOCATIONS	BURNABY	NORTH VANCOUVER	VANCOUVER
	GVFB Office/Warehouse 8345 Winston Street	North Shore NH 225 East 2nd Street	3454 Lougheed HWY

All locations are CLOSED on Sundays, Mondays and Statutory Holidays.

# 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.