



FOOD FOR THOUGHT

YOUR DONATIONS AT WORK:
SUMMER NEWSLETTER 2025



Rosie and her family are eating healthy because of you!

Rosie and her husband were expecting their second child when life unexpectedly changed. Her husband needed knee surgery, and was unable to work. And then their precious baby was born. As a family living in Vancouver, it was impossible for them to keep up with the extremely high cost of grocery prices.

"It was a difficult time we were going through. So, for us, being very hard-working people, it was difficult to ask for help. But the staff at the GVFB were very kind, and I felt better because I know we are not the only ones asking for help. There are so many good people in hard situations right now."

Rosie felt a wave of relief when she arrived at the GVFB's Vancouver food distribution centre. Not knowing what to expect, she was grateful for the friendly smiles and support she received. She was also very pleased to see that GVFB provides baby formula.

"Formula is expensive, and the Food Bank provided fruits and vegetables as well. Our kids need nutritious food to help them grow strong and healthy."

The biggest impact on the family has been access to the Nutritional Program Packs. With



*Rosie and her beautiful family are
thankful for your support*

the Grade Schooler and Baby Steps Packs, Rosie is able to provide the best nutrition for her children. Rosie and her husband also love the fresh fruits, vegetables and protein they receive. These items are helpful in ensuring a healthy, nutrient-dense diet.

"We really appreciate the GVFB staff. From the person who greets us at the entrance, to the person who carries boxes and hands out the food."

THANK YOU for giving so generously to help families like Rosie's and the many other people who are struggling with the increased costs of living and food.

You Were There When Anna Needed You

Anna has lived in the Vancouver area her whole life. Working in the film industry, she fell on difficult times with the shutdowns during COVID-19. The industry took years to get back on its feet, only to be shut down again with the devastating Screen Actors Guild strike that left technicians like her with no work.

Seeing her struggle to find work, put food on the table, and pay her bills, a friend suggested Anna contact GVFB. Uneasy at first, Anna soon felt relieved.

“Going in you feel like you’ve just hit rock bottom, but you walk in and go, wow, I have food. So, it gets better.”

In uncertain times, she’s grateful for the services of the Greater Vancouver Food Bank, knowing



Anna appreciates your support

she doesn’t have to make the impossible decision between purchasing food or paying her rent any longer.

“After four or five years of just soul-crushing life, it was nice to have some people that genuinely cared about those who are struggling.”

THANK YOU for helping people like Anna get the food they need.

A FRESH Start at GVFB-WorkBC

In 2024, the GVFB launched our new initiative for clients—our FRESH Start Program. This program allows us to partner with other social services and streamline the intake process for qualifying clients, removing the barriers of a complicated system.

WorkBC, a FRESH Start Partner, provides services such as career counseling, resume building, interview preparation and assistance with job searches.



“At WorkBC, I’ve seen firsthand how the right support can change lives. Helping people overcome barriers, build confidence, and find meaningful work is what drives me every day.”

— Jasmina, WorkBC

By eliminating multiple intakes and providing these services under one roof, the FRESH Start Program can help transform the lives of our clients and thereby reducing their need for the Food Bank.

Jaspreet, an Employee Resource Advisor, and Ashlyn, our Distribution Assistant Manager in the Vancouver office after a successful day meeting new clients

Come See Our Space



Clients receiving fresh produce

A lot has changed since we first moved into our new Vancouver food distribution centre in October 2023. After months of construction, we are finally at the end of our renovation journey and in the final stages of purchasing our first-ever permanent home. Through renovations, we have customized every aspect of the client and volunteer experience.

When first entering the new building, you will be welcomed by a bright and clean facility separated into four key spaces. On one side, our direct client distribution is designed with easy access to coolers for fresher food and reduced client wait times.

On the other side, our agency coolers support our growing number of agency partners with wall-to-wall refrigeration that offers a bounty of fresh, nutritious food. We also have our new volunteer lounge, which offers our valued volunteers a comfortable space to relax and enjoy their breaks.

Upstairs, we feature our most exciting addition to the GVFB – space for our new FRESH Start program. The FRESH (*Foundation, Resources, Education, Support, Health*) Start Program focuses on long-term solutions to complement the immediate relief that food support provides.



An example of what a client might receive

By offering onsite connections to third-party partners, we aim to provide clients with the skills and resources to build a life beyond food insecurity.

By securing our first permanent home in Vancouver, we can do more than just provide food. This building allows us to enhance the client experience and connect them with critical Wrap-Around Services to pave the way out of food insecurity.



Our coolers hold nutritious fruits and vegetables

Want to see the space for yourself? Reach out to our team at development@foodbank.bc.ca for a tour!



Meet Diane Chow...

Diane Chow is one of the smiling faces you'll see when you come to our Vancouver food distribution centre. In this article she shares why she loves working with and supporting our clients.

"My family immigrated from China and spoke very little English, as they never had the opportunity to learn the language. We relied heavily on community resources, such as the Yue Zhan Society and SUCCESS, to help us navigate life in Vancouver. Growing up with this strong community support, I came to understand just how valuable it was—not only for my family but also for others in need of similar assistance, like our clients who rely on our support here at the Greater Vancouver Food Bank (GVFB)."

As part of the distribution team, we welcome over 5,000 clients each week who come through

our doors to pick up food for themselves and their families. Every week brings new learning moments, challenges, and rewarding experiences. Seeing clients leave our distribution site feeling happy, hopeful, and supported, fills me with gratitude.

I'm incredibly proud to be part of the GVFB team and the impact we make every day. I also love that everyone on our team is so passionate—not just about providing fresh food to our clients, but also about ensuring they receive kindness, compassion, and quality care during every visit."



Diane holding apples that your gifts help purchase

Summer Recipe

Easy Summer Pasta Salad

Ingredients

- 1 lb. dry pasta (we used farfalle)
- 1 small yellow bell pepper, seeds removed and diced
- 1 small red bell pepper, seeds removed and diced
- 1 small orange bell pepper, seeds removed and diced
- 1 large seedless cucumber, chopped
- 12 oz jar artichoke hearts in water, drained and chopped
- 1-pint grape tomatoes, halved
- 1 cup balsamic vinaigrette (can use store bought)
- 1 cup crumbled feta cheese
- 1/3 cup finely chopped basil
- Salt and black pepper, to taste

Instructions

1. Bring a large pot of salted water to a boil. Add the pasta and cook until al dente; drain, then rinse with cold water to cool.
2. In a large bowl, combine pasta, peppers, cucumber, artichoke hearts, and tomatoes. Pour the balsamic dressing over the pasta salad and gently stir to combine. Add the feta cheese and basil and stir again. Season with salt and pepper, to taste. Chill until ready to serve.



Recipe source: two peas & their pod