



FOOD FOR THOUGHT

YOUR DONATIONS AT WORK:
WINTER NEWSLETTER 2026

Feeling at Home in Canada

Hashmat's family came to Canada from Afghanistan as refugees in 2023. When they arrived, they were able to secure housing, but the cost of living was more than they expected. They were newcomers without savings and were unable to find work right away. Feeding their family was their biggest concern.

An immigration worker recommended they visit the Greater Vancouver Food Bank. At first, Hashmat was skeptical. He was unfamiliar with food banks and didn't believe his family would qualify for assistance.

In Hashmat's words,

"Where I come from in Afghanistan, there are no food banks and I didn't think they would help us, but at our appointment with the GVFB, they assessed our situation, took a photo, and created an account for our family. Now, we are so happy! Our life in Canada is getting better with the Food Bank's support."

Thanks to you, Hashmat and his family can regularly access supplemental food support, and are beginning to feel more at home in Canada.

"We feel so welcome and loved. Fortunately, we have the GVFB supporting new immigrant families like us."



Hashmat and his family are truly grateful for your support.

Hashmat believes the GVFB is a crucial service for helping new arrivals to Canada and others in need to live more stable and food-secure lives. It is an act of kindness he hopes to pay forward someday.

"When I have the ability, I want to donate to the Food Bank. It's my responsibility to help other families and newcomers. We all need to support food banks so they can help other families and individuals too."

Thank you for helping Hashmat's and other families like theirs across Greater Vancouver.

Our New Home... The Next Chapter



Fridges full of food for our agency partners.

than a warehouse; it will be a hub of innovation, community, and collaboration.

GVFB continues to meet growing demand with efficiency and care. The expanded space allows us to streamline food distribution, strengthen relationships with our 160 agency partners, and

Thanks to donors like you, we finally own our new home... the Lougheed Distribution Centre! With the purchase of the warehouse we were formerly renting, the next chapter begins. This facility will evolve into more

grow initiatives like the FRESH Start Program, which you will read more about below.

Thanks to your support, we have invested in cold storage capacity, food preservation equipment, and improved accessibility.



Volunteers handing out fresh, nutritious produce.

GVFB is setting the stage for long-term food security across the region. The Lougheed Distribution Centre will also serve as a platform for education, volunteer engagement, and corporate partnerships — ensuring every visit brings our community closer to a stronger, healthier future.

Thank you for helping us embark on our new chapter!

Giving Your Neighbours a FRESH Start

Sometimes all you need is a fresh start... Greater Vancouver Food Bank's FRESH Start Program connects clients with essential support services on-site, allowing people to meet with community partners and pick up food in a single visit. These

services go beyond food, helping people build stability and self-sufficiency.



Le Relais Francophone is the newest member of our FRESH Start partner network. Serving Francophone and Francophile newcomers across BC, Le Relais provides essential support in housing, settlement, employment, cultural integration, and English language learning. Having them join us as a partner — with the ability to meet clients on site here in our new building — means more people can build relationships and find a sense of belonging. That helps ensure services are inclusive, accessible, and reflective of the communities we serve.

Thanks to your ongoing support, the FRESH Start Program is transforming short-term relief into long-term change. Every successful client story moves us closer to a future where everyone that walks through our doors has the resources and support they need for a truly fresh start.



We proudly welcome the Le Relais Francophone team!

The impact of your gifts in 2025



448,000
CLIENT VISITS.



4M+ LBS OF FOOD
PURCHASED.

6,163 NEW GVFB CLIENTS
WERE REGISTERED IN 2025.



160 AGENCY PARTNERS
SUPPORTED.



GVFB
CLIENTS
WERE:



43% INDIVIDUALS
34% FAMILIES
23% COUPLES

Partnering With Our Community



The Greater Vancouver Food Bank is proud to highlight another one of our valued community partners, Storehouse Community Hub Society.

Located in the heart of Cloverdale, Storehouse is a vital resource for individuals and families facing food insecurity, offering food, outreach programs, and compassionate community support.

Storehouse shows unwavering dedication to ensuring no one in their community goes hungry. Their holistic approach combines food distribution with care, connection, and dignity, embodying what it means to serve with purpose.

This year alone, the GVFB has provided nearly 400,000 pounds of fresh food to help sustain Storehouse's vital programs and reach thousands of households. Together we are building a stronger, more resilient network of community care — one that nourishes hope and ensures healthy food for every neighbour.



Here's one of our incredible Agency Partners, Storehouse Community Hub Society, receiving the Full Heart Award! This award recognizes partners who demonstrate outstanding promise and innovation in serving their communities. In addition to operating as a food bank, Storehouse offers wrap-around services that extend their impact, like providing clothes to both food bank users and dinner service patrons.



Joe's Very Canadian Legacy



We recently interviewed Joe, who is one of our beloved volunteers and also a caring monthly supporter. He and his wife have thoughtfully decided to leave a gift to the GVFB in their Will.

Joe shares with us,

“While I was a TELUS employee, I was offered the opportunity to volunteer at a group event at the GVFB warehouse. As a volunteer, I became aware of the wide range of work being done by the GVFB and the work’s positive impact.

My wife, Pat, and I made a mindful decision to donate to the GVFB. We have been fortunate in our circumstances in our lives and want to provide a gift that helps others.

There may always be people in need. A gift to others in your Will could be considered a very Canadian legacy.”

Our friends at Epilogue Wills, Canada's only online Will platform created by experienced estate planning lawyers, are offering some of our loyal supporters the opportunity to create a Will at 50% off! It's a simple process that can take as little as 20 minutes and can be done entirely from the comfort of your own home.



Joe working as a volunteer at our warehouse.

1. Visit epiloguewills.com/give/gvfb or scan this QR code.
2. Complete your Will.
3. Apply this donor discount at checkout to get 50% off your Will. Use code: **GVFB50**



Want more information? Contact **Greg Douglas** at **604 314 6980** or GregD@foodbank.bc.ca.

Winter Recipe: Speedy Salmon Patties

Ingredients

- 1/3 cup finely chopped onion
- 1 large egg, beaten
- 5 saltines, crushed
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 can (14-3/4 ounces) salmon, drained, bones and skin removed
- 2 teaspoons butter

Instructions

1. In a large bowl, combine the first 6 ingredients. Crumble salmon over mixture and mix well. Shape into 6 patties.
2. In a large skillet over medium heat, fry patties in butter for 3–4 minutes on each side or until set and golden brown.
3. Serve with lemon wedges and a side salad.

Recipe source: [Taste of Home](http://tasteofhome.com)