



FOOD FOR THOUGHT

YOUR DONATIONS AT WORK:
SUMMER NEWSLETTER 2026

A Little Help Changed Everything for Winston's Family

When Winston moved to Canada eight years ago, he carried a simple hope, to build a stable life for his family. Today, he lives in Vancouver with his wife and their 10-year-old daughter, working hard to create that future.

In the beginning, things felt promising. But over time, low wages and unpredictable job opportunities made it harder to stay ahead. Winston often found himself lying awake at night, worrying about rent, groceries, and how to protect his daughter from the stress he carried.

Turning to the Greater Vancouver Food Bank was not an easy decision. Like many parents, Winston wanted to provide for his family on his own. But as food prices rose, every dollar mattered.

The food his family receives each month helps stretch their budget and makes daily life more manageable. *"It really helps,"* Winston says. *"We can save some money, and maybe use it for something else we need, like school supplies."*

One of the most meaningful supports has been the monthly Grade Schooler Pack for his daughter. Knowing there is nutritious food set

aside just for her brings Winston peace of mind and reassurance.

What stays with Winston most is the sense that someone cares. He told us he really appreciates the help.

Thanks to donors like you, families like Winston's can face difficult moments without losing hope or dignity. Your generosity helps parents breathe a little easier, children feel supported, and whole families find their footing again.



For Winston, support from GIVFB means less worry and more stability - helping him provide for his family and care for his daughter.

Opening Doors to Opportunity

Thanks to a generous grant from Lululemon, GVFB has launched the **FRESH Start Employment Program** — creating new pathways from food support to meaningful employment.

Through this initiative, two current GVFB clients will be hired into full-time, living-wage, Operations Associate roles for 12 months. The program offers hands-on experience across warehouse, distribution, and agency operations, along with funded training, certifications, and safety equipment to help participants build lasting careers.

The grant also made it possible to expand the FRESH Start team with a full-time Program Lead, strengthening partnerships and growing



Programs like FRESH Start create real opportunities for long-term stability.

opportunities for clients.

Support like this goes beyond meeting immediate needs — it helps address the root causes of food insecurity by opening doors to stability and independence.

Because of caring partners and donors, programs like FRESH Start are helping individuals move forward with confidence, dignity, and hope for the future.

Stronger Support for Single Moms

We're proud to welcome **YWCA BC** as the newest partner in our FRESH Start program. Dedicated to advancing gender equity, YWCA BC is now delivering two programs onsite designed to support single mothers: **Single Mom's Services** and the **Employment Navigator Program**.

Together, these programs provide one-to-one guidance, employment and education support, and referrals to essential resources such as counselling, legal services, food programs, and other community supports.

By bringing these services directly to the Food Bank, mothers can access a network of care in one place — helping them navigate challenges, build confidence, and move toward greater independence.

Your continued support ensures partnerships like this are possible. Thank you for helping create opportunities, connection, and brighter futures for families in our community.



Together with YWCA BC, we're helping single mothers access support, build confidence, and move toward independence.

People Like John Are the Heart of Our Community

Behind every client visit is a community of volunteers who care deeply about their neighbours. For our volunteer, John, that motivation is personal. Having experienced food insecurity firsthand, John now volunteers at GVFB as a meaningful way to give back.

What began as a few shifts through a UBC alumni initiative quickly turned into a regular commitment. *“I enjoyed volunteering here so much, and made so many friends along the way.”* Whether helping distribute food to clients, supporting operations at the Burnaby warehouse, or raising awareness at events, each shift brings a sense of purpose.

One moment that stood out for John came during the winter holidays. He watched clients, volunteers, and staff sharing smiles and looking



John, GVFB volunteer, turning lived experience into meaningful impact.

after one another and saw how it really captured the true spirit of community.

With supporters like you and volunteers like John by our side, we can continue our work to ensure healthy food and compassionate support reach those who need it most. Thank you!

Sharing Meals and Building Connection

Since opening its doors in 1986, Veterans Memorial Manor (Whole Way House Society) has provided housing and community for men in need — originally serving veterans and now welcoming any male aged 55+ facing housing challenges. Since 2021, they have partnered with GVFB as a Community Agency Partner, receiving food through regular pickups at the GVFB Community Market.

Thanks to generous donors like you, that food does far more than nourish. At Veterans Memorial Manor, shared meals have become moments of connection. Morning coffee, light breakfasts, and holiday gatherings encourage residents to leave their units, socialize, and build friendships.

Over time, these simple moments help residents open up, support one another, and rediscover a sense of belonging.

Because of your generosity, food becomes more than sustenance — it becomes a way to build community, restore dignity, and remind people they are not alone.



Because of your support, food is building community and connection at Veterans Memorial Manor.

Meet Lukas – our FRESH Start Program Lead

At the GVFB, programs like **FRESH Start** are helping clients find more than food — they're helping people find a way forward. As Program Lead, Lukas works closely with partner organizations and staff to ensure clients can easily connect with the support they need.

In Lukas's words,

“Every day, I meet individuals and families who are navigating incredibly challenging circumstances. Many arrive feeling overwhelmed or unsure of where to turn next. They sit down with our partners, talk through what's going on, and leave their appointments feeling lighter — not because everything is suddenly solved but because they finally have a plan and someone in their corner.”

Thanks to donors like you, clients can access

employment help, settlement services, mental health supports and more — all in a safe, familiar place. Instead of being sent away with a phone number, families connect directly with people ready to help.

“I see the relief wash over people when they realize there are services here to support them,” Lukas shares.

FRESH Start is helping clients move forward with confidence, support, and hope. Thank you for your support.



With guidance from Lukas and community partners, clients are finding a way forward through FRESH Start.

Grilled Vegetables Recipe for Beginners

Ingredients

Vegetables

- 1 medium zucchini sliced into ½-inch rounds
- 1 red bell pepper seeded, cut into strips
- 1 yellow bell pepper seeded, cut into strips
- 1 red onion cut into wedges
- 8 cherry tomatoes whole
- 1 small eggplant sliced into ½-inch rounds

Marinade

- ¼ cup olive oil
- 2 tbsp balsamic vinegar
- 1 tsp minced garlic
- 1 tsp dried oregano
- ½ tsp salt
- ¼ tsp black pepper

Instructions

1. Wash and slice vegetables as listed for even cooking.
2. In a bowl, whisk olive oil, balsamic vinegar, garlic, oregano, salt, and pepper.
3. Toss veggies in marinade; let sit for 5–10 minutes.
4. Preheat grill to medium-high (400°F); oil grates.
5. Grill vegetables for 3–5 minutes per side until tender and charred.
6. Remove to a platter and serve hot.



This beginner-friendly recipe delivers smoky, tender veggies in just 30 minutes.

Perfect as a healthy side or main, it's simple, colorful, and bursting with flavor. Ideal for summer barbecues or weeknight dinners, you'll love how easy it is to make!

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