

# Ways to Donate



## FOOD

The Greater Vancouver Food Bank is improving the quality of food with support from our community. Please help us fill our pantry with balanced food choices by donating nutritious, non-perishable foods with low salt and low sugar from the list below:

- |  |   |
|--|---|
| <input type="checkbox"/> Canned fish, chicken or turkey                  | <input type="checkbox"/> Brown rice, barley and whole wheat pasta |
| <input type="checkbox"/> Canned black beans, chickpeas, and kidney beans | <input type="checkbox"/> Powdered skim milk                       |
| <input type="checkbox"/> Dried lentils                                   | <input type="checkbox"/> Canned vegetables                        |
| <input type="checkbox"/> Nuts and/or Seeds                               | <input type="checkbox"/> Canned fruit                             |
| <input type="checkbox"/> Natural Peanut butter                           | <input type="checkbox"/> Hearty stews with 10g or more protein    |
- No bulk foods please

Drop off these items as part of your registered food drive, or at your local grocery store food donation bin, or bring to the Food Bank warehouse at 1150 Raymur Avenue in Vancouver.



## MONEY

Monetary donations allow us to purchase \$3 of nutritious food for every \$1 donated. Go to [www.foodbank.bc.ca](http://www.foodbank.bc.ca) for more information and options on how to donate.



## TIME

Volunteers are the lifeblood of our organization; it takes thousands of volunteer hours to help make our work possible. To donate your time go to [www.foodbank.bc.ca/get-involved](http://www.foodbank.bc.ca/get-involved).

## Thank You for Supporting the Greater Vancouver Food Bank!

**Vision Statement:** Accessible, healthy and sustainable food for all.

**Mission Statement:** To create empowering environments that provide and promote access to healthy food, education and training.