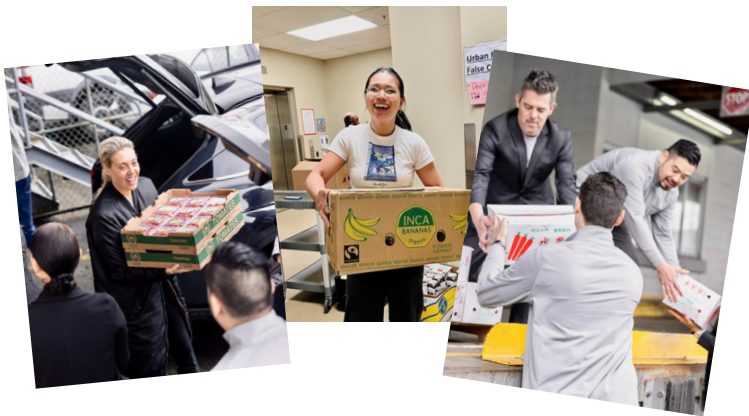


At Vancouver Food Runners, we believe in the power of community to create meaningful change. Our corporate volunteering opportunities are designed to offer flexible, rewarding ways for teams to take action on food insecurity and food waste — while fostering a strong sense of social purpose and connection.

Whether through hands-on food rescues or creative forms of support, your company can make a lasting impact across Metro Vancouver.



## Get Featured!



Your team can be featured across VFR's social media channels if you complete more than 5 food rescues!

## Why Volunteer?

Corporate volunteering with Vancouver Food Runners offers more than just a feel-good moment — it helps build stronger teams, deeper community connections, and a shared sense of purpose.



**Strengthens employee engagement and morale**



**Builds teamwork through shared impact**



**Promotes corporate social responsibility**



**Supports local communities facing food insecurity**



**Provides measurable outcomes and storytelling opportunities**

## VFR Contact Information:

✉ [mahjobeh@vancouverfoodrunners.com](mailto:mahjobeh@vancouverfoodrunners.com)

☎ 236-479-0680

# Ways to Get Involved



## Rescue & Reflect Days

Small groups of 2–3 employees complete a food rescue during the workday using their own vehicles. This can be followed by a reflection session, either self-led or facilitated by VFR, offering space to discuss learnings and local food security challenges.



## Adopt-a-Food Rescue

Your team can commit to a recurring food rescue route for a set period of time, with employees rotating to share the responsibility. VFR proudly acknowledges partner companies on our social media and in our newsletters, highlighting your commitment to community care.



## Corporate Volunteer Drives

Encourage your staff to become regular VFR volunteers through a workplace campaign. Companies often support participation with incentives such as volunteer time-off, branded swag, or donation matching. VFR can provide your organization with a summary of collective impact data for internal recognition or reporting.



## VFR Info & Impact Sessions

Invite us to present at your next team meeting or lunch-and-learn to explore how food insecurity and food waste intersect, and how your employees can be part of the solution. Sessions can be tailored to your workplace and timeframe.

*\*We kindly request a small donation or honorarium to support our staff time and program delivery. Sessions can be tailored to your workplace and timeframe.*



## Group Support Projects (Non-Driving Options)

For teams without access to vehicles or seeking alternative ways to contribute, we also welcome support in areas such as:

- Posting VFR flyers in the community
- Hosting food drives or fundraisers
- Donating professional services (e.g., graphic design, photography, marketing, tech)

These initiatives offer powerful opportunities for team building, employee engagement, and making a tangible difference across Metro Vancouver's food system.

**To get started or learn more, please contact Mahjobeh at**  
[mahjobeh@vancouverfoodrunners.com](mailto:mahjobeh@vancouverfoodrunners.com).

