

QUEST | grocery markets

NOT-FOR-PROFIT

Are you on a low income and in need of help? Quest Food Exchange has five not-for-profit locations providing delicious and nutritious foods at prices that are considerably lower than retail grocery markets. Not open to the general public, clients are referred by a community resource. For a complete listing, visit:

www.bc211.ca



Open six days a week and easily accessible by transit, each market has a wide selection of affordable items to suit your needs. These include fresh produce, meat and poultry, dairy, grains, and household items. Product selection changes daily, so check back often if you don't see something you want!



GETTING STARTED

When can you start shopping at Quest Food Exchange? Just follow the simple instructions below to get started:

Print the Client Referral Form from the home page of our website at:

www.questoutreach.org

You can also pick up a form at any of our Grocery Market locations.



Take the form to your local community resource, school advisor, church, or doctor. They will assist you in completing the form. For a listing of services, visit: www.bc211.ca



Take your signed Client Referral Form to the Quest Grocery Market of your choice (See back page for Grocery Market locations).



Present identification and you will receive a Quest Client Card immediately.



START SHOPPING! You can use your Quest Client Card at any of our locations!

VOLUNTEER WITH US

There are numerous opportunities to learn new skills through volunteering your time in our distribution, grocery market, and office departments. This is a great way to obtain a letter of reference and help support the community!



Interested in volunteering with us? You can apply online at our website, or pick up a copy of our volunteer application form at any of our grocery market locations.

For more information, please contact:

(604) 602-0186, extension 109

email: socialservices@questoutreach.org

Or check out the FAQ section of our website:

www.questoutreach.org

TESTIMONIALS

“ People say “you saved my life” all the time, but it’s just an expression. In my case however – Quest has literally saved my life. I am a vegan, so my options can be limited. Quest has benefitted me more than any other program or social agency. ”

- Andrew

“ Great pricing! Usually when we go shopping four bags of groceries cost my mom \$100, but here they cost \$47. I like it here! ”

- Belle

“ Now for the first time in my life I can eat chicken, fish, vegetables, fruit, and cereal. Quest has saved my life. Very good food and selection. I come here every day and shop. Thank you Quest for caring about the community and that people can afford to eat. ”

- Linda

follow us:



Quest Food Exchange



@QuestExchange



questfoodexchange

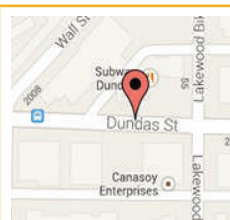
To learn more, please visit:

www.questoutreach.org

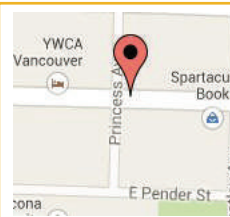
LOCATIONS

GROCERY MARKET HOURS:*
MONDAY & SATURDAY: 9 AM - 4:15 PM
TUESDAY - FRIDAY: 9 AM - 6:15 PM
SUNDAY & HOLIDAY: CLOSED

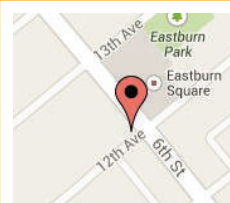
*Hours are subject to change, check website for regular updates.



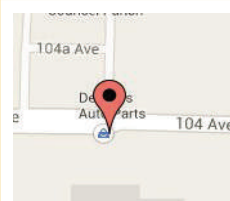
2020 Dundas St.
(Head Office & Market)
Vancouver, BC V5L 1J4
(604) 602-0186
(604) 682-3494 (fax)



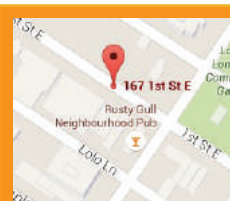
611 E. Hastings St.
Vancouver, BC V6A 1R2
(604) 605-0735



7753 6th St.
Burnaby, BC V3N 3M9
(604) 553-0636



#1 - 13890 104th Ave.
Surrey, BC V3T 1W9
(604) 588 - 3476



Monday-Saturday
9AM-4:15PM
167 1st Street East
North Vancouver, BC
V7L 1B2
Tel: 604-566-0110
(Entrance via laneway)

NEW

LOOKING FOR HEALTHY AND AFFORDABLE GROCERIES?

**VISIT QUEST'S NOT-FOR-PROFIT
GROCERY MARKETS:**

- **SIGNIFICANTLY REDUCED PRICES**
- **FIVE CONVENIENT LOCATIONS**
- **FRESH AND FROZEN VARIETY**
- **OTHER HOUSEHOLD ITEMS**



QUEST | food exchange

Reducing hunger with dignity.