



**LOOKING FOR HEALTHY AND AFFORDABLE GROCERIES?**

Just finding out about Quest Food Exchange? Are you on a low income and in need of assistance? Just fill out the **Client Referral Form** on the back of this page by following the steps below:

- Take this form to your local social service agency, school advisor, local church/mission, doctor, or community centre. They will assist you with completing the form. Please visit [www.bc211.ca](http://www.bc211.ca) for a complete listing of agencies.
- Bring your completed and signed Client Referral Form to the Quest Grocery Market of your choice (see reverse for Grocery Market locations). **Please do not fax this form.**
- Grocery Market Staff will issue you a card **immediately**. The card is valid for three years!
- Start shopping! You can use your Quest Card at any of our locations!

---

## ABOUT QUEST'S NOT-FOR-PROFIT GROCERY MARKETS

- Quest Food Exchange has five not-for-profit grocery markets providing delicious and nutritious foods and household items at prices considerably lower than traditional retail markets.
- Quest offers a dignified shopping experience where clients are empowered to choose what suits their needs in a friendly and welcoming environment.
- Product selection changes weekly, so check back often if you don't see something you want!

HOURS OF OPERATION  
**MONDAY & SATURDAY:**  
9:00 AM - 4:15 PM  
**TUESDAY - FRIDAY:**  
9:00 AM - 6:15 PM  
**SUNDAY & HOLIDAY:**  
CLOSED

---

## ABOUT QUEST FOOD EXCHANGE

Quest Food Exchange is a not-for-profit organization that offers accessibility to a variety of affordable and healthy foods to those facing food security challenges. Serving the communities of Vancouver, Surrey, Burnaby, and North Vancouver, we redistribute surplus food via five low-cost grocery markets, offering clients dignified access to a variety of food and other products. In collaboration with food suppliers who donate their surplus food, and community resource partners, who refer their clients, Quest Food Exchange is a food redistribution hub.

---

## CLIENT TESTIMONIALS

“ 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.”

“ I am so grateful for Quest. I'm on CPPD. Money sustains me and Quest lets me live! So many items to choose at prices I can afford, and the staff are always friendly & kind.”

For more information, please contact:  
(604) 602-0186, extension 109  
[socialservices@questoutreach.org](mailto:socialservices@questoutreach.org)  
Or check out the FAQ section of our website



Quest Food Exchange



@Questexchange



Questfoodexchange