

# Experience What Community Tastes Like



FORT YORK FOOD BANK  
797 Dundas Street West.  
Toronto Ontario. M6J 1V2.  
Phone: 416.203.3011  
Email: [info@fyfb.com](mailto:info@fyfb.com)

FYFB is a multi-service agency dedicated to reconnecting people with our community.

## 65 or Older?

**Make a difference in your  
local community food bank!**

### Be a mentor !

- Meet new people
- Give back to the community
- Share your wisdom and experiences
- Provide advice

My Volunteer Schedule						
Tuesday		Wednesday		Thursday	Friday	Saturday
Volunteer in our Food Program		Cook up a storm in the Kitchen		Volunteer with Counselling and Advocacy	Volunteer In the Community Drop-In Centre	Volunteer in our Vitality Program

All programs are available each day. Make an effort to support all or your favourite programs on the days you have free time. You'll benefit others and feel good.