

# Citynow



**Food for life:** Michel Pouliot, executive director of Burnaby Family Life, left, and chef Patricia Toynbee serve up lunch to customers at BFL's new café at BCIT. PHOTO TEREZA VERENCA

## Burnaby Family Life opens café at BCIT

**Tereza Verenca**  
tverenca@burnabynow.com

A local non-profit has expanded into the food service industry.

Burnaby Family Life, an organization that provides social services to children, families and vulnerable immigrants and refugees, now offers catering out of its new BCIT café.

The non-profit began operating the café in the school's applied research and innovation building last September. (The shop was previously run by Chartwells, with BCIT now offering the space free of charge to Burnaby Family Life.)

The idea is to make the café into a social enterprise venture, according to executive director Michel Pouliot, with all proceeds re-invested back into the non-profit.

Pouliot believes catering to Burnaby's business community is one way to do that.

"We're not really equipped to do big weddings and those kinds of things," he said with a laugh. "It's more lunch and dinner meetings, breakfast meetings as well."

Pouliot pointed to a Christmas luncheon the café catered for the Knowledge Network last month.

"Probably the sweet spot for us is 20 to 60 people," he said.

So what's on the menu? Everything from green chickpea salad and mac and cheese to creamy pesto chicken.

As for pricing, Pouliot

said Burnaby Family Life won't be charging less than its competitors. Platters range from \$25 to \$160.

"We can't do it cheaper than anyone else. ... We have to make sure we pay our staff. We can't run a social enterprise café and lose money year after year

**We can't do it cheaper than anyone else**

because then it's not just sustainable."

Besides catering and feeding the building's tenants, the café also provides employment to some of its most vulnerable clients. (Two staff members are newcomers who have been helped by Burnaby Family

Life's moving ahead program.)

Pouliot noted meal preparation for the organization's pregnancy outreach program, which provides meals to participants three times a week, has also moved to the café.

It appears Burnaby Family Life is in it for the long haul when it comes to staying in the food biz.

"It's not a pop-up thing. We have a great partnership with BCIT. They're excited to have us there; they like what they see," said Pouliot. "As long as it's financially doable and people are happy with the food and keep buying it, then our plan is to keep doing it."

The café, open 8 a.m. to 3 p.m. weekdays, is located at 4355 Mathissi Pl. For more, visit [bflcafe.com](http://bflcafe.com), call 778-231-8227 or email [bflcafe@burnabyfamilylife.org](mailto:bflcafe@burnabyfamilylife.org).



Thursday, January 25, 7:00-8:30pm  
St. Faith's Anglican Church 7284 Cypress St. Vancouver,  
(across from Choices Kerrisdale)

### Heal Your Gut for Good

with Irene Humpletter,  
Certified Holistic Nutritionist, VITALITY.

Do you want to finally enjoy your meals without the bloating and gas, loose that extra weight and have a solid deep sleep every night!

Free Event.

Register online @ [www.choicesmarkets.com/events](http://www.choicesmarkets.com/events).

Facebook.com/ChoicesMarkets | Twitter.com/ChoicesMarkets | Choices\_Markets

LAZBOY  
FURNITURE GALLERIES®

Factory Authorized  
**CLEARANCE**  
WHILE STOCK LASTS!

SAVE UP TO **50%**

PLUS!

**SPIN TO WIN**

ADDITIONAL  
DISCOUNTS!\*



save  
\$600

AMY  
fabric stationary sofa

6 Colours Available at the Sale Price

compare at \$1799

now only **\$1199**

PLUS!  
Spin  
to Win!

DISCONTINUED ITEMS · FLOOR SAMPLES · CANCELLED ORDERS · OVERSTOCK ITEMS

PLUS!  
Pay No Interest  
for 6 Months!

LAZBOY  
FURNITURE GALLERIES

[la-z-boy.com/vancouver](http://la-z-boy.com/vancouver) · Locally Owned & Operated

Richmond · Coquitlam · Langley · North Vancouver

<b>Coquitlam</b>	1338 United Blvd.	(604) 243-4797
<b>Langley</b>	20670 Langley Bypass	(604) 229-8024
<b>Richmond</b>	#110 - 3100 St. Edwards Dr. (at Bridgeport Rd)	(604) 229-7128
<b>North Vancouver</b>	734 W. 14th St. (1 Block N. of Marine Dr. off Bewicke)	(604) 229-6035

\*See store for details. Cannot be combined with any other offers. Hot Buys Excluded. Financing O.A.C. \$99 Admin fee applies. Although every precaution is taken, errors in price or specification may occur in print. We reserve the right to correct such errors. Offers end Sunday, January 21st, 2018, while supplies last.