

HEALTHY FAMILIES COACH

Accessing food in the Hutt Valley

<p>Lower Hutt Foodbank 27B Dudley Street, Lower Hutt 04 568 7392 Mon, Tues, Wed, Fri (9-11:30am)</p>	<p>Who can come/what to bring?</p> <ul style="list-style-type: none">• 1st visit bring proof of ID and proof of address.• 2nd visit WINZ letter required.• 4th-5th visit required to attend budgeting assistance (recommended).• Further visits require a bank statement.• Counsellor required to attend on behalf of addiction clients. <p>What's provided?</p> <ul style="list-style-type: none">• One week's worth of food for family.• Provide non-perishables, fresh bread and fresh fruit and vegetables, toiletries.• Parcels individualised for chronic conditions and different needs.
<p>The Salvation Army (Lower Hutt) Cnr Kings Crescent and Cornwell Street, Lower Hutt 04 570 0273 Mon, Wed-Fri (12-2:45pm)</p>	<p>Who can come/what to bring?</p> <ul style="list-style-type: none">• 1st visit bring photo ID.• 2nd visit WINZ letter required, verification of address or bank statement. <p>What's provided?</p> <ul style="list-style-type: none">• Non-perishables.• Occasionally vegetables• Tailor parcels to individualise food preference.• Provide cooking instructions for difficult ingredients.
<p>Life City Church 1-3 Parkway, Wainuiomata 04 972 8799 Tues, Wed, Thurs Place order 10am-12:30pm, Pick up 1-2pm</p>	<p>Who can come/what to bring?</p> <ul style="list-style-type: none">• Call between 10am-1pm on open days to place order. Give details of family size, income, reason for parcel and specific needs.• Pick up from 1-3pm. ID and proof of address is needed.• Allowed 1 parcel per month. Will be directed to WINZ after receiving parcels 3 months in a row. <p>What's provided?</p> <ul style="list-style-type: none">• Parcels tailored to family size and needs, mainly non-perishable goods and non-food items.• Free bread available to anyone on Thursdays.

<p>The Salvation Army (Upper Hutt) 695 Fergusson Drive, Upper Hutt 04 528 6745 Tues, Thurs (10am-12pm)</p>	<p>Who can come/what to bring?</p> <ul style="list-style-type: none"> • Proof of address, documents from WINZ showing no food grants remaining, CSC (if have one) <p>What's provided?</p> <ul style="list-style-type: none"> • Mainly non-perishable food. Occasionally bread if available. • Everyone receives the same parcel. • Offer alternative services i.e. budgeting advice after 2-3 uses of Foodbank, counselling, support provided to write healthy menu.
<p>Upper Hutt Foodbank 64 Martin Street, Upper Hutt 04 528 9057 Mon, Wed, Fri (9am-11:45) Closed on public holidays</p>	<p>Who can come/what to bring?</p> <ul style="list-style-type: none"> • CSC, photo ID and proof of Upper Hutt address. • After receiving four parcels, people will be sent to receive budgeting advice. <p>What's provided?</p> <ul style="list-style-type: none"> • Combination of perishable and non-perishable food (also non-food products). • Products are not standardised, individuals can choose items from what is available i.e. fresh fruit and veg, tinned food, mince, sausages, milk, margarine, bread etc. • Budgeting advice and recipes provided.
<p>Upper Hutt Citizens Advice Bureau 2 Sinclair Street, Upper Hutt 04 528 9040 Is offered when The Upper Hutt Foodbank is closed Mon-Fri 12:30-4:30pm.</p>	<p>Who can come/what to bring?</p> <ul style="list-style-type: none"> • Proof of Upper Hutt address, CSC or other form of ID. <p>What's provided?</p> <ul style="list-style-type: none"> • Provides emergency parcels only as a last resort (i.e. holiday season). • Parcels provide enough food for one meal. • Provided by Upper Hutt Red Cross.
<p>Wainuiomata Community Centre (Whanau in Arms) 1A Queen Street, Wainuiomata 04 564 5262 Tuesday. Sign in between 9-10am, collect food between 11:30am-12pm.</p>	<p>Who can come/what to bring?</p> <ul style="list-style-type: none"> • No referral criteria, just provide name, address, number of family members to feed. • Bring own box for food. <p>What's provided?</p> <ul style="list-style-type: none"> • Offer some packaged food, fresh bread, fresh fruit and vegetables. • ~60 families receiving the service. • Kokiri and Whanau family support literacy services (budgeting advice) have offices in the same building (often have linked services).

St Vincent de Paul- bread and fresh fruit and vegetables

*Only available to residents living in the areas mentioned (proof of address recommended).
Open 10-10:30 on stated days. Times are approximate and outlets closed once all produce
is given out.*

*Recommended to sign in 1.5-2hours before stated time. Bring own bags to take food away
in.*

Monday	Petone Community House Te Huinga O Te Whanua, Petone Kokiri Marae, Seaview
Tuesday	St John Uniting Church, Avalon Maturangi Hauora Trust, Moera Wainuiomata Community Centre
Wednesday	Timberlea Community Centre St John's Church, Trentham Upper Hutt Foodbank
Thursday	Pomare Community House Great Start House, Taita Naenae Community Hall
Friday	Stokes Valley Community House Taita Community Hall
Saturday	Stokes Valley Koranui Marae Samoa Gospel Church, Taita Samoan Methodist Church, Taita
Sunday	Tonga Church, Stokes Valley Waiwhetu Assembly of God

Fruit and Vegetable Co-op

\$10 per week for 8kg of fruit and vegetables (1/2 supermarket price)

Distribution hubs:

St David's Hall, 3 Seddon Street, Naenae- contact Jill Kirkland: 027 467 4000
naenaefruitveg.coop@gmail.com

St Paul's Church, 76 Waiwhetu Road, Waterloo- contact Wendy: 022 045 3739
waiwhetufruitveg.coop@gmail.com

Valley Church, 21 Fitzherbert Road, Wainuiomata- contact Andrew: 021 086 65019
wainuiomatafruitveg.coop@gmail.com

Orongomai Marae, 1 Railway Avenue, Upper Hutt- contact Paul: 027 496 6350
uh.vege.coop@gmail.com

Timberlea Community Centre, 72 Norana Road, Timberlea- contact Karen 027 423 9347
timberlea.vege.coop@gmail.com

Maoribank School, 32 Hillside Drive, Maoribank- contact Roseanne 04 526 9552 or 027 5269 552

Trentham Community House, 71 Merton Street, Upper Hutt-contact Madeleine: 027 413 4487
Trentham.vegecoop@gmail.com

