

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>Upper Hutt Foodbank 64 Martin Street, Upper Hutt 04 528 9057 Mon, Wed, Fri (9am-11:30) 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 St Bernadette's Hall
Friday	Stokes Valley Community House Taita Community Hall
Saturday	Stokes Valley Koranui Marae Samoa Gospel Church, Taita Samoa Methodist Church, Taita
Sunday	Tonga Church, Stokes Valley Waiwhetu Assembly of God

Fruit and Vegetable Co-op

\$12 per week gives you a fresh pack of:

- Seasonal fruit (3-4 varieties)
- Seasonal veges (3-5 varieties)

Distribution hubs:

Hub	Contact	Location
Naenae	Eliza 027 278 1176 naenaefruitveg.coop@gmail.com	St David's Church Hall 3 Seddon Street
Taita	Anna 022 060 9533 taitafruitveg.coop@gmail.com	St Matthew's Anglican Church Hall Cnr of Taine and Reynolds Street
Pomare	Jasmine 04 939 8345 pomarefruitveg.coop@gmail.com	Pomare Taita Community Trust 55 Farmers Crescent
Stokes Valley	Adrienne 021 136 1890 stokesvalleyfruitveg.coop@gmail.com	St Phillip's Stone Church Cnr Stokes Valley Rd and Rawhiti St
Kelson	Rach 021 802 761 kelsonfruitveg.coop@gmail.com	Discovery Elim Christian Centre 148 Major Drive
Petone	Emma 027 305 7002 petonevege@petonebaptist.org.nz	Petone Baptist Church 33 Buick Street
Wallaceville	Belinda 027 264 0446 uh.vege.coop@gmail.com	Heretaunga Christian Centre 51 Lane Street
Trentham	Vladimir Miller 027 306 4816 uh.vege.coop@gmail.com	The Hub 496 Ferguson Drive
Wainuiomata	Andrew 021 0866 5019 wainuiomatafruitveg.coop@gmail.com	Valley Church 21 Fitzherbert Road
	Katrina 021 322 569	Arakura School 209 Wellington Road
Waiwhetu	Wendy 022 045 3739 waiwhetufruitveg.coop@gmail.com	St Paul's Church 76 Waiwhetu Road, Waterloo
Maungaraki	Brian 021 153 9490 1bmhooper@gmail.com	Maungaraki Baptist Church 164 Dowse Drive



