

Healthy Eating Community Support

Food Support Organisations in the Hutt Valley

Free Food

Food Banks

Muturangi Services:

- Address: 99 Randwick Road, Moera
- Phone: 939 7858
- Open: Thur, 10am (bring own plastic bags to take food away in)

Lower Hutt Foodbank:

- Coordinator – Bev Driver
- Address: 27 Dudley Street, Lower Hutt City
- Phone: 04 568 7392
- Open: Mon, Tues, Wed, Fri, 9am-11.30am

The Salvation Army (Lower Hutt):

- Address: 30-32 Kings Crescent & Cornwall Street, Lower Hutt
- Phone: 04 570 0273
- Open: Mon-Fri, 12pm-2.45pm

Life City Church:

- Address: 1 Parkway, Wainuiomata
- Phone: 972 8799
- Open: Tues-Fri, 9.30am-12pm

Stokes Valley Foodbank:

- Address: 162 Stokes Valley Road, Stokes Valley
- Phone: 0275570248
- Open: Mon, 10.00 am to 11.30 am
- stokesvalleyfoodbank@gmail.com

The Salvation Army (Upper Hutt):

- Address: 695 Fergusson Drive, Upper Hutt
- Phone: 528 6745
- Open: Tues & Thur, 10am-12pm

Upper Hutt Foodbank:

- Address: 64 Martin Street, Upper Hutt
- Phone: 528 9057
- Open: Mon, Wed, Fri, 9am-11.45 am

Upper Hutt Citizens Advice Bureau:

- Address: 18 Logan Street, Upper Hutt
- Phone: 528 9040

Healthy Eating Community Support

- Open: Mon-Fri, 12.30pm-4.30pm (provide 24hr food supply from Upper Hutt Red Cross)

Fruit and Vegetable Provider

Wainuiomata Community Centre (Whānua in Arms):

- Address: 1A Queen Street, Wainuiomata
- Phone: 564 5262
- Open: Tues, sign in between 9am-10am (bring your own box)

Bread and Veges Providers

Petone Citizens Advice Bureau:

- Address: 6 Britannia street, Petone
- Phone: 568 8877
- Open: Mon, 10am-10.30am (Petone residents only)

St Vincent de Paul:

- Only available to residents living in the areas mentioned. Times are stated are approximate as delivery is dependent on store providers. It's recommended that you sign in 1½ - 2 hours before the stated time. Also bring own plastic bags to take food away in.

Mondays:	11.30am	Pomare Community House
Tuesdays:	10.30am	Petone Union Health, 451 Jackson Street
Wednesdays:	10.30am	Taita Community Hall, Taine Street
	11.30am	Timberlea Community House
Thursdays:	9.30am	Moera Shops
	11.30am	Naenae Community Hall
Fridays:	11.30am	Stokes Valley Community Hall
Saturdays:	11.30am	Koraunui Marae, Stokes Valley
	1.30pm	Samoan Gospel Church, Stokes Valley
Sundays:	11.30am	St. Johns Church, Avalon
	12.30pm	Tongan Church, Stokes Valley

Drop in Centres – Soup and Bread

The Salvation Army (Lower Hutt):

- Address: Cnr Kings Crescent & Cornwall Street, Lower Hutt
- Phone: 570 0274
- Open: Mon, 4.30pm-6pm (soup & bread)

Healthy Eating Community Support

The Life Harvest Centre:

- Address: Corner Rata Street, Naenae
- Open: Sun, 5pm-6pm (soup & rolls)

Kete Food Share

Find on Facebook @KeteFoodShare

Finding Kaimoana

- For everything you need to know about fishing in the Wellington region including any licenses you might need – look at the Freshwater Fishing in the Wellington Region Website:
- <https://fishandgame.org.nz/wellington/freshwater-fishing-in-new-zealand/>

Citizens Advice Bureaus

For updates regarding future changes to any of the above information, please ring the CAB nearest to where you or your client lives.

Lower Hutt CAB:

- Address: 47 Laings Road, Lower Hutt
- Phone: 566 6039

Petone CAB:

- Address: 6 Britannia street, Petone
- Phone: 568 8877

Upper Hutt CAB:

- Address: 18 Logan Street, Upper Hutt
- Phone: 528 9040

Growing, Harvesting and Buying Food

Fruit and Vegetable Co-ops

- To find all the registration information and prices of different fruit and vegetable co-ops throughout the region:
- <http://www.rph.org.nz/public-health-topics/nutrition/fruit-and-vege-co-ops/>

Community Gardens in the Hutt Valley

- Lower Hutt has community gardens in the following areas:
 - Moera (behind the community house)
 - Roberts Street Reserve, Avalon 022 0682114.
 - Waterloo (behind Waterloo School)

Healthy Eating Community Support

- Eastbourne 04 562 8753.
- Stokes Valley Kai gardens, Kingsley Street Reserve
- Poole Crescent, Wainuiomato
- Common Unity Project
- Petone (outside the police station)

Markets in the Hutt Valley

- Riverbank market (riverbank carpark on Rutherford Street) – every Saturday from 8am until 2pm, sells fruit, vegetables, meat, fish and bread.

Low Cost Meals

The local Café:

- Address – 59 Merton Street, Trentham, Upper Hutt
- This café aims to help people into employment training in hospitality.
- <http://www.thelocal.org.nz/cafe.html>

The Remakery:

Address – 310 Waiwhetu Road, Lower Hutt

You may become a part of projects that strengthen access to food – Koha Café, Urban Kai Farms, Common Grocery, Unity Kitchen, Beeple Collection

See more at <https://www.commonunityproject.org.nz/>

Stokes Valley New World: and other supermarkets in the Hutt Valley who update food choices regularly.

- Healthy lunch packs for kids (wholemeal ham or chicken roll with coleslaw, and a packet of raisins and pre-cut apple). At approximately \$3 these store-made packs are an easy and cost-effective solution for parents needing to grab their child some lunch in a hurry.
- Healthier option deli meals. You can now find wraps, cottage pie, roast meat and vegetables and other healthier ready meal options in the deli section. These easy, cost-effective meals are made onsite using fresh ingredients.
- Ingredient packs supporting families to cook healthy, quick family meals.

Food Support Organisations in the Wellington Region

Local Programmes

Garden to Table Programme:

- Programme that runs in schools – discover a love for fresh food and skills that last a lifetime.
- Any school can get involved, see more at <http://www.gardentotable.org.nz/the-programme/where-are-our-schools>

Healthy Eating Community Support

Belly Full:

- Provides meals for families with new-born babies and families with young children who are struggling with illness.
- Cook and deliver free meals – based on emotional need over financial.
- Key recipes – beef lasagne, beef bolognese sauce, macaroni cheese, tomato and red lentil soup.
- See more information at <https://www.bellyful.org.nz/how-it-works/>

Good Food Programme

This programme aims to give people new skills in buying and preparing healthy food and in weight management. The programme covers the basics of healthy nutrition and shows people how to prepare favourite dishes and snacks in a healthy way with an emphasis on creating meals on a tight budget. The programme is run throughout the Hutt Valley in collaboration with various community groups including Marae, Community Houses, Kohanga Reo and other organisations.

Te Awakiarangi Health Network provides food, tutors, workbooks and recipe books free of charge to people enrolled in the programme.

Eligibility: People enrolled at the Te Awakairangi Health Network practice who needs extra support around healthy nutrition and cooking.

Contacts for referrals or further information: Health Promotion Team Leader | Phone: 04 566 5320.