

NEWTOWN FRUIT & VEGE CO-OP

MIRAMAR, BERHAMPORE, HATAITAI, NEWTOWN

Bringing healthy food to our neighbourhood



Join Newtown Fruit and Veg Co-op and help us flip the dial on the broken food system!

About the Co-op:

Buying regular \$15 fruit and veg packs from the Hauora Kai Co-op is a great deal for you - and it helps us to provide affordable tāmatoa hauora kai (fresh and healthy food) to everyone in our community.

Available every Thursday from six pick-up points, it's fresh from the growers, packed by volunteers, and always cheaper than the supermarket!

It's a numbers thing. The more whānau who buy our packs, the more delicious fresh produce we can get into every pack - SWEET!

Now we are also selling local free ranges eggs so you can grab some fresh healthy protein to go with your fresh fruit and Veg each week!

Before placing your first order you need to join the Co-op by emailing your name, phone number and pick up point (see below) to newtowncentre.finance@salvationarmy.org.nz or call **Sara on (04) 389 0594**. Once you have joined, ordering is as easy as making a payment into our bank account or by paying in cash.

What does it cost and what do I get?

\$15 gives you a fresh pack of:

- seasonal fruit (3-4 varieties)
- seasonal veges (3-4 varieties)

The actual numbers of fruit and veg vary from week to week and season to season.

\$7.50 gets you a dozen size 6/7 super fresh local free range eggs.

Ordering:

1. Pay \$15 a week in advance, by cash or internet banking.
2. Collect on a Thursday.
3. No commitment to order every week.



Pay by **internet banking** to:
Newtown Fruit and Veg Co-op
02-0568-0022181-20

You need to include in the reference how many fruit and veg packs you want AND how many cartons of eggs you want, like this...

If you just want 1 fruit and veg pack, you will need to pay \$15 and include the following details:

Particulars: First name and Last name, e.g. Ally Best
Code: Number of Packs, e.g. 1xfav
Reference: Pick-up location e.g. Berhampore, Hataitai, Miramar, Newtown, Vogelmorn

If you want 1 fruit and veg pack and one carton of eggs, you will need to pay \$22.50 (\$15+\$7.50=\$22.50) and include the following details:

Particulars: First name and Last name, e.g. Ally Best
Code: Number of Packs and cartons, e.g. 1xfav 1xegg
Reference: Pick-up location e.g. Berhampore, Hataitai, Miramar, Newtown, Vogelmorn

You can buy as many fruit and veg packs and cartons of eggs you want, just make sure that you put the correct number in the particulars of your AP and you are paying in the correct amount.
Ordering is in advance and your payment of \$15 (per pack) needs to arrive with us a week in advance (see details below) so your order will be counted for the following Thursday pick up.

Current pick-up hubs:

Berhampore			
Bruce 027 275 6041 berhamporefruitandvegecoop@gmail.com	Rintoul Street Apartments Community Room, 263 Rintoul Street	Online payment by 5pm prior Friday 38-9000-0376893-11 <i>Reference: Berhampore</i> or pay cash at pick up for the following Thursday	Pick-up Thursdays 4.00–6.00pm
Hataitai			
Simone 020 4086 6900 fruitandveg@hataitai.org.nz	Hataitai Community House 112 Waipapa Road	Online payment by 5pm prior Thursday 02-0520-0041789-03 <i>Reference: Hataitai</i>	Pick-up Thursdays 12.30–2.30pm or 5.30–6.00pm
Miramar			
Nina (04) 388 9042 easternsuburbsveges@gmail.com	St Aidan's Church and shop 89 Miramar Avenue	Online payment by 5pm prior Thursday 02-0568-0022181-20 <i>Reference: Miramar</i>	Pick-up Thursdays 1.00–5.00pm
Newtown			
Turi (04) 389 0594 Turi.TeHira@salvationarmy.org.nz	Salvation Army Worship and Community Centre 4 Normanby Street	Online payment by 5pm prior Thursday 02-0568-0022181-20 <i>Reference: Newtown</i>	Pick-up Thursdays 11.00am–3.00pm
Vogelmorn (Vogeltown/Mornington)			
Nicoletta vogelmornbc@gmail.com	Vogelmorn Bowling Club 93 Mornington Road	Online payment by 5pm prior Thursday 02-0568-0022181-20 <i>Reference: Vogelmorn</i>	Pick-up Thursdays from 4.30pm