

# HAUORA KAI CO-OP EASTSIDE

RANUI, CANNONS CREEK, WAITANGIRUA, ASCOT PARK, AOTEA, WHITBY

Bringing healthy food to our neighbourhood



## Join Hauora Kai Co-op and help us flip the dial on the broken food system!

### About the Co-op:

Buying regular \$15 fruit and vege 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 Tuesday 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 Vege 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 [wesleyhouse@wesleyca.org.nz](mailto:wesleyhouse@wesleyca.org.nz) or call or text **Lynda on 027 432 2397**. 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 vege vary from week to week and season to season. \$6.50 gets you a dozen size 6/7 super fresh local free range eggs.

### Ordering:

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



Pay by **internet banking** to:  
**Wesley Wgtn Mission Inc.**  
**03-0558-0023973-08**

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

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

*Code:* First name and Last name (e.g. Ally Best)

*Particulars:* Number of packs (e.g. 1xfav) - fav stands for fruit and vege

If you want 1 fruit and vege pack and one carton of eggs, you will need to pay \$21.50 (\$15+\$6.50=\$21.50) and include the following details:

*Code:* First name and Last name, e.g. Ally Best

*Particulars:* Number of Packs and cartons (e.g 1xfav 1xegg)

You can buy as many fruit and vege 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. The cut off for orders is Wednesday 5pm. Please make sure you make your payment by Wednesday 5pm so we know to prepare a pack for you for the following Tuesday!

We recommend setting up an automatic payment so you never miss out!

### Current pick-up hubs:

#### Cannons Creek

Lynda 027 432 2397 <a href="mailto:wesleyhouse@wesleyca.org.nz">wesleyhouse@wesleyca.org.nz</a>	<b>Wesley Community Action</b> 206 Mungavin Avenue, Cannons Creek	Pick-up Tuesday 12.00 - 4.00pm <i>(Out of hours pickup available, get in touch to find out more!)</i>
Office 04 235 7956	<b>Russel School</b> 18 Fantame Street, Cannons Creek	Pick-up Tuesday 10.30 - 11.30am

#### Waitangirua

Naere 04 235 9617	<b>Te Kura Māori o Porirua</b> 392 Warspite Avenue, Waitangirua	Pick-up Tuesday 3.00 - 4.00pm
Office 04 235 9570	<b>Corinna School</b> 36 Kalingo Street, Waitangirua	Pick-up Tuesday 3.00 - 4.00pm

#### Whitby

Office 04 235 9358	<b>Postgate School</b> 1 Staithes Drive North, Whitby	Pick-up Tuesday 10.30am - 3.30pm
--------------------	--	----------------------------------

#### Porirua CBD

Pete <a href="mailto:peteh@kingschurch.org.nz">peteh@kingschurch.org.nz</a>	<b>Kings Church Porirua Office</b> Level 2, 7 Kilkerran Place, Porirua CBD	Pick-up Tuesday 12.00 - 2.00pm
--	---	--------------------------------