

UPPER HUTT FRUIT & VEGE CO-OP

Bringing healthy food to our neighbourhood



Join Upper Hutt 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 Upper Hutt 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 Wednesday from our pick-up point, 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!

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 uh.vege.coop@gmail.com or call **Georgie on 021 229 6185**. Once you have joined, ordering is as easy as making a payment into our bank account.

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.

Ordering:

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



Pay by **internet banking** to:

Greenstone Doors

38-9015-0360851-02

Particulars: Last name

Code: First Name

Reference: Pick-up location e.g. Greenstone, Food 4 Thought

Ordering is in advance and your payment of \$15 (per pack) needs to arrive with us by 5pm Wednesday at the latest so your order will be counted for the following Wednesday pick up. Feel free to order more than one pack, there is no limit to the number of packs you can order and there is no commitment to order every week.

We recommend setting up an automatic payment of \$15 so you never miss out!

Current pick-up hubs:

Upper Hutt

Georgie 021 229 6185 uh.vege.coop@gmail.com	Greenstone Doors 1285 Fergusson Drive (Corner of Bernadette St & Fergusson Dr), Brown Owl	Pay internet banking by 5pm Wednesday	Pick-up Wednesday 12–2pm <i>OR</i> from 2.30pm onwards (self-managed)
	Food 4 Thought 116 Main Street (rear of Mayfair Cafe)		