

FRUIT & VEGE CO-OP

WELLINGTON REGION



Bringing healthy food to our neighbourhood

SEASONAL NEWSLETTER | WINTER EDITION



Sallie's UPDATE

Winter is well and truly upon us. We hope you are all keeping warm, staying dry and enjoying the winter produce from your packs.

As a collective, the Wellington Region Fruit and Vege Co-op has been focusing on reducing plastic specifically in the form of single use plastic bags. As some of you may have seen, we have just done a pilot in Kapiti with returnable bags. This has been a great success.

We will be rolling out the returnable bags across all Co-ops by February 2019. So keep an eye out for the returnable bags in your Co-op and if you have any questions, please talk to your coordinator.

Ngā mihi, na
Sallie Calvert
Fruit & Vege Co-ops Regional Coordinator, Wesley CA



PLASTIC OCEAN

2018 IS A BIG YEAR FOR THE CO-OP, WE ARE IN THE PROCESS OF CHANGING ALL OF OUR SINGLE USE PLASTIC BAGS TO RETURNABLE BAGS.

We have chosen to use returnable bags as plastic is having devastating impacts on our environment. Every year more than 300 million tons of plastic is being produced, half of this is for single use, and a shocking 800 million tons of plastic ends up in our oceans. We are using single use and disposable products made from a material that was originally designed to last 'forever'. An extremely eye-opening documentary to watch for more information is Plastic Ocean <https://plasticoceans.org/>. It provides a firsthand look into the impacts plastic is having on our environment.

Through the Co-op we use around 80,000 single use plastic bags a year. The Fruit and Vege Co-op have had enough. **We are going to do our bit and remove plastic bags from the Co-op.** This will make it easier for you to do your shopping plastic free. This simple swap for us is going to create a big change. So get on board and embrace the change. Returnable bags will be coming your way soon!



If you have any questions or you would like to help volunteer with the returnable bags get in touch with your local coordinator, or send us a message on the **Wellington Region Fruit and Vege Co-op Facebook page**.

Have a talk to your family and friends about plastic, see what they think. Start the conversation and **#RethinkPlastic**.



HUB profile: BERHAMPORE

Collecting your fruit and veges can involve nothing more than a pleasant chat with your local volunteer. Or in the case of the **Berhampore Co-op**, it can be a matter of dropping in on a lively community lunch at the Granville flats on Adelaide Rd and being invited to a bowl of soup and some pastries as well.

Residents of the flats gather from 11.30am for soup cooked by members of Island Bay Presbyterian Church. Some flat residents have orders, others come and haggle with Bruce to buy part of an order. They usually get a pretty good deal. Some from the wider community just pick and run, others have stopped and chatted and shared food.

It all goes towards making an interesting day at the Berhampore run of the **Eastern Suburbs Fruit and Vege Co-op**.



KAI CONFIDENCE

THE KAI CONFIDENCE COURSE AIMS TO TEACH AND INCREASE COOKING CONFIDENCE. Classes are based on fruit and vegetables in the Co-op bag and teach food preparation, basic cooking skills, storage and how to minimise food waste. A range of simple, delicious and healthy recipes have been developed and tested for the classes, with new recipes being added regularly. Ingredients are often interchangeable, and we encourage the participants to use whatever vegetables they have available.

The **Titahi Bay Co-op** just finished their first eight week Kai Confidence course and we have had some great feedback. Participants enjoyed coming along and learning new tricks such as how to add extra vegetables into their favorite meals, learning healthy versions of takeaways, and getting to cook healthy filling meals that their families loved to eat.

If you are often feeling at a loss with what to do with your fruit and vegetables from the bags, talk to your coordinator and ask when the Kai Confidence course is coming your way. The next classes start in **Cannons Creek, Wainuiomata** and **Massey University** in early August. In the meantime, keep an eye out for our new look recipes on our **facebook page** and in your Co-op bags.

COMMON UNITY

Regional Public Health (RPH) are extremely supportive of the work the **Common Unity Project Aotearoa** are doing in the Lower Hutt community.

Recently RPH supported them by funding their first electric cargo bike. This will be used to help shift fresh food and produce from **Urban Kai farms** around the Lower Hutt community, as well as firewood and also for helping move people around the community, in a more sustainable and environmentally friendly way. They are working to turn the cargo bike into 'a thing of functional beauty'.

The cargo bike is just one of Common Unity's great initiatives. **Urban Kai** are working to improve resilience within the Lower Hutt community through employment and increased access to local organically grown produce. A great selection of their produce is available at **the Common Grocer**, a member-owned plastic-free grocer.

Many of Common Unity's initiatives are based at **the ReMakery**, in Eponi, Lower Hutt. It is well worth going down to check out where the magic happens.



WELL HOMES
Wellington Housing
Coordination Service

WELL HOMES IS A FREE SERVICE THAT MAY BE ABLE TO HELP YOUR WHANAU WITH:

 BEDS & BEDDING

 INSULATION

 OTHER - I.E. HEALTH OR SOCIAL REFERRALS

 CARPET

 MINOR REPAIRS

 SOCIAL HOUSING RELOCATION

 CURTAINS

 MOULD CLEANING KITS

 VENTILATION

 HEATING

 MSD/WORK & INCOME ASSISTANCE

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT WELL HOMES ON 0800 675 675 OR MESSAGE US ON OUR WELL HOMES FACEBOOK PAGE.

For more information about the Wellington Region Fruit & Vege Co-op, visit our Facebook page 'Fruit & Vege Co-Ops Wellington', or check out the Regional Public Health website www.rph.org.nz

Regional Public Health
HAUORA Ā IWI KI TE ŪPOKO O TE IKA A MĀUI
Better health for the greater Wellington region

