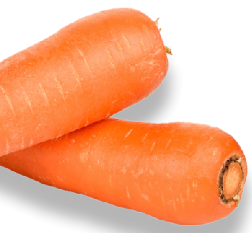


FRUIT & VEGE CO-OP WELLINGTON REGION



Just \$15 per week for a value pack of fresh seasonal fruits and vegetables



WHAT?

The Wellington Region Fruit and Vege Co-op is a not-for-profit 'buyers collective' delivering affordable access to fresh fruit and vegetables across the Wellington Region. The Co-op is run in partnership between Wesley Community Action and Wellington Regional Public Health and is powered by Community groups and volunteers.

Every week, as a collective, we buy fresh seasonal fruit and vegetables from local suppliers and growers. Because we buy them in bulk we get them for a good price. This means we can sell them to our members for much less than they would cost in a supermarket.

We care about the health of our communities and providing a more affordable way for our members to include more fresh healthy fruit and vegetables in their diet is a great way to lift our community and improve health outcomes for our whānau.

Our members order in advance so we know how much produce we need to buy which means we have no food waste. We prioritise locally grown produce to keep down food miles and we use reusable crates and bags to minimise single use plastic.

We have over 40 pickup points across the region from Petone to Masterton and Newtown to Ōtaki and we provide over 1,500 fruit and vegetable packs every week.

WHO?

The Co-op is for anyone who cares about their community, who wants to help fight the injustices of the profit first food system and wants to eat the freshest and best value fruit and vege in town!

It's a great deal and it helps to provide affordable tāmaota hauora kai (fresh healthy food) to everyone in our community. It's a numbers thing. The more whānau who buy our packs, the more delicious fresh produce we can get into every pack.

WHY?

We believe that access to fresh healthy kai is a right, not a privilege. The food system is broken and does not cater for everyone in our community. This creates a cycle of dependence on food banks and other food charity schemes for communities who don't have easy access to affordable fresh healthy food options and face financial, social and/or health challenges.

We want to address this injustice by empowering our communities to collectively purchase fresh fruit and vegetables direct from the growers at wholesale prices and then distribute the produce themselves to their communities where it can have the most impact.

HOW?

Each packing hub has a Coordinator who manages the ordering process and works with the Regional Coordinator to place the bulk order each week. The bulk produce is delivered to our packing hubs and a dedicated team of volunteers repack the produce into individual packs ready for collection at one of our many pickup points in the region. Our members then bring their own bags to their chosen pickup point and transfer their produce from our crates, tubs or bags into their own bag to take home—easy!

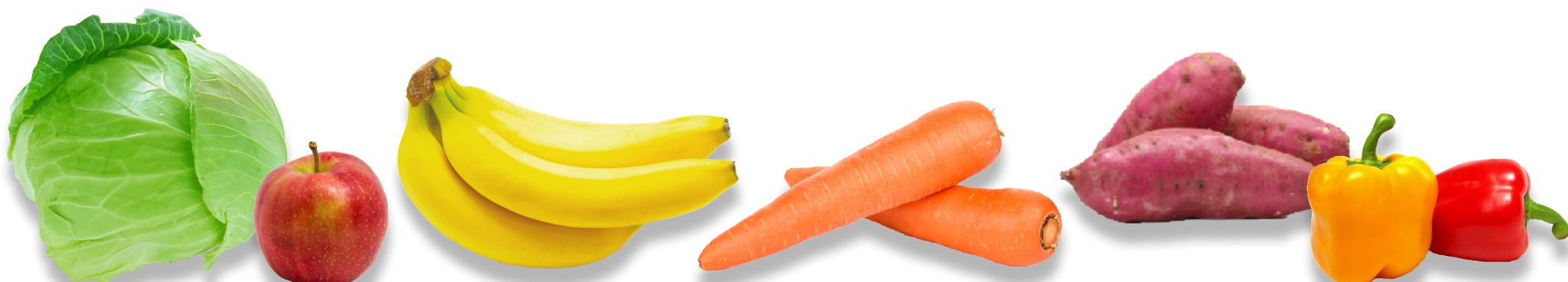
To find your nearest co-op visit www.hauorakai.nz.

To set up a co-op packing hub or distribution hub you will need a suitable location, a bank account and a dedicated team of volunteers to make it happen!

Wesley Community Action and Regional Public Health provide support to set up and run our co-ops, contact our Regional Coordinator today to find out more!

Find out more information here: www.hauorakai.nz.

WELLINGTON REGION FRUIT & VEGE CO-OPS



Kāpiti - Christine, 027 354 0125
E: kapitifruitandvegecoop@gmail.com
Locations: Ōtaki, Paraparaumu,
Raumati, Waikanae

Naenae - Adrienne, 021 136 1890
E: naenaefruitveg.coop@gmail.com
Locations: Kelson, Naenae, Pomare,
Stokes Valley, Taita

Newtown - Sara, 04 389 0594
E: newtowncentre.finance@salvationarmy.org.nz
Locations: Berhampore, Hataitai,
Miramar, Newtown

Petone - Andrea, 021 670 564
E: petonevege@petonebaptist.org.nz
Locations: Petone

Porirua - Lynda, 027 432 2397
E: lpine@wesleyca.org.nz
Locations: Cannons Creek, CBD,
Waitangirua, Whibty

Rānui Heights - Henry, 021 259 6411
E: ranuiheight.vege.coop@gmail.com
Location: Rānui Heights

Titahi Bay - Casey, 022 687 8414
E: smac.fruitvege@gmail.com
Locations: Johnsonville, Newlands,
Plimmerton, Porirua, Tawa, Titahi Bay

Upper Hutt - Jeanette, 021 0806 0113
E: uh.vege.coop@gmail.com
Locations: Brown Owl, Pinehaven,
Upper Hutt Central, Silverstream

Wainuiomata - Andrew, 021 0866 5019
E: wainuiomatafruitveg.coop@gmail.com
Locations: Wainuiomata

Wairarapa - Charlotte, 021 0914 8009
E: wairarapafruitveg@gmail.com
Locations: Carterton, Featherston,
Masterton

Waiwhetu - Kaz, 022 045 3739
E: waiwhetufruitveg.coop@gmail.com
Locations: Maungaraki, Waiwhetu

Visit: www.hauorakai.nz



community • compassion • change

Te Whatu Ora
Health New Zealand

Capital, Coast, Hutt Valley and Wairarapa