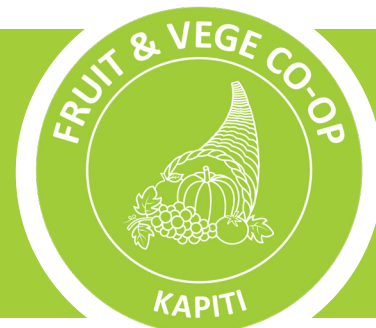


KĀPITI FRUIT & VEGE CO-OP

PARAPARAUMU, RAUMATI, WAIKANAĒ, ŌTAKI

Bringing healthy food to our neighbourhood



Join Kāpiti Fruit and Vege 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 Kāpiti Co-op is a great deal for you - and it helps us to provide affordable tāmatōa hauora kai (fresh and healthy food) to everyone in our community.

Available every Thursday from four 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!

Before placing your first order simply join the Co-op by visiting www.hauorakai.nz. Once you have joined, ordering is as easy as making a payment into our bank account or by paying in cash.

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:

Kapiti Fruit and Vege Co-op

38-9018-0393202-00

Particulars: First name initial and Last name

Code: Number of packs

Reference: Pick-up location e.g. PAUL

(PAUL = St Paul's, RAU = Raumati, WAIK = Waikanae,

ŌTA = Ōtaki)

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.

Ordering is in advance and your payment of \$15 (per pack) needs to arrive with us by 5pm Friday at the latest so your order will be counted for the following Thursday 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:

Paraparaumu			
Christine 027 354 0125 Office 04 904 7300 kapitifruitandvegecoop@gmail.com	Kapiti Anglican (St Paul's) Cnr Kapiti Rd and Langdale Rd	Pay internet banking by 5pm Friday	Pick-up Thursday 2.30 – 3.15pm or Friday 9 – 10am
Raumati			
Office 04 902 5809 kapitifruitandvegecoop@gmail.com	Raumati Uniting Church 10 Weka Road, Raumati Beach	Pay internet banking by 5pm Friday	Pick-up Thursday 2.30 – 3.00pm
Waikanae			
Sharon 027 200 7385 kapitifruitandvegecoop@gmail.com	Waikanae Baptist Church 286 Te Moana Road	Pay internet banking by 5pm Friday	Pick-up Thursday 2.00 – 2.30pm
Ōtaki			
Elishka 022 307 7343 elishka@maorilandfilm.co.nz	Maoriland maara 11 Raukawa street	Pay internet banking by 5pm Friday	Pick-up Thursday 2.00 – 3.00pm