

**Food Parcels from Nelson Community Food Bank can be accessed through the following agencies:**

Who	What	Where	Contact	Hours
Beneficiaries & Unwaged Works Trust (BUWT)	BUWT provides information, advice and support for people on low incomes. They can help you with things like emergency food, housing, counselling, and medical services. They have a food box onsite to take food from	31 Selwyn Place, Nelson	548-8171 <a href="mailto:buwtcs@xtra.co.nz">buwtcs@xtra.co.nz</a>	9.30am - 3.30pm
Family Start	They can make Food Bank referrals for <b>their clients only</b> .	73 Quarantine Road, Nelson	(03) 547-0940	8.30am - 5.00pm Mon - Fri
St Vincent De Paul Nelson	Leave a food box in their store	77 Vanguard Street, Nelson	(03) 548-9372	Tues, Weds, Thurs 9.30am - 3.30pm
St Vincent De Paul Stoke	Can make Food Bank requests for you (WINZ letter needs to be provided)	532 Main Road Stoke, Stoke	(03) 547-7351	10am - 4pm Mon- Fri
Salvation Army	Can make Food Bank requests for you (WINZ letter needs to be provided). An appointment needs to be made to discuss welfare first	57 Rutherford Street, Nelson	(03) 548-4807	10am - 2pm Mon, Weds, Fri (Closed between 12-12.30)
Te Piki Oranga	They can make Food Bank referrals for their clients only.	17 Bishopdale Ave	(03) 546 9099	9am - 5pm Mon - Fri
Whakatu Marae	Pātaka (Area where food is held) - available onsite for anyone to help themselves to. If your need is ongoing, whānau of the marae can support you to make a Community Food Bank referral if you need food more often.	99 Atawhai Drive	(03) 546-9097	9am -5pm Mon - Fri
Gateway Housing Trust	They can make Food Bank referrals for <b>their clients only</b> .	1/203 Milton Street, The Wood, Nelson	(03) 545 7100 <a href="mailto:admin@ght.co.nz">admin@ght.co.nz</a>	8:30am - 4:30pm Mon - Fri
Saniti (NMIT Student Association)	Are able to refer students of NMIT to the Food Bank	322 Hardy Street, Nelson	03 546 2425 <a href="mailto:info@saniti.co.nz">info@saniti.co.nz</a>	Monday-Thursday: 8:30am - 5pm Friday: 8:30am - 3pm
Te Korowai Trust	They can make Food Bank referrals	398 Main Road, Stoke	03-547-5958 <a href="mailto:amber@tekorowaitrust.co.nz">amber@tekorowaitrust.co.nz</a>	Monday - Friday 8am-4pm

**\*PLEASE NOTE** these agencies need you to have gone to WINZ first, asking for a special needs grant. If this is declined, or you have used all that is available through WINZ, they will print a letter for you, saying you have been declined. Take this to the following agencies for you to then be accepted as a Food Bank recipient :)

## Other local food support agencies

Who	What	Where	Contact	Hours
Victory Community Centre	VCC has a Pātaka Kai / Community Pantry onsite that you can take food from. If your need is higher, emergency kai parcels are available. Kai parcels are prepared daily Monday to Friday, the aim is to make these available as soon as possible but there may be a few days delay in times of high demand. You need to state the number of people, your suburb, whether there are any whānau dietary issues & contact details. Can only supply once a month per family, talk to them if you need more than that.	2 Totara Street, Nelson South, Nelson	(03) 546-8389 <a href="mailto:ara@victorycommunity.org.nz">ara@victorycommunity.org.nz</a>	Pātaka Kai / Community Pantry stocked at lunchtime Mon to Friday, Kai parcels are prepared Mon to Friday, and need to be collected between 1pm & 3pm.
Salvation Army	Run an appointment service from 10am - 2pm Mon, Weds, Fri for people to discuss their welfare needs which includes food. They do have some food to give away during the day. All welfare requests require people to complete an assessment and a basic form giving some details on who they are and the purpose of the visit.	57 Rutherford Street, Nelson	(03) 548-4807	10am - 2pm Mon, Weds, Fri (Closed between 12-12.30)
Fifeshire Foundation	Provide funding for different situations including providing Countdown Cards. Applications must be in by the 25th of each month - there is a list of requirements to be met on their website.	<a href="http://fifeshirefoundation.co.nz">fifeshirefoundation.co.nz</a>	027-334-3374 <a href="mailto:info@fifeshirefoundation.co.nz">info@fifeshirefoundation.co.nz</a>	Applications need to be submitted by 25th of the month
Beneficiaries & Unwaged Works Trust (BUWT)	Provides information, advice and support for people on low incomes. They can help you with things like emergency food, housing, counselling, and medical services. They have a food box onsite to take food from.	31 Selwyn Place, Nelson	(03) 548-8171 <a href="mailto:buwts@xtra.co.nz">buwts@xtra.co.nz</a>	9.30am - 3.30pm
Tahunanui Community Centre	Run a Kai Shed with rescued food onsite where you can drop in and pick up kai on days it is running	55/61 Muritai St, Tahunanui	(03) 548-6036 <a href="mailto:office@tch.org.nz">office@tch.org.nz</a>	Monday, Wednesday and Friday from 12.30
Nelson Women's Centre	Can assist with food when time is getting difficult	44 Trafalgar Street, The Wood	(03) 546 7986	9am - 2pm Mon - Thu, 9am - 1 pm Fri

## Other options and low-cost cooked lunches:

Who	What	Where	Contact	Hours
Work and Income	Special Needs Grant for essential costs. There is a criteria that needs to be met which is detailed on their website. You can get a pre-loaded card that can be used at specific supermarkets	Level 1, 22 Bridge Street	0800 559 009 Online via MyMSD	Mon, Tue, Thu, Fri 8.30am - 5pm; Wed 9.30am - 5pm
Holy Trinity Church (Kainga Manaaki Hall)	Low cost lunch available	27 Dorset Street, Richmond 7020	(03) 544 8844	First and third Tuesday of each month - nibbles starting at 11.00am - two course lunch at midday
All Saints Church	Loaves & Fishes - Providing hot dinner-type meals at lunchtime on Mondays at 5.30pm, and at 12 noon on Tuesdays and Wednesdays. Costs \$3 a person. Running between early February and mid-December.	30 Vanguard Street, Nelson	(03) 548 2601	Monday evening - 5.30pm Tuesday and Wednesday lunchtime – 12pm
Bellyfull	Delivers free meals to families with newborn babies, young children or seriously ill family members.	Operates from Wakapuaka to wakefield. And even Motueka!	0508-23559-385 (or via website)	Delivery to house service
Family Start	Family start provide support to the families of children from pregnancy to 3yrs. There is a list of criteria for becoming a client on the Oranga Tamariki website as well as refel forms. If you are a client of theirs, they can support you with a Food Bank application, or can call Kai Rescue on your behalf and get a one off food box from us.	73 Quarantine Roa	(03) 547-0940	8.30am - 5.00pm      Mon - Fri
Whakatu Marae	Pātaka (Area where food is held) - availabe onsite for anyone to help themselves to. If your need is ongoing, whānau of the marae can support you to make a Community Food Bank referral if you need food often.	99 Atawhai Drive	(03) 546-9097	9am -5pm      Mon - Fri