

RĀNUI HEIGHTS FRUIT & VEGE CO-OP

Bringing healthy food to our neighbourhood



Join Rānui Heights 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 Rānui Heights 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 Thursday 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 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.

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:

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



Pay by **internet banking** to:

Rānui Heights Co-op
03-0547-0055793-002

Particulars: Last name

Code: First Name

Reference: Pick-up location e.g. Rānui Heights

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:

Rānui Heights

Henry 021 259 6411
ranuiheight.vege.coop@gmail.com

Rānui Heights Co-op
23 Apple Terrace, Rānui
(Wellington Samoan SDA
Church Hall)

Pay internet banking by **5pm Friday**

Pick-up Thursday
11.00am–12.00pm
and 4.30–6.00pm