

# Food & Emergency Support in Counties Manukau

Updated 12 Nov 2021

Mental Health and Addiction services have developed a list of food banks and services connecting you with food and supplies in South Auckland / Counties Manukau. Thank you to all the individuals and organisations providing these essential services.

If you are still struggling to access food or essential goods help is available. Visit [Access to food or essential items](#), visit the [Work and Income website](#), or call Work and Income on 0800 559 009.

We will keep updating this page, however services are changing all the time. If you have feedback please email us at [HealthInfo@middlemore.co.nz](mailto:HealthInfo@middlemore.co.nz)

Name	Community	Contact
<a href="#">Salvation Army - Manukau Community Ministry</a>	Food bank and food parcels. Contact call centre Mon-Fri 10am-12pm and 1pm-3pm and leave name and number and they will call back. Pick up by appointment.	<b>(09) 262 2332 for Manukau Community Ministry or 0800 53 00 00 for local ministry</b> <a href="mailto:manukau.cm@salvationarmy.org.nz">manukau.cm@salvationarmy.org.nz</a>
<a href="#">LIFE Community Kitchens</a>	Provide packed frozen meals from a number of locations, including Otara, Manurewa, Glen Innes, Papakura, Mangere, Henderson & Mt Roskill. See Facebook for details.	<a href="https://www.facebook.com/lifecommunitykitchens/">www.facebook.com/lifecommunitykitchens/</a>
<a href="#">Affirming Works</a>	The Affirming Works food hub provides Monday to Saturday food parcel pick up from Otahuhu or Otara sites. Families in need can call to register or request a call back using the online form. Parcels should service a household for a week, families can request another if required. Delivery not available at this stage.	<b>08000 AFFIRM or 0800 023 3476 Mon-Sat 9AM-5PM</b> Or <a href="#">Request a call back</a>
<a href="#">MUMA, Manukau Urban Maori Authority</a>	Food parcels. Open to people living in Mangere, Otara, Otahuhu, Papatoetoe and Manukau. Pick up by appointment from 31 Calthorp Close, Favona. Call after 10am to book an appointment.	<b>0800 686 232</b>

<b><u>Papakura Marae</u></b>	Food parcels available to people living in or south of Takanini. Open Monday to Friday. Phone first between 9am-11am to complete an assessment. Pick up from 29 Hunua Rd, Papakura 1pm-2.30pm. Bring ID and proof of address.	<b>0800 826 274</b>
<b><u>Takanini Gurdwara (Supreme Sikh Society of New Zealand)</u></b>	Help individuals who are struggling to buy food. Contact by phone, email or Facebook. Also provide parcels at events at a variety of locations, visit Facebook for details.	<b>09 296 2376</b> <b>(Alternatively call 021 803 512 or 09 215 4647)</b> <a href="mailto:supremesikhsocietynz@gmail.com">supremesikhsocietynz@gmail.com</a> <a href="https://www.facebook.com/TakaniniGurdwara/">www.facebook.com/TakaniniGurdwara/</a> <a href="https://www.facebook.com/groups/978559512159944">www.facebook.com/groups/978559512159944</a>
<b><u>Waka of Caring</u></b>	Food parcels, masks and other supplies. No appointment needed, pick up from 2/14 Mcannalley Street Manurewa. Open 9am to late. Also accepting donations, see Facebook for details.	<a href="https://www.facebook.com/groups/978559512159944">www.facebook.com/groups/978559512159944</a>
<b><u>St Vincent de Paul - Otahuhu</u></b>	Pre-booked food parcels. Drive through pickups only from 47 Station Road, Otahuhu. Register though online form, or call or email first.	<a href="https://svdpak.org.nz/svdp-auckland/need-help/online-form/">https://svdpak.org.nz/svdp-auckland/need-help/online-form/</a> <b>09 270 4088 or 0800 680 090</b> <a href="mailto:reception@stvinnieotahuhu.org.nz">reception@stvinnieotahuhu.org.nz</a>
<b><u>Rawiri Community House</u></b>	Food parcels and other free resources. Walk in only from 1 Rata Vine Drive, Wiri, Mon-Fri 10am-2.30pm. Please bring photo ID and proof of address, scan the QR code, and follow other government guidelines. For more information call the office to hear the automated voice message.	<b>09 263 8202</b>
<b><u>Buddhist Compassion Relief Tzu Chi Foundation</u></b> <i>Updated</i>	Food Parcels at date/times specified in form. Pick up from 9 Springs Road, East Tamaki. Register using online form. Please arrive in vehicle number with the number place use in registration from, or bring ID that matches the name on your booking.	<b><u>Referral Form</u></b>
<b><u>Budgeting &amp; Family Support Services. Mangere Otara &amp; Tuakau</u></b>	Food parcels and face masks available at Mangere and Tuakau. Please call first to request. Bring ID and proof of address. Second and subsequent requests for food parcels will need letter from WINZ confirming they are still experiencing hardship.	<b>Mangere - 0508 22 22 83</b> <b>Tuakau - 09 236 9804</b>



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<b><u>South Auckland Christian Food Bank</u></b>	Community dinners and food parcel delivery.	<b>0508 242 643</b>
<b><u>Citizens Advice Bureau Pakuranga</u></b>	Food bank and general assistance for Pakuranga, Howick and Flat Bush. Connect people to a number of churches and community organisations, and also provide budgeting advice. Call Citizens Advice Bureau first for referral.	<b>09 576 8331</b>
<b><u>Pohutukawa Coast Foodbank</u></b>	Provide 7 day food parcels for people residing from Whitford to Maraetai who need a helping hand. 9-5 weekdays. Pick up preferred. Text between 9am-5pm, Mon-Fri for more information.	<b>027 304 4998</b>
<b><u>All Saints Church, Howick</u></b>	Food bank available for people in Howick, Pakuranga and Botany communities. No home deliveries. Call for more information and appointment time to pick up from 17 Selwyn Road, Howick.	<b>09 534 6864</b>
<b><u>The Fono Feleoko Food-Hubs</u></b>	Food Bank is open to the community as well as current clients. Call or send Facebook message.	<b>0800 FONO 4U</b> <a href="https://www.facebook.com/thefonohealth/">www.facebook.com/thefonohealth/</a>
<b><u>Southseas Healthcare Trust</u></b>	Food support to enrolled population and church groups in South Auckland. Call first, and pick up only from Otago Vaccination Centre, 5 Otago Road - enter through Gate C. Open 9am-4pm.	<b>027 381 2317</b> <b>0800 31 13 31 option 1</b> <a href="https://southseas.org.nz/deltasupport">southseas.org.nz/deltasupport</a>
<b><u>The Otago Kai Village</u></b>	Food parcels, face masks and other goods for people living in Otago and Papatoetoe regions. Pick up from 120 East Tamaki Road, Otago. Subject to availability, see Facebook for more information.	<a href="https://www.facebook.com/TheOtagoVillage">www.facebook.com/TheOtagoVillage</a> <a href="https://www.otagokavillage.co.nz/okv-schedule.html">www.otagokavillage.co.nz/okv-schedule.html</a>
<b><u>Otago Health Charitable Trust</u></b>	Provide Otago Food Bank for families living in Otago or Papatoetoe. Register first through referral form and bring ID and proof of address. Form opens 11.30am Thursdays and closes when supplies are allocated. Visit Facebook for updates.	<b>022 477 8536</b> <a href="https://www.facebook.com/Otago-Health-Charitable-Trust-223677714431863/">www.facebook.com/Otago-Health-Charitable-Trust-223677714431863/</a> <a href="#">Referral Form</a>
<b><u>Shanti Niwas</u></b>	Provide free food parcels for people in need. Register using online form - link will be closed when parcels are allocated.	<a href="#">Referral Form</a> <b>09 622 1010</b>

	Distribution from offices in Onehunga. Visit Facebook for more information. Also provide vegetarian meals on wheels, grocery and prescription medicine delivery, face-to-face and phone check ins, and emergency housing service for senior citizens of Indian and South Asian origin.	<b>Text or WhatsApp 020 412 49216 for more information</b> <a href="http://www.facebook.com/snct.newzealand/">www.facebook.com/snct.newzealand/</a>
<b><u>Asian Family Services</u></b>	Have MSD discretionary fund available to provide food parcels, essential items, and help pay living expenses for people from Asian backgrounds experiencing financial hardship. They can customise food parcels to dietary requirements. Contact through the Asian Helpline, which is available in 7 languages, or application form.	<b>Asian Helpline - 0800 862 342</b> <b><u>Application Form</u></b> - email to <a href="mailto:help@asianfamilyservices.nz">help@asianfamilyservices.nz</a>
<b><u>Age Concern</u></b>	Emergency Response Service operating for people aged 65 and over. Services include delivering facemasks; picking up and delivery of groceries, medications and other essential goods; and regular welfare calls. Also able to pick up food parcels and deliver to people unable to leave home. They are looking for volunteers to help out – contact Emah if interested.	<b>For face masks, groceries and other deliveries - 09 820 0184</b> <b>For other queries contact Rebekah - 09 820 2711</b> <b>To volunteer contact Emah – 09 489 4975</b>
<b><u>The Pride Project Community House</u></b>	Provide support services for Manurewa community who are elderly, have a disability of chronic health condition, or are isolating without other support available. Register using the online form. Also provide wellbeing support through Hope Navigator service.	<b>For lockdown kai and essential support -</b> <b><a href="https://form.jotform.com/ThePrideProject/LockdownKaiEssentialSupport">https://form.jotform.com/ThePrideProject/LockdownKaiEssentialSupport</a></b> <b>For Hope Navigator service -</b> <b><a href="https://form.jotform.com/ThePrideProject/ReferralForm2021">https://form.jotform.com/ThePrideProject/ReferralForm2021</a></b>
<b><u>Ngāti Tamaoho Trust</u></b>	<i>Food parcels for Waikato Tainui tribal members who live in Auckland only.</i> Call for more information.	<b>0800 120 908</b>
<b><u>Student Volunteer Army</u></b>	Contactless food delivery service for those in self-isolation or who have no other way to access food. Shop online ( <a href="http://shop.sva.org.nz">shop.sva.org.nz</a> ) or call for assistance. Goods come at a cost - payment is by credit or debit card.	<b>09 801 2122</b>

Prepared: Information Specialist, Mental Health and Addiction Services.