**FOODBANKS & Support in Counties Manukau**

**Salvation Army Manukau**   
Foodbank & Food Parcel   
Call the contact centre: 0800 53 00 00 or 09 262 2332  
Monday – Friday 10am – 12pm & 1pm – 3pm  
Leave name and number and they will call you back  
PICK UP ONLY by APPOINTMENT

**Affirming works**  
Food Parcels (OPEN TO ALL)  
Families are asked to do a brief registration (5min)  
PICK UP ONLY – 9 Moa Street, Otahuhu.  
Contact number: 0800 023 3476

**South Auckland Christian Foodbank**  
Food Parcel Delivery  
Contact number: 0508 242 643  
email: ian@sacfb.org.nz

**Manukau Urban Maori Authority**  
Food Parcels  
If you live in Mangere, Otara, Otahuhu, Papatoetoe & Manukau  
PICK UP ONLY  
Please call between 10am & 2pm to book an appointment.

**Papakura Marae**  
Food Parcels  
Papakura and surrounding areas  
Please call, Monday to Friday between 9am – 11am to complete an over the phone assessment  
PICK UP ONLY between 1pm-3pm   
29 Hunua Road, Papakura   
Please bring Photo ID and proof of address.

**Rawiri Community House**  
Food Parcels and resources.  
Register using the online referral form.  
PICK UP ONLY, Wednesday to Friday between 10am-1pm  
Address: 1 Rata Vine Drive, Wiri.  
[LIZ@Rawiri.org](mailto:LIZ@Rawiri.org)  
[www.facebook.com/rawiri.org](http://www.facebook.com/rawiri.org)

**Waka of Caring**  
Food Parcels and resources  
PICK UP ONLY  
Address: 2/14 McAnnalley Street, Manurewa  
[www.facebook.com/groups/978559512159944](http://www.facebook.com/groups/978559512159944)

**Budgeting & Family Support services**  
Food Parcels  
Mangere & Tuakau  
Please call first   
Mangere: 09 275 2266  
Tuakau: 09 236 9804  
Bring photo ID and Proof of Address.  
Note. ( Second or subsequent parcel request will need a letter from WINZ to confirm they are experiencing hardship)

**St Vincent De Paul**  
Food Parcels  
PICK UP: 47 Station Road, Otahuhu  
Open: Monday, Wednesday & Friday, 9.30am – 12.30pm   
No need to call first.  
Bring photo ID.  
(Referrers are able to email Manager and pick up orders on behalf of the client).  
contact number: 09 270 4088  
[Manager@stvinnieotahuhu.org.nz](mailto:Manager@stvinnieotahuhu.org.nz)

**Life community Kitchens**  
Cooked meals from a number of locations  
Locations: Otara, Manurewa, Glen Innes, Papakura & Mangere  
See facebook for details  
[www.facebook.com/lifecommunitykitchens/](http://www.facebook.com/lifecommunitykitchens/)

**Citizen Advice Bureau Pakuranga**  
Food Bank  
CALL FIRST  
Pakuranga, Howick and Flat Bush  
Contact number: 09 5768331

**Shanti Niwas**  
Provides Social Support Services to Senior citizens of Indian and South Asian Origin.  
Services include, vegetarian meals, grocery and prescription medicine delivery, face to face and phone check ins and emergency housing services.  
09 622 1010

**Wecare Kiwi**  
Low-cost food delivery service available  
Support network for anyone who is vulnerable, living alone or caring for others can request check ins or practical help.  
Register online.  
<https://wecare.kiwi/>

**The Otara Kai Village**  
Food and cooked meals for people living in Otara and Papatoetoe.   
No registrations needed.  
PICK UP ONLY: 120 East Tamaki Road, Otara.  
Subject to availability, see facebook.  
[www.facebook.com/theotaravillage](http://www.facebook.com/theotaravillage)  
[www.otaravillage.co.nz](http://www.otaravillage.co.nz)