



market-fresh affordable produce

Join now

just \$10 per week



Canterbury
District Health Board
Te Poari Hauora o Waitaha

Healthy eating at wholesale prices.
Supplied weekly to your community.

Healthy Eating Co-op



Join the family

just \$10 per week



Healthy Eating Co-op

What is this about?

We're offering market-fresh fruit and vegetables at wholesale prices delivered each Wednesday to your area. This is a partnership programme between ChristChurch Cathedral and Community and Public Health.

What does it cost and what do I get?

For \$10.00 (*paid in advance*) you receive a pack of fruit and vegetables at around half what you would pay retail. Packs consist most often of at least four types of vegetables and three types of fruit, typically around 8 kg in total. Produce will vary week-by-week depending on the season. Potatoes (10kg) are also available (*ordered separately*) at extra cost.

How does it work?

Packs are available for pick up each Wednesday at your local collection point. Future orders may be placed at that time. You don't have to order every week. Helpful information on recipes, healthy eating and general health will also be available (*supplied by Community and Public Health*).

How do I join?

Sign up by filling out the attached form and giving it to your local Co-ordinator with a \$10.00 payment or contact ChristChurch Cathedral.

Your local Co-ordinator is:

ChristChurch Cathedral: PO Box 855 Christchurch 8140
www.christchurchcathedral.co.nz | admin@christchurchcathedral.co.nz | 03 366 0046



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Yes, I would like to be part of the Healthy Eating Co-op

Name _____

Contact Tel/s _____

Address _____

I would like to receive recipe cards yes no

I would like to collect my first pack on Wednesday _____ (date)

Please hand to your local Co-ordinator _____

Or post to: **Healthy Eating Co-op, ChristChurch Cathedral, PO Box 855, Christchurch 8140**

Co-ordinator to complete

Date Received _____ Area _____

Co-ordinator _____ Signed _____

Paid _____ First pack for _____