

# Do you need food?



Absolutely Positively  
**Wellington City Council**  
Me Heke Ki Pōneke

We know it can be tough to make ends meet at the best of times, let alone in a lockdown. If you need help getting food for you or your whānau, there are support services in Linden and Tawa ready to assist.

## Are you able to pay for groceries and delivery, but unable to leave the house?

Contact Keep Connected, Tawa to connect with a volunteer in your neighbourhood who can shop for you and deliver to your doorstep.

021 227 8566 or 027 232 2320

Sign up for the **Countdown Priority Delivery Service** (must meet one of the criteria for being a vulnerable health population) to be put at the front of the line for online grocery delivery.

0800 40 40 40

## Are you in need of a free food parcel? Get in touch with one of these organisations.

**Wellington City Mission** 0800 245 0900  
or [enquiries@wgtncitymission.org.nz](mailto:enquiries@wgtncitymission.org.nz)

**The Salvation Army** 04 389 0594  
or [wellington.foodbank@salvationarmy.org.nz](mailto:wellington.foodbank@salvationarmy.org.nz)

**St Vincent de Paul** 04 389 7122  
or [info@vinnieswgtn.org.nz](mailto:info@vinnieswgtn.org.nz)

