Communities Feeding Community's Social Food Pantry

NEWSLETTER

May 2026

Communities Feeding Communities INITIATIVE



Meet the Social Food Pantry team
Sophie, Jill & Louise

Kia ora,

Welcome to the first edition of Communities Feeding Community's Social Food Pantry newsletter, which focuses on two very important topics – food security and connection.

For those of you who have visited our urban food haven located at 1207 Dominion Road, Mt Roskill, you know that our Social Food Pantry is PSN's version of a foodbank. It's a place where we welcome everyone who walks through the door.

In this newsletter, we want to share information and stories about who receives our food parcels and what happens to the items that you donate.

We know that food in New Zealand is expensive and having access to affordable fresh produce is difficult. On top of this is the ongoing cost-of-living crisis, and the fluctuating cost of petrol and diesel. It is through your generous food donations that we can help over 200 families each month with food parcels, and we want to draw your attention to the impact that together we are making to hundreds of children and their families.

Ngā mihi,

from us at the Social Food Pantry Team



KEY DATES & UPCOMING *Events*

Family Works Winter Warmer campaign

When families can't afford winter, children pay the price. Families often have to make the choice between paying for power or buying food.

Help us to make a difference in their lives.

Donate today:
familyworksnorthern.org.nz/donate

Kids Market

Come along and support our Kids Market, proudly run by Communities Feeding Communities and The Storehouse.

Location: 1207 Dominion Road, Mount Roskill

Date: 20th June 2026

Time: 10:00am - 12:00pm

For more information, or to register, contact:
Louise.Garbett@psn.org.nz

SCAN THE QR CODE

Visit our **Facebook** page for updates.

A shared space for *doing good*

On Tuesdays and Fridays, we are open to distribute food to registered organisations and the local community. There is always coffee and tea laid out on the table, a bowl of fruit and usually a sweet or savoury treat that we have received from KiwiHarvest (rescued food) or picked up that morning from New World.

Social Workers from Family Works, Shine and other registered agencies send in referral forms for families and individuals they are working with. Our food parcels are made up by a wonderful team of volunteers who support the work of Sophie Wijetillake, the Social Food Pantry Coordinator. Our standard food parcel of non-perishables also includes a separate bag of fresh produce, a bag of frozen meat and spread, and when available, we provide nappies and period products.

For those requiring food support from the local Puketāpapa community, we sit down with them and fill in an online form asking questions about their circumstances. We want to discover the best way we can assist them to become food secure; it's the start of a relationship. We invite them to stay for our community lunch, which we serve at 11.30am, usually prepared by Louise Garbett, our Community Coordinator. The meal is made from rescued food and produce from our gardens. We all sit down together to eat and sometimes there can be 25 people gathered around the tables. Any leftover food is packaged up in take-away containers for people to take home.



Fresh produce available from the garden
Tuesday & Fridays

HAPPY BIRTHDAY

Birthday treats for a struggling family

Last month we gave a food parcel with extra treats to a family who wanted to celebrate their daughter's first birthday.

They were struggling that week and didn't have anything extra to spend on their daughter's birthday.

Thanks to some amazing donations, we were able to provide them with extra food, yummy treats and a birthday cake. This allowed the family to put on a small party and celebrate their baby turning one.

We're delighted we could help them celebrate this milestone.

Thanks to your AMAZING DONATIONS

The *joy* of a job

For the last eight months, we have supported a local family with food parcels while they were in-between jobs.

The mother, who is recently single, has been working hard at looking for a new full-time job to support herself and her two young children. Jenna (not her real name) had been diligently working alongside our budgeting advisor and applied for many jobs.

This month we received the great news that she has been offered (and accepted) a new full time job in the sector she trained in.

We feel privileged to have been able to support her and to see her stepping out on her own. The fact that she is now able to support her family is thanks to the hard work of our team and the generous donations of church congregations and individuals.

Thank you for your ongoing support!



If you'd like to become a volunteer with us please contact:
louise.garbett@psn.org.nz

VOLUNTEER SNAPSHOT:

Olivia Roberts (Liv)

Liv is one of our long standing and much appreciated volunteers. Here's what she has to say about volunteering for CFC.

" I have been volunteering at Communities Feeding Communities for three and a half years.

My tasks are greeting people, giving them their food parcels, helping with the vegetables and general duties.

My favourite thing about Communities Feeding Communities is the people. I love helping people. I get a good feeling helping people that can't afford to go to the supermarket. Without us they might go hungry. They often have children and if it's the school holidays the food support is more important.

The social workers who come in always let us know how much our work is appreciated. That feels good!

I'm happy on Tuesdays when I know I'm coming into CFC to help people.

I take two buses to get there. I don't like to be rushed in the morning.

The staff are great at CFC, we always have a laugh together."



Volunteer - Olivia Roberts (Liv)







Sophie Wijetillake

How you can *help...*

We need to keep our shelves well stocked, particularly with donations of non-perishable food items, period products and toiletries.

If you are interested in becoming a supporter of our food haven or if you want to volunteer your time, please contact:

louise.garbett@psn.org.nz

Scan the QR code to find out more!

Communities Feeding Communities (CFC) is a Presbyterian Support Northern initiative dedicated to addressing the critical issues of food security and social cohesion in the Puketāpapa (Mount Roskill) area.

Located at Victoria Hall, 1207 Dominion Road, and using food as a powerful connector, CFC operates a Social Food Pantry (our version of a food bank).

We provide essential food support to PSN's services, partner organisations and emergency food support for people living in the Puketāpapa area. This support is delivered alongside a Pātaka Kai, community kitchen, and community gardens. Join us for our community lunch on Tuesdays and Fridays at 11:30am.

TESTIMONY

'I normally use North Shore foodbank for my North Shore families, just easy and close. But I need to get parcels from our foodbank if the family have moved out of the Shore, or the client needs to apply themselves.

It is the second time that I got a food parcel from PSN this year. Both parcels were so good, lots of varieties, tailored to my family's needs. No need to wait, it was ready very soon after I arrived there. Thanks Louise and Sophie, for making such a good effort. The families really appreciated the help.'

Family Start Social Worker
Presbyterian Support Northern

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CFC is an initiative provided by:

Presbyterian Support Northern

www.psn.org.nz