



## About WELLfed

It all started with one Porirua person wanting to learn to cook muffins...

WELLfed began in 2016 in a local school hall. The programme has been co-designed with the local community to ensure that WELLfed is as accessible as possible and makes a real difference.

We now run multiple classes each week from our base in Cannons Creek. WELLfed is a registered charity.



**Refer yourself or a client:**

[www.wellfed.kiwi/refer](http://www.wellfed.kiwi/refer)

**Contact us:**

Phone 021 576 140

Email [contact@WELLfed.kiwi](mailto:contact@WELLfed.kiwi)

 WELLfedNZ



**WELLfed**

**Nourishing  
communities  
through food  
and connections  
since 2016**



## WELLfed Cooking

Our hands-on, weekly cooking classes are a fun, safe place to learn how to:

- Save money
- Make healthy, affordable meals
- Use recipes and basic ingredients
- Best use fruit and vegetables
- Make yummy meals everyone can eat
- Bake bread, cakes and muffins
- Store, freeze and use leftovers

*“Not only did it feed my stomach and feed my family, WELLfed fed my soul.”*

WELLfed Learner

One cooking class a week for two terms (16 weeks). Kōrero with our local tutors and other learners over kai after class, then take home the meal and baking you made for your whānau.



## WELLfed Plus

Our rōpū kaitiaki can help WELLfed Learners with:

### Goal setting



### First aid workshops



### Māra kai

garden workshops  
learning hub  
composting



### Parenting courses



### Diabetes programme



### Work readiness

CV writing  
interview skills  
communication skills



## Our local team:

