



FOOD BANK IMPACT REPORT

6 monthly report

30 June 2025



SALT FOOD BANK

EXECUTIVE SUMMARY

Our food bank which reaches those in need in our community, has grown dramatically from the humble food bank we started with in 2020.

We are very grateful to the Ministry of Social Development, Here for NZ, Gilmours North Shore, KiwiHarvest, Fresh Freight, Chevalier Wholesale Produce, NZ Food Network, Westpac and other generous donors for supporting this programme.

We are also very grateful for the many volunteers who give so much of their time to this cause and the various agencies we work with.

We are still inundated by the needs we are seeing in the community, especially with increased costs of living and a marked decrease in available funding across the board.

Collaboration with other local food banks enables us to share resources, support development of systems and ensure we are not supplying the same households. This continues to be an important part of how we run our food bank to ensure equitable distribution of resources.

The key challenge for us continues to be to ensure the long-term sustainability of the programme due to the decreased availability of funding. We continue to explore other funders who might fill the gap but sadly there is not a huge well of money available for food banks.

Given this environment, we have established social enterprises (three op shops) which unfortunately at this point in time is not filling this funding gap.

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HOW IT WORKS

On a Monday weekly, Salt make food parcels with fresh fruit and vegetables (Fresh Produce Boxes), each box containing approximately 21 equivalent meals. A percentage of this is food recovery items from Kiwi Harvest Food Recovery and local food recovery. Increasingly, from 2023 to 2025, we have had to purchase more fresh produce for the Fresh Produce boxes in an attempt to meet the Aotearoa Food Parcel Measure standards. Along with our ongoing purchasing and thanks to a local fresh freight company partnering with a produce supplier to deliver us a generous donation of fresh produce (e.g. potatoes, carrots, broccoli, onions, apples) weekly, we have just managed to meet the AFPM standard according to discussions and calculation with Kore Hiakai staff.

We also purchase non-perishable food in bulk and produce standard food parcels (which we call Booster Boxes) based on Aotearoa Food Parcel Measure guidelines for content variation and nutritional benefits. Based on recipient feedback we have continued to improve the content and nutritional value of each box. Our calculations for each Booster box based on a qualified nutritionist assessing the contents is that each box contains ingredients to make approximately 48 equivalent meals.

A lot of thought and finessing has gone into what we prepare for our community and Booster Boxes (non-perishable goods) dovetail with our Fresh Produce Boxes to ensure nutritious meals can be made. We are pleased to provide meat and dairy products, and to have things like lunch box snacks

available to our families too. A registered nutritionist and surveys of key stakeholders has guided this process to ensure food supplied is relevant to recipient's needs.

We have also created our version of a Social Supermarket where recipients can choose the non-perishable items they want rather than receiving a standardised Booster Box. This has been very successful, with with an average of 91% of recipients choosing to shop rather than take a premade booster box.

Due to the significant increase in demand, and significant reduction in funding, we have had to cap our numbers and recipients are only able to receive a parcel each fortnight – this means we are making 30-40 parcels each week and supporting 60-80 families a fortnight.

As Salt has continued to collaborate and serve the Hibiscus Coast Community, referrals for food parcels are received from a range of individuals, places and agencies, including other Food banks, Te Whata Ora, Plunket, Oranga Tamariki, NZ Police, schools, social workers, youth workers, mental health workers, and community organisations.

Salt has been very fortunate to engage with a large team of volunteers (75-80 people) who fulfil a variety of roles from the unloading of food delivery trucks, packing food and produce boxes, delivering food parcels and meals, and providing follow up care and support.



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OUTCOMES

What outcomes are we seeking?

The key outcomes we are attempting to achieve for our clients are:

- increased food security
- increased dignity through choice
- increased Hauora (physical, mental/emotional, social, spiritual wellbeing)
- reduced stress
- decreased food waste
- increased engagement in community
- increased connection to relevant services (education, employment, budgeting, social work, parenting courses)
- more equitable distribution of resources
- increased attendance at school

Have we achieved these outcomes?

Analysis of our Jan - June 2025 recipients shows that 77% of people are receiving between 1-3 boxes in the 6 month period and only need temporary support to get through a difficult time.

Those needing ongoing support have complex situations, many that are not going to change quickly i.e. Chronic illness or injury, terminally ill, refugees/immigrants, mental health & addiction, grandparents raising grandchildren, pensioners, and solo parents with young children.

So far in 2025 we have supported 278 households with 803 parcels. This has comprised 572 adults (53% of recipients), 197 teenagers aged 13-17 years (18% of recipients), and 318 children aged 0-12 years (28% of recipients).

We believe we are achieving our outcomes, albeit it is hard to quantify this. The feedback we are receiving from clients would suggest the food bank is definitely addressing some of our outcomes listed, including helping the young people engage in education and improving their wellbeing.

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CLIENT FEEDBACK

Just a few of our feedback messages from clients recently -

- I just wanted to say a heartfelt thank you to you and your amazing team. As I sit in my car after visiting Salt, I feel completely overwhelmed with kindness and deeply grateful for your generosity.
- The past few months have been heavy for me and my family, and your support has truly meant the world.
- Thank you for your compassion and care. I hope that one day I can come back and pay that kindness forward
- Your food parcels have been nutritious and saved us in our time of need. Well thought out boxes. Bless you.
- Thank you for everything you have helped my family with.
- Thank you for always keeping me and my family in your thoughts. Your support means the world to us. Seeing the relief and happiness on my husband and kids faces is truly a blessing. I'm grateful from the bottom of my heart
- I am extremely grateful for all the help and support from the Salt community. It's been an absolute blessing as I've had to deal with some extremely difficult circumstances.
- Thank you so much! This is very kind and considerate, my family are eternally grateful!
- Thank you so much for reaching out, you are special kind of humans I'm fine this week. Again thank you so much for the welfare check much appreciated.
- Thank you so much for the nice healthy food. Please thank the Salt community for the healthy food to help heal my body.
- Thank you so very much going out of your way to help me out in a time of need.
- Parcel was beyond beautiful and abundant! And healthy thank you!



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STATISTICS

Funding we have received

In 12 months to 30 June 2025, SALT has received funding toward the food bank as follows:

Funding we have received

	2024 Q3	2024 Q4	2025 Q1	2025 Q2	Total
MSD - Community Food Provider fund	15,000		15,000		30,000
Foodstuffs (Here for NZ) grant	8,696		6,894	1,802	17,391
Donations and other fundraising	689	5,054	2,400	5,903	14,046
Totals	24,385	5,054	24,293	7,705	61,437

How we have spent the money

	2024 Q3	2024 Q4	2025 Q1	2025 Q2	Total
Food and hygiene items	6,262	17,047	10,189	10,130	43,628
Staff costs	20,734	19,662	11,834	12,358	64,588
Transport costs	546	285	285	41	1,157
Other expenses	1,910	1,138	674	981	4,704
Totals	29,453	38,133	22,982	23,509	114,077

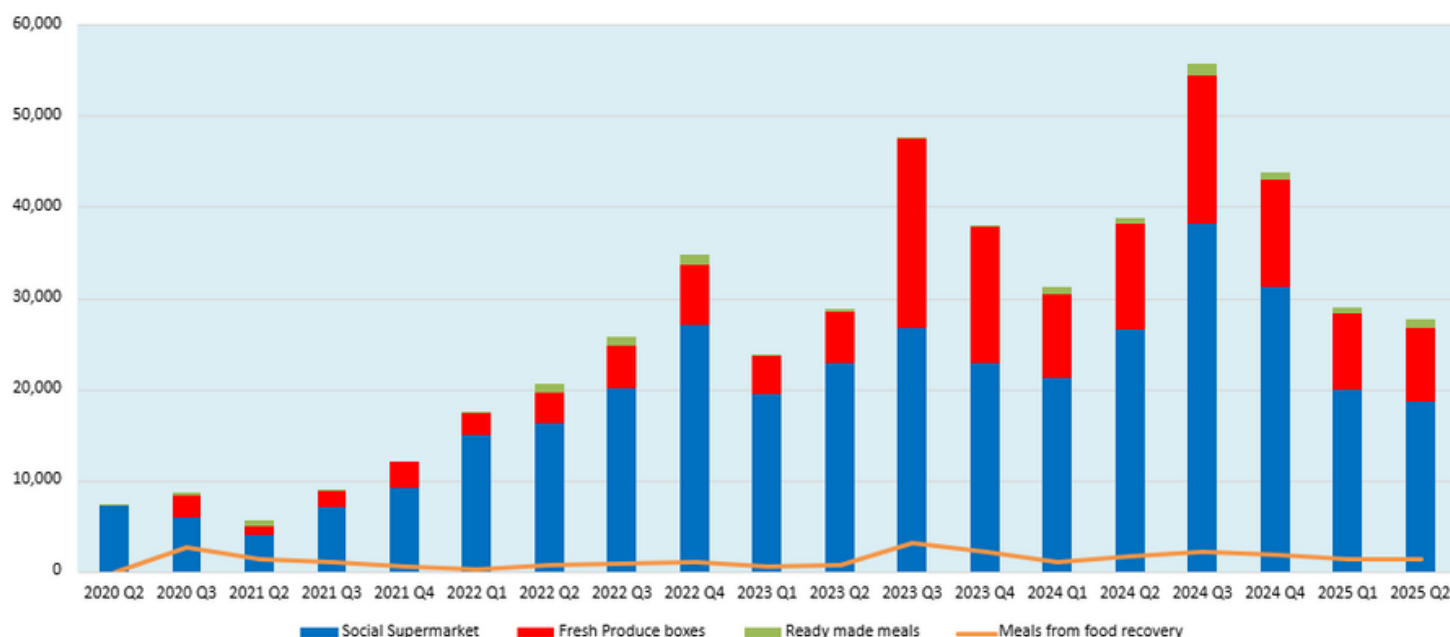
It should also be noted that the above staff costs only include those staff who are employed directly in the food bank. We have other management staff who have also been heavily involved given the size and complexity of the current operations.

STATISTICS

Meal statistics chart

	2024 Q3	2024 Q4	2025 Q1	2025 Q2	Total
Non-perishable food - supermarket					
Food parcels produced	793	605	416	407	2,221
Food parcels distributed	793	651	416	387	2,247
Equivalent meals	38,064	31,248	19,968	18,576	107,856
Fresh Produce Boxes					
Fresh produce boxes distributed	783	556	401	389	2,129
Equivalent meals	16,443	11,676	8,421	8,169	44,709
Equivalent meals from food recovery	2,150	1,751	1,106	1,075	6,082
Ready-made meals					
Frozen meals distributed	1,277	884	609	895	3,665
Equivalent meals	1,277	884	609	895	3,665
Totals					
Total equivalent meals distributed	55,784	43,808	28,998	27,640	156,230
Meals from food recovery	2,250	1,851	1,433	1,402	6,936
Food recovery %	4.0%	4.2%	4.9%	5.1%	4.4%

Estimated Meals Delivered





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FINANCIAL SUSTAINABILITY

We continue to explore different ways to ensure our food bank is financially sustainable into the future.

Charity op Shops:

- We now have three charity op shops, in Orewa, Silverdale and Wairau Valley on the North Shore.
- The profit from our charity op shops is not adequate to keep the food bank running in it's current format.
- We are still passionate about meeting the food security needs in our community and are exploring collaborative options to allow us to continue to offer a food service.

Koha Model:

- We have continued with our Koha model which was developed in 2024 through consultation with our recipients.

- This has been well received and accepted by those in need of ongoing support.
- Unfortunately moving to a Koha model has not been enough to bridge the funding gap.

The Future:

- Due to funding constraints the Salt Board have made the difficult decision to wind down the food bank in it's current format.
- We are in consultation with other community groups to create a more economical version of the service we deliver.
- We are hopeful that there will be a smooth transition to the new food bank service to avoid any undue pressure on recipients and other food banks in the area.



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HIGHLIGHTS

Highlights from the first half of 2025 include:

- Ongoing and consistent volunteer support - multiple volunteers knowing tasks that need to be done
- Fresh Freight - Chad Mexted (Northgate) continuing to supply some of the fresh produce we need to make boxes – Apples, bananas, potatoes, onions, carrots
- Northgate Youth & Young Adults continuing to support on Monday afternoons – helping run the shop and with pack down
- Improving efficiency of systems and communication to improve afternoon coordination of recipients and overall finish time
- Attended Kore Hiakai Hui to coordinate with other foodbanks and contribute to report going to government
- Past recipient visiting with her family and making significant donation of cleaning products and items for the shop
- Positive response to Koha model for families needing ongoing support
- Clothing donations from Foraging Fields
- New donor offering regular funds for products and items outside of budget i.e. tomato sauce & butter
- Feedback from Kore Hiakai that our data helpful for having conversations with other organisations and sharing our collective story with government
- Average of 5 new households reaching out for support each week



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CHALLENGES

Some of the challenges we've faced in the first half of 2025 include:

- Administration required to manage fortnightly parcel allocation
- Food recovery is bringing in less fruit and vegetables
- News of large food banks closing all over NZ, showing ongoing pressure and lack of funding
- Awareness that Love Soup numbers are growing, which seems to be linked to our service and Salvation Army service changing due to budget constraints
- Feedback from Kore Hiakai that all foodbanks facing ongoing pressure and lack of funding
- Funding from our charity op shops is not adequate to keep the food bank running in its current format, despite us opening a third op shop
- Shortfalls from funding applications being declined or offered less than we have applied for adding to the financial pressure
- Staff, Recipient & Volunteer uncertainty and concerns for future

Further information

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