

Te Tahi Youth

Give What You Can: Community Food Drive for Rangatahi.

We're inviting schools, workplaces, and community groups to run a simple food drive to support rangatahi connected with Te Tahi Youth. Donated food items are turned into discreet food parcels for young people who are experiencing food insecurity.

Why are we doing this?

We've heard from our young people that some are going without food, and many feel too ashamed to ask for help.

We know this pressure is increasing. While Te Tahi Youth is not a food distribution service, we want to do what we can to help ease immediate need through community support.

How it works

1. Set up a food drive in your workplace, school, or community group
2. Collect non-perishable food items using the suggested list below
3. Drop off or arrange collection with Te Tahi Youth
4. We create food parcels for rangatahi in need

Suggested items

- Breakfast: cereal, oats
- Easy meals: pasta, rice, noodles
- Canned goods: beans, spaghetti, tuna
- Snacks: muesli bars, crackers

Optional add-on:

- Toiletries (toothpaste, soap, shampoo)

Choose items you would eat yourself!

Our Impact



570
enrolled patients



100+
supported by our social worker



3,459
clinical appointments



50%
of appointments involved mental health support



389
rangatahi referred to Employment services



1,084
employment development activities completed



80% rangatahi receiving Transition to Adulthood (OT) support moved into stable accommodation

FAQ's

How does it work?

Groups run their own food drive, asking people to donate one non-perishable item each. Donations are then dropped off (or collected by us), and we create food parcels for rangatahi who need them.

Who receives the food?

The food goes to rangatahi already connected with our services. Our kaimahi identify those who need support and provide it in a way that protects their dignity and privacy.

What can I donate?

Non-perishable food items like pasta, rice, canned goods, cereal, and snacks.

Can I give a monetary donation?

Yes! Any donations received will be used to purchase additional items and fill any gaps in the food parcels.

How can I get involved?

Run a food drive in your workplace, school, or community group, or share the campaign with your networks to help spread the word.

Drop off / contact

Te Tahi Youth
The Loft, Level 1, Eastgate Mall

For more info: fundraising@tetahiyoung.org.nz

If you would like to arrange a collection or need support setting up your drive, please get in touch.

Te Tahi Youth

Here for young people since 1995.

