



# **Meal Support Guide**

*Information to support those who  
could use a hand with meal times.*

*Last updated: November 2025*

# What's on the menu..?

This guide is designed to help you explore the different meal support options available for delivery in Cambridge.

Whether you're supporting a parent, relative, neighbour, or simplifying mealtimes for yourself, the aim is to give you clear, practical information in one place.

You'll find:

- Hot meal delivery options
- Frozen and chilled ready-made meals
- Weekly meal kit and nationwide courier services
- Local supermarket meal options
- Pricing guides
- Dietary considerations
- Contact details and website links



# Hot Meal Delivery

## Meals include:

A hot, ready-to-eat main meal prepared daily at Freeman Court and delivered by friendly volunteers from Meals on Wheels.

Meal style varies but typically includes:

- Hearty meat or vegetarian mains
- Vegetables and potatoes or rice
- Occasional desserts (varies)

## Good for people who:

- Cannot safely use ovens or microwaves
- May skip meals without assistance
- Prefer a hot lunch delivered daily
- Don't want the hassle of choosing meals

## Things to note:

- No weekend delivery (but extra meals can be ordered/ delivered on Friday to re-heat over the weekend)
- Meals cannot be customised
- Cancellations require 24 hours' notice for credit



# Hot Meal Delivery Details

<b>Provider:</b>	Habitat for Humanity Freeman Court (Te Awamutu)
<b>Delivery:</b>	Monday–Friday, arriving between 12pm–2pm  Delivery service is provided free of charge by friendly volunteers from Meals on Wheels Cambridge
<b>Cost:</b>	\$10.50 per meal
<b>Typical order:</b>	5 meals/week (\$52.50), paid in advance by weekly automatic payment
<b>Registration:</b>	Online form, email submission, post, or via phone
<b>Contact:</b>	Website: <a href="http://freemancourt.co.nz/meal-delivery">freemancourt.co.nz/meal-delivery</a>  Phone: 07 871 5260  Text: 027 358 1330  Email: <a href="mailto:gill.haynes@habitat.org.nz">gill.haynes@habitat.org.nz</a>

# Resthaven Meals/Social Lunch

Resthaven provides a selection of frozen ready-made meals for reheating at home.

On Fridays, To & Fro Driving Services provides a free shuttle to the café at Resthaven to enable older people to enjoy a social lunch outing.

It's also a great opportunity to purchase some frozen meals and other grocery items from the on-site shop before being dropped off at home.

<b>Provider:</b>	Resthaven (Vogel Street, Cambridge)
<b>Delivery:</b>	Available on Fridays for a small fee
<b>Cost:</b>	From \$12.50 per meal
<b>Meal Styles:</b>	<ul style="list-style-type: none"><li>• Traditional meals (roasts, casseroles, mince dishes)</li><li>• Dairy-free or gluten-free options (varies by supplier)</li><li>• Some larger meal sizes for hearty appetites</li></ul>
<b>Good for those who:</b>	<ul style="list-style-type: none"><li>• Can safely use a microwave</li><li>• Want to choose their own meals</li><li>• Prefer weekly ordering</li><li>• Would enjoy a Friday outing to select meals in person</li></ul>
<b>Contact:</b>	Website: <a href="http://freemancourt.co.nz/meal-delivery">freemancourt.co.nz/meal-delivery</a> Phone: (07) 827 6097





# Supermarket Options



All large Cambridge supermarkets offer a variety of frozen and/or chilled meals for delivery or pickup.

## Pros:

- Ability to add bread, milk, fruit, pantry items
- Wide range of meal styles
- Available quickly

## Considerations:

- Requires online ordering confidence (or assistance)
- Delivery fees apply (around \$14 per order)
- Meals must be microwaved or oven-heated

## New World Cambridge

**Frozen meals:** Wattie's, Pitango, Muscle Chef, others

**Price range:** From \$6 for a basic 300g meal, up to \$15–20 for premium brands

**Ordering:** Online shopping available

**Delivery fee:** Usually \$10–\$15

**Phone:** 07 827 7533

**Online ordering:** [www.newworld.co.nz](http://www.newworld.co.nz)

## Woolworths Cambridge

**Frozen meals:** Wide range (Wattie's, plant-based options, bulk frozen meals)

**Chilled “heat & eat”:** Some availability depending on stock

**Pricing:** Similar to New World

**Phone:** 07 823 5971

**Ordering:** [www.woolworths.co.nz](http://www.woolworths.co.nz)

## Fresh Choice Leamington

**Frozen meals:** Especially good for Red Kitchen meals

**Red Kitchen pricing:** From \$15 for 400g

**Phone:** 07 823 7144

**Online ordering:** [www.leadmington.store.freshchoice.co.nz](http://www.leadmington.store.freshchoice.co.nz)

**Website:** [www.redkitchen.co.nz](http://www.redkitchen.co.nz)

**Milkrun** is a new service offering fast (usually within the hour) delivery of grocery items for \$7 per order ([www.https://nz.milkrun.com](https://nz.milkrun.com))

# Delivered by Courier

These companies deliver frozen or chilled meals direct to your door. Useful for those wanting variety or specific dietary options.

## Amy's Kitchen Aromas (Waikato)

**Type:** Frozen ready meals, traditional comfort meals (beef casserole, lasagne, roast meals), soups and lighter options.

**Price:** Small meals (230g) from \$7.20/Large meals (850g) up to \$22.80

**Delivery:** \$5–\$8 depending on location

**Phone:** 07 826 3585

**Website:** [amyskitchenaromas.co.nz](http://amyskitchenaromas.co.nz)

## Eat.co.nz (Lower Hutt, delivers nationwide)

**Type:** Vacuum-sealed chilled meals (not frozen)

**Shelf life:** Up to 14 days refrigerated

**Price:** From \$14.90 per meal

**Delivery:** Courier delivery from \$18

**Website:** [www.eat.co.nz](http://www.eat.co.nz)

**Phone:** 0800 328 333

## Nourished by Trio (Tirau)

**Type:** Fresh ready-made meals, salads, and treats

**Price:** Bundle of five meals for \$80

**Delivery:** \$15 (in total) for 2 fresh deliveries per week

**Website:** [www.nourishedbytrio.co.nz](http://www.nourishedbytrio.co.nz)

**Phone:** 027 480 6554

**Suitable for:** People wanting smaller, frequent drops and those who enjoy variety and fresh meals



# Dietary considerations

Most providers have some suitable options for common dietary needs and all meals from **Nourished by Trio** are wheat free, dairy free and refined sugar free (but may contain nuts),

Here is a general guide:

## Low-sodium / Heart-healthy

- Best found through nationwide providers (Eat, Amy's Kitchen Aromas)
- Some supermarket meals are labelled "heart-healthy"

## Diabetic-friendly

- Choose meals lower in sugar and refined carbohydrates
- Many frozen meals fit this requirement
- Check nutritional labels or phone the provider for help

## Gluten-free

- Amy's Kitchen Aromas offers several
- Eat.co.nz may have GF options depending on weekly menu
- Supermarket GF ranges available

## Dairy-free

- Eat.co.nz often includes dairy-free meals
- Some supermarket brands provide DF options





# Quick Comparison Summary

Provider	Meal Type	Price Guide (per meal)	Delivery Frequency	Suitability
Habitat for Humanity Freeman Court/Meals on Wheels Cambridge	Hot, ready-to-eat	\$10.50	Mon–Fri	Those needing daily hot meals delivered to their home
Resthaven (Cambridge)	Frozen	\$12.50+	Weekly	Those who can safely operate kitchen appliances
Supermarkets	Frozen/Chilled	\$6–\$20	As ordered	Tech-confident shoppers
Amy's Kitchen Aromas	Frozen	\$7.20–\$22.80	As ordered	Those keen on variety or larger portions
Eat.co.nz	Chilled	From \$14.90	Weekly	Those wanting fresh food or dietary options
Nourished by Trio	Fresh	\$80 for 5	Twice/week	Those looking for fresh locally-made meals

# We're here to help

**Meals on Wheels Cambridge** is run by a committed group of local volunteers.

We collect pre-paid fresh hot meals from Habitat for Humanity Freeman Court and deliver them (with a friendly smile) to clients, Monday to Friday, for free.

We also act as a source of information for those wanting to simplify meal times for themselves or for a parent, friend or neighbour who may need some extra support.

If you need some help or advice, please get in touch - we're here to help.

Call:  021-397-775

Email:  [mowcambridge@gmail.com](mailto:mowcambridge@gmail.com)

Visit our website:  [www.mowcambridge.org.nz](http://www.mowcambridge.org.nz)