



# Dish Cult's Official Lockdown Guide

Dish Cult's Official Lockdown Guide is designed to combat and contain your lockdown worries by placing everything you need to know in one handy guide. This is your ultimate guide to groceries, deliveries, essentials, home learning, entertainment, fitness, and mental health activities.

If you discover anything to add to our list, please email us at [contact@dishcult.co.nz](mailto:contact@dishcult.co.nz)

## **Official updates:**

<https://covid19.govt.nz/>

<https://www.health.govt.nz>

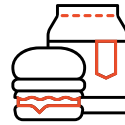
**Click on the icon below to view the full list of each category**



**Alcohol delivery**



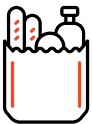
**Coffee delivery**



**Ready to go meals**



**General groceries**



**Speciality groceries**



**Household essentials**



**Online cooking / drink classes**



**Fitness**



**Kids**



**Mental health**



**Communications apps**



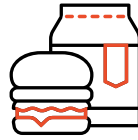
## Alcohol delivery

<http://www.hallertau.co.nz/>  
<https://garageproject.co.nz/>  
<https://www.beerjerk.co.nz/>  
<https://www.glengarrywines.co.nz>  
<https://www.cardronadistillery.com>  
<https://eastimperial.com/collections/the-store>  
<https://foleywineclub.co.nz>  
<https://invivowines.com>  
<https://www.cocktailmerchant.co.nz>  
<https://everydaywine.co.nz>  
<https://www.thehuntinglodge.com>  
<https://kingsliquor.co.nz>  
<https://www.redwhitecellar.co.nz/online-order/>  
<https://brewbound.co.nz>



## Coffee delivery

<https://www.coffeesupremeshop.com/>  
<https://www.nespresso.com/nz/en/home>  
<https://www.kokako.co.nz>  
<https://nz.allpressespresso.com>



## Ready to go meals

**Farro**  
<https://www.farro.co.nz/products/ready-to-go-meals/>  
**Jess' Underground Kitchen**  
<https://www.juk.co.nz>



## General groceries

<https://shop.countdown.co.nz/>  
<https://www.paknsave.co.nz/shop/online-shopping>  
<https://www.newworld.co.nz/shop/online-shopping>  
<https://www.farro.co.nz>  
<https://www.servicefoodshome.co.nz>  
<https://foodchainathome.co.nz>  
<https://producepronto.co.nz/>



## Speciality groceries

### Artisanal cheeses

<https://overthemoondairy.co.nz>

### Freshly baked bread

<https://dailybread.co.nz>

### Freshly baked breads

<https://pandoro-panetteria-ltd.myshopify.com/collections/all>

### Gluten free bread

<https://www.themidnightbaker.co.nz>

### Fresh fish and seafood

<https://sanfordandsons.co.nz>

### Gourmet fish and seafood

<https://www.gourmetseafood.co.nz>

### Local butchers

<https://www.westmerebutchery.co.nz>

### Fresh local goat milk and cheese

<https://www.nieuwenhuisfarmsteadcheese.com>

### Fresh local avocados

<https://www.theavotree.co.nz>

### Fresh local produce

<https://www.eatmylunch.nz>

<https://ooooby.co.nz/>

### Raw organic products

<https://littlebirdorganics.co.nz>

### Healthy food boxes

<https://thekaibox.co.nz>

### Home deli groceries

<https://foodbox.co.nz>

### French groceries

<https://www.mvauron.co.nz>

### Italian groceries

<https://sabato.co.nz>

### Wholefoods Baking

<https://hillstwholefoods.co.nz/>



## Household essentials

### Homeware

<https://www.briscoes.co.nz/>

### Homeware, kitchenware and clothing

<https://www.kmart.co.nz/>

### Homeware, tech, clothing, and kitchenware

<https://www.thewarehouse.co.nz>

### Kitchenware

<https://ecostore.com/nz/>

### Tech and Accessories

<https://www.noelleeming.co.nz/>



## Online cooking/ drinks classes:

### Steve The Bartender

<https://www.youtube.com/channel/UCfEJUzPnT-HdNqOqdX3A0IA>

### Bon Appetit Chef Recipes

<https://www.youtube.com/user/BonAppetitDotCom/videos>

### Tasty by BuzzFeed

<https://www.youtube.com/channel/UCJFp8uSYCjXOMnkUyb3CQ3Q/featured>

### Munchies

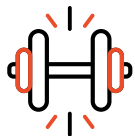
<https://www.youtube.com/user/Munchies>

### Basic How-To Recipes

<https://www.youtube.com/user/HowToBasic/videos>

### Tipsy Bartender Cocktails

<https://www.youtube.com/user/TipsyBartender/featured>



## Fitness

### Free Les Mills live classes

<https://www.tvnz.co.nz/shows/les-mills-ondemand>

### Nike Run Club

<https://www.nike.com/nz/nrc-app>

### 90-Day Free Trial on Adidas Runtastic

<https://www.runtastic.com>

### NerdFitness

<https://www.nerdfitness.com/blog/the-7-best-at-home-workout-routines-the-ultimate-guide-for-training-without-a-gym/>

### Blogilates

<https://www.youtube.com/user/blogilates>

### Yoga

<https://www.youtube.com/user/yogawithadriene/videos>

### Full Body Workouts

<https://www.youtube.com/user/FitnessBlender/videos>

### Quick Workouts

<https://www.youtube.com/user/jessicasmithtv/videos>



## Kids

### Reading World Of David Williams

<https://www.worldofdavidwalliams.com/elevenses/>

### Virtual Kelly Tarltons

<https://www.kellytarltons.co.nz/explore/virtual-aquarium>

### 7 Day Free Trial

<https://www.disneyplus.com>

### TVNZ On Demand Kids

<https://www.tvnz.co.nz/categories/kids>

### TVNZ On Demand Preschool

<https://www.tvnz.co.nz/categories/preschool>

### Printable Worksheets

<https://nz.education.com/worksheets/>

### Math games, videos, and online books

<https://www.funbrain.com>

### Virtual Tour of the British Museum

<https://britishmuseum.withgoogle.com>

### TED Education

<https://www.youtube.com/user/TEDEducation/videos>

### Science Experiments

<https://sciencewithmslun.wixsite.com/science?>

### Learn easy coding

<https://scratch.mit.edu>

### Lockdown Diary

<https://www.mylockdowndiary.com/>

### Epic 30 Day Free Trial Audio Books

<https://www.getepic.com>

### Audible 30 Day Free Trial Audio Books

<https://www.audible.com.au>



## Mental health

### Official Site

<https://www.mentalhealth.org.nz>

### Bloom 30-Day Free Trial

<https://www.bloombetteryou.com>

### Sleep and Meditation App

<https://www.calm.com>

### The Happiness Lab Podcast

<https://www.happineslab.fm>

### COVID Anxiety

<https://www.mentalhealth.org.nz/get-help/covid-19/>

### Sleepy Bedtime Stories For Adults

<https://www.sleepyradio.com>

### The Anxiety Coaches Podcast

<https://www.theanxietycoachespodcast.com>

### Selfie Podcast

<https://lifelistened.com/category/selfie/>



## Communications apps

### Houseparty

<https://houseparty.com/>

### Zoom

<https://zoom.us/>

### Skype

<https://www.skype.com/en/>