



Mark Shanta, East Renfrewshire Food  
Larder











11 Muirend Road, Glasgow









- How Do We Operate?
- We have 3 teams organizing team, driving team and delivery team
- People in need contact us and fill out a form with types of food they would like and other household items
- We deliver on a Wednesday and a Friday



- Question for everyone.
- Can anyone think of why a Food Larder might be needed?















- Question for everyone.
- What sort of foods are useful for donating to the Food Larder?



# What do we need?

**Our Top 15 Most Needed Items**  
Can you donate any of these items? Or anything at all? They can be dropped into Shanta Residential and Lettings, 11 Muirend Road, Muirend, G44 3QR during normal office hours - thank you!!

 1) Dairy Items - Cheese, Milk, Butter etc.	 2) Bread and bakery items	 3) Fresh fruit & veg
 4) Cold and tinned meats (ham etc.)	 5) Crisps, biscuits & treats	 6) Traditional tins - stew, mince, veg, potatoes, puddings
 7) Cooking sauces	 8) Tea, coffee, sugar	 9) Cereal
 10) Washing up liquid and cloths	 11) Laundry detergents	 12) Cleaning spray, bleach
 13) Toilet Roll	 14) Ladies toiletries	 15) Men's toiletries

Please see our Facebook page for more info. For donation queries please contact Mark on 07739 314083 or Geoff on 07976 417101

**EAST RENFREWSHIRE LARDER**

**FOOD BANK STATISTICS WE NEED YOUR HELP!**

We would love to hear from you!

 <b>OVER 50 DELIVERIES &amp; COLLECTIONS PER WEEK</b> ERL now supports over 50 families & households per week averaging 200 bags of shopping - breakfast, lunch, dinner, pet food, toiletries & cleaning items. We are 100% volunteer run and our number one principle is dignity!	 <b>OVER 150 TOILET ROLLS PER WEEK</b> Many of us take things like toilet tissue for granted - ERL supply households with as much as we can but it is costly.	 <b>RUNNING COSTS OF OVER £1200 PER MONTH</b> It costs ERL on average £1200-£1500 per month to supply the basics that clients need. This is on top of the donations of goods we receive. We are non means tested and help those who need it!
 <b>120 PINTS OF FRESH MILK PER WEEK</b> ERL believe in supporting our clients with healthy nutritious basics - milk is one of our fundamentals and we will continue to try to provide fresh milk for all.	 <b>20KG OF FRESH FRUIT &amp; VEG PER WEEK (EQUIVALENT TO 200 APPLES)</b> ERL want to make sure that we provide fresh fruit and where possible fresh veg - we rely on donations and funding in order to do this.	 <b>50 LOAVES OF BREAD PER WEEK</b> The staple of all of ERL's food parcels is bread - we go through a significant amount each week as you can see.



- Question for everyone.
- How could you help support the Food Larder?





# ERL's Christmas Wish List



Can you donate any of these items to help families this Christmas? They can be dropped into Shanta Residential and Lettings, 11 Muirend Road, Muirend, G44 3QR during normal office hours



1) Dairy Items - Cheese, Milk, Butter etc



2) Bread and bakery items



3) Fresh fruit & veg



4) Cold and tinned meats (ham etc )



5)Crisps, biscuits & treats



6) Traditional tins - meat, veg, potatoes, puddings



7) Cooking sauces



8) Tea, coffee, sugar



9) Cereal



10) Washing up liquid and cloths



11) Laundry detergents



12) Cleaning spray, bleach



13) Toilet Roll



14) Toiletries



15) Pet Food

Please see our facebook page for more info or email [eastrenfrewshirelarder@gmail.com](mailto:eastrenfrewshirelarder@gmail.com) or see our Amazon wishlist to donate directly to us





- Question for everyone.
- How could you help support the Food Larder?





# Pupil Voice & Leadership



# Wellness







FOR YOUR SUPPORT