

# EAST RENFREWSHIRE LARDER (ERL)

@Whitecraigs Rugby Club

## WHAT WE DO

We are a voluntary service that provides a variety of food and essential parcels to individuals, couples and families in need. We know that people often find themselves short through no fault of their own and they often don't qualify for benefits or traditional food banks - we are here for everyone!



## COLLECTION TIMES

We are open on Mondays 11am - 1pm and Wednesdays 5pm - 7pm at Whitecraigs Ruby Club, Aurs Road, Newton Mearns for collection. This is a drive through service - you can stay in your car and one of our volunteers will check what you need and bring them to car.



OPEN

## HOME DELIVERY TIMES

We are more than happy to deliver to your house as we know not all of us have access to transport. We can deliver on Mondays 11am- 1pm, Wednesdays 5pm - 7pm, Fridays 3pm - 5pm and Sundays 2pm - 4pm. Please text Jen on 07983 511623 or Rachel on 07752 624142.



## WHAT WE OFFER

### Food Parcels

PLEASE indicate preference of cereal and sandwich filler (Tuna, Ham or Cheese), Tea or Coffee and any allergies/food intolerance. -Sample Breakfast Parcel - Cereal, Milk, Bread, Jam

Sample Lunch Parcel - Beans, Soup, Bread, Ham, Crisps, Fruit

Sample Dinner Parcel - - Pasta, Pasta Sauce, Tinned Veg

### Household & Personal Care Parcels

Household essentials (laundry detergent, cleaning products, toilet roll)

Personal Essentials - Soap, Shampoo, Toothpaste

Period Pack - Indicate Your Preference

**SEE OUR FACEBOOK PAGE**

**EAST RENFREWSHIRE LARDER @  
WHITECRAIGS RUGBY CLUB**