

## **Glasgow Community Food Support Directory**





## The Pantry model is a dignified approach which empowers communities and saves surplus food from landfill.

Pantries are shops which provide low cost food as well as providing a community hub setting, offering wrap-around support services within the local area. The Scottish Food Pantry Network (TSPN) helps to create pantries in communities to provide ongoing support. The TSPN report the growth of the network to date has proven the support model in place is positively impacting on communities in Scotland. The TSPN continually assess the needs of the Pantries to find solutions, resources and partner organisations that can further enhance and support the model. They are focused on the current economic crisis and strive to support members to challenge all forms of poverty, with projects in place that will support members becoming more sustainable. Food available includes a mixture of fresh and frozen food, toiletries and cleaning products, with period products also available depending on availability. The free **PickupMyPeriod Apps** helps identify local area sites where free period products can be accessed. Free period products - mygov.scot

TSPN provides organisations and community groups with expert advice, step by step guidance, and strategic support in order to ensure that they are a sustainable community asset. TSPN members use a creative model and strength-based approach to tackle food insecurity, health inequalities and poverty by offering an engaging and tailored service. For more information on the Scottish Food Pantry Network, see here: <a href="https://www.scottishpantrynetwork.org.uk">https://www.scottishpantrynetwork.org.uk</a>.

Govan Community Project provide referral 'vouchers' for asylum seekers so that they can access their local Pantry for free. Follow this link for more information; Food Support – Govan Community Project. Referrals are available for people in the asylum process, who are destitute and/or have no recourse to public funds. Additionally, a variety of providers/projects (including Thrive Under 5 project, housing providers and third sector organisations) are offering Pantry vouchers/pay it forward schemes in collaboration with local Pantries/Larders and Community Supermarkets.

Community Transport Glasgow provides free transport to Ruchazie Pantry for members (This is up to date at the last edit of this document but please double check whether the service is still available). This must be booked at least 24 hours in advance. The bus provides door to door service within an allocated time slot. Call 0141 778 2042 and quote your membership number to book transport.

Some of the provisions listed follow a similar model but are categorised as Community Grocers, Larders or Food Points rather than Pantries.

Please note that during current times, the picture regarding provision of the following services is quickly evolving. Please check online via the links and QR codes for the most up to date information before passing information onto service users.

Area	Location and	<b>Opening Times</b>	Membership	Shopping	Payment	Further Information
	Contact Details			Frequency	Method	

Glasgow	Govan Pantry -	Wednesdays &	Up to 10 item	1 shop per	Cash and	Family worker available via
South		Thursdays:	shop for £3.	household per	Contactless	Govan HELP for additional
	The Pearce	10.30am-3pm		week.	accepted.	support. Govan HELP can also be
	Institute		No registration			accessed online, here;
	840-860 Govan		fee to join.			https://www.govanhelp.org/
	Road					
	G51 3UU		Must live in a			
	Tel:		G51 postcode			
	0141 445 6481		area.			
	Provided by Govan					
	HELP					
	Registered with The					
	Scottish Pantry					
	Network.					
	The Govan Pantry					
	Facebook					
	<u>rucebook</u>					

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Glasgow	Castlemilk Pantry -	Tuesdays and	£1 annual	Shoppers can	Cash and	Monday – Breakfast bingo –
South		Wednesdays:	registration fee	visit once a	Contactless	11am – 12.30pm – The Maureen
Journ	Castlemilk	10am – 3pm	to join, followed	week.		Cope Hall.
	Community Centre,		by £2.50 per	WCCK.	accepted.	
	121 Castlemilk				Best Start Grant	Tuesday, Community Chof
	Drive		shopping trip		Card – see in	Tuesday - Community Chef
	-		for around 10 –			Cookery Classes -
	Glasgow		15 items.		store or call for	12.30 - 2.30pm - Gift vouchers
	G45 9UG		You must live in		further	can be given by worker referral –
			a G45 postcode		information.	The Maureen Cope Hall –
	Email:		area.			booking essential –
	Fiona.mcgovern@a					Jackie.Bole@ardenglen.org.uk
	rdenglen.org.uk					
						Tuesday and Wednesdays -
	Tel: 0141 732 0954					Money Advice Energy Advisor
						within the Pantry during opening
	Provided by					hours.
	Ardenglen HA					nours.
	Aldengien nA					
	De siste as devitte The					Friday - Community Meal -
	Registered with The					Grubs Up - 12pm for 12.30pm
	Scottish Pantry					start - The Maureen Cope Hall
	Network.					Community Hall.
	The Castlemilk					
	Pantry   Facebook					<u>Ardenglen H</u>

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Glasgow	Dig in Community	Monday – 12pm –	Glasgow growers	Vouchers	Cash only	Dig in is a green grocer with an
South	shop - Govan 193 Crossloan Road Glasgow G51 3QE Email: diginfoodhub@gmail .com Dig In Community Shop, Govan   Glasgow   Facebook	4.30pm Wednesday – 9am – 4.30pm Friday 1pm – 5.30pm Planned Closures: Wednesday 6 <sup>th</sup> September (open on Thursday 7 <sup>th</sup> instead)	can swap their surplus harvest for Dig in Vouchers to spend in store.	available by self- referral each week. Per person - £5 or Per family £10		additional "Larder Corner" within the shop, for the community run by the community. For further community food and growing activities please see - <u>Moogety Grub Hub   Facebook</u> Important Notice Currently "Dig In" have secured funding until the 13 <sup>th</sup> October 2023. If signposting beyond this date please email to check the service is still running.

	rther Information
Contact Details     Frequency     Method	

South 2 R G T ( P S M R S N	Pollok Pantry - 25-27 Brockburn Road G53 5BG Tel: 0141 378 8541 Provided by SWAMP Creative Media Registered with The Scottish Pantry Network. Pollok Pantry	Mondays, Tuesdays & Thursdays: 10am-3pm Saturdays: 10am-2pm	Membership is £1 per month. You can take out a six month membership at a time (£6). A shopping trip costs £2.50 for around 10 – 15 items.	Shoppers can visit as often as they need.	Cash Only.	Opens at 9.30am on a Tuesday to allow wheelchair users, or anyone who requires "autism friendly quiet time", to gain earlier access. Pollok Pantry also welcome referrals from Daisy Project, Govan Community Project and Thrive Under 5, offering support during crisis situations and signposting for financial wellbeing checks. <u>SWAMP - Where you want to be,</u> not where you have to be - Home (swampglasgow.co.uk)
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Glasgow	Crookston Community	Monday –	No membership	Cash only.	See Facebook link/QR code for
South	Group – Pantry	Friday 12.00pm	required.		further information on community
300011	S6 Beltrees RoadGlasgowG53 5TFTel: 0141 882 4333Email:info@myccg.co.ukRegistered with theScottish PantryNetwork.Crookston CommunityGroup   Glasgow  Facebook	– 2pm	See prices in store – no item above £1. Shoppers can take no more than 2 items of each product.		food events and school holiday lunch clubs. Also see website link below for further information around available supports: Foodshare   Crookston Community Group (ccg.scot)

Are	ea	Location and	<b>Opening Times</b>	Membership	Shopping	Payment	Further Information
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The People's	Mondays,	Membership is	Shoppers can	Cash Only.	There is currently a 6 month
Pantry –	Tuesdays &	£5 per year and	visit once a		waiting list for registering with
	Thursdays:	a weekly shop is	week.		The People's Pantry however
488 Cathcart Road	1pm-4pm	£3.50.			people are welcome to join the
Govanhill	Wednesdays:	Photo ID and			waiting list.
G42 7BX	2.30-5.30pm	proof of address			
Email:	Fridays:	is also required			http://www.govanhillbaths.com
peoplespantry@go	10.00-1.00pm	to join but			
vanhillbaths.		please contact			<u>/pantry</u>
com					
		is not possible.			
-					
•					
Network.					
Govanhill Baths					
Community Trust					
Glasgow   Facebook					
	Pantry – 488 Cathcart Road Govanhill G42 7BX Email: peoplespantry@go vanhillbaths. com Registered with The Scottish Pantry Network. <u>Govanhill Baths</u> <u>Community Trust  </u>	Pantry –Tuesdays & Thursdays:488 Cathcart Road1pm-4pmGovanhillWednesdays:G42 7BX2.30-5.30pmEmail:Fridays:peoplespantry@go10.00-1.00pmvanhillbaths.10.00-1.00pmcomRegistered with The Scottish Pantry Network.Govanhill Baths Community Trust  Image: Community Trust	Pantry –Tuesdays & Thursdays: 1pm-4pm£5 per year and a weekly shop is £3.50.488 Cathcart Road Govanhill1pm-4pm£3.50.Govanhill G42 7BXWednesdays: 2.30-5.30pmPhoto ID and proof of addressEmail: peoplespantry@go vanhillbaths. comFridays: 10.00-1.00pmis also required to join but please contact the Pantry if this is not possible.Registered with The Scottish Pantry Network.Govanhill Baths Community Trust  I	Pantry -Tuesdays & Thursdays:£5 per year and a weekly shop is £3.50.visit once a week.488 Cathcart Road Govanhill G42 7BX1pm-4pm Wednesdays:£3.50.visit once a week.G42 7BX2.30-5.30pm Fridays:Photo ID and proof of address is also required to join but please contact the Pantry if this is not possible.Image: Community Trust left is also required to join but please contact the Pantry if this is not possible.Image: Community Trust left is also required to join but please contact the Pantry if this is not possible.	Pantry –Tuesdays & Thursdays: 1pm-4pm£5 per year and a weekly shop is £3.50.visit once a week.488 Cathcart Road Govanhill G42 7BX Email: peoplespantry@go vanhillbaths. com10.00-1.00pmPhoto ID and proof of address is also required to join but please contact the Pantry if this is not possible.visit once a week.Registered with The Scottish Pantry Network.Govanhill Baths Community Trust  Image: State of the s

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Glasgow	Gorbals	Monday,	£5 annual	Shoppers can	Cash and	Counselling Service Available
South	Community	Wednesday and	membership fee	visit up to three	Contactless	-
	Grocery –	Friday - 9.30am	and then £4 per	times per week.	accepted.	Help with Energy Fuel (Pre-
		– 4.30pm	shopping trip.			payment meter client only)
	37 South Portland		Become a			via Fuelbank Foundation
	Street		member by			
	Glasgow		visiting the			Message Community Grocery
	G5 9JL		shop.			Wessage community Grocery
	Tel: 0141 616 6777					
	Ence il.					
	Email:					
	barry.nicholson@d estiny-church.com					
	esting-church.com					
	or					
	Jennifer.young@de					
	stiny-church.com					
	Provided by					
	Destiny Church					
	Community Grocery					
	Glasgow   Glasgow					
	Facebook					

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Glasgow	Threehills	Tuesday -	Sign up in store	Shoppers can	Cash and	New premises due to open at
South	Community	10.30am – 1pm		visit often as	contactless	409 Nitshill Road end of
	Supermarket –		Membership is	needed.	accepted.	summer 2023 which will
			£1 per month			include.
	415 Nitshill Road					
	Glasgow		There is no limit			A shopping area, community
	G53 7BN		to spending /			café, community room, advice
			number of			hub, financial inclusion supports
	Pauline Gilgallon -		items.			and MP advice surgeries.
	Development					
	Manager - 07921					
	148219.		Bring your own			(see facebook link for updates)
	Email:		bag.			
	info@threehillsglas		_			Contact – Good Food Scotland
	gow.org					
	<u>Threehills</u>					
	Community					
	Supermarket					
	Glasgow   Facebook					

Contact Details Frequency Method	

Glasgow	Kennishead Food	Tuesdays &	Sign up in store	Shoppers can	Cash and	Wheatley Housing Officers and
South	Larder -	Wednesdays -	with support	visit as often as	contactless	online supports
		10am – 1pm	from staff &	needed with no	accepted.	
	60 Kennishead		volunteers.	limit on each		Ways we can help   Wheatley
	Avenue			spend.		Homes Glasgow
	Thornliebank		Membership £1			(wheatleyhomes-glasgow.com)
	Glasgow		per month.			
	G46 8RN					Available in store - Signposting
			Point system -			to partnership services such as:
	Coordinator –		£1 = 1 point			
	Suzanne Oliver					Teen Challenge – Addictions
	Tel:07900897010		No restrictions			Supports
			on postcode			
	Email:		areas however			Health Improvement Advice
	suzanne@goodfoo		staff will aim to			
	dsscotland.org		signpost nearer			Contact – Good Food Scotland
			to home if			
	Provided by		possible.			
	Wheatley HA in					
	partnership with		Bring your own			
	Goodfood		bag.			
	Scotland.					
	https://www.faceb					
	ook.com/Kennishe					
	<u>adLarder</u>					

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Glasgow	Linthouse Larder –	Every Thursday	Sign up in store	Shoppers can	Cash and	All Linthouse Housing tenants
South		10am – 1pm	with support	visit as often as	contactless	can access support from
	1 Cressy Street		from staff &	needed with no	accepted.	Linthouse Housing Association
	Linthouse Housing		volunteers	limit on each		housing and welfare officers.
	offices			spend.		
	Glasgow		Membership £1			
	G51 4RB		per month			Contact – Good Food Scotland
	Tel: Linthouse -		Point system -			
	0141 445 4418		£1 = 1 point			
	Email:		All welcome -			
	info@goodfoodsco		No restrictions			
	tland.org		on postcode			
			areas however			
	Provided by		staff will aim to			
	Linthouse HA in		signpost nearer			
	partnership with		to home if			
	Goodfood Scotland		possible.			
	https://www.faceb		Bring your own			
	ook.com/Linthouse		bag.			
	Larder					

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Glasgow South	Cardonald Food Larder – 12 Swinton Place Buzzer 04 Cardonald Glasgow G52 2EA Email: info@goodfoodscot land.org Provided by Southside HA in partnership with Goodfood Scotland <u>https://www.faceb</u> <u>ook.com/Cardonald</u> Larder	Tuesday 10am – 1pm & Thursday 3pm – 6pm	Sign up in store with support from staff & volunteers Membership £1 per month Point system - £1 = 1 point All welcome - No restrictions on postcode areas however staff will aim to signpost nearer to home if possible. Bring your own bag.	Shoppers can visit as often as needed with no limit on each spend.	Cash and contactless accepted.	All Southside Housing tenants can access support from housing and welfare officers from Southside Housing Association. Contact – Good Food Scotland
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Glasgow South	Sandyhills Larder – Sandyhills Tennants Hall 20 Balbeggie Street Sandyhills Glasgow G32 9HQ Email: matt@goodfoodsco tland.org Provided by Wheatley HA in partnership with Goodfood Scotland. <u>https://www.faceb ook.com/Sandyhills Larder</u>	Wednesday & Thursday – 10am – 1pm	Sign up in store with support from staff & volunteers Membership £1 per month Point system - £1 = 1 point All welcome - No restrictions on postcode areas however staff will aim to signpost nearer to home if possible. Bring your own bag.	Shoppers can visit as often as needed with no limit on each spend.	Cash and contactless accepted.	<ul> <li>Wheatley Housing Officers and online supports</li> <li><u>Ways we can help   Wheatley</u> Homes Glasgow (wheatleyhomes-glasgow.com)</li> <li>Available in store - Signposting to partnership services such as:</li> <li>Teen Challenge – Addictions Supports</li> <li>Health Improvement Advice</li> <li><u>Contact – Good Food Scotland</u></li> </ul>
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Glasgow South	Toryglen Larder – Cornerstone Community hall 22 Glenmore Avenue Toryglen G42 0DL	Thursday – 10am – 1pm	Sign up within store with support from staff & volunteers Membership £1 per month	Shoppers can visit as often as needed with no limit on each spend.	Cash and contactless accepted.	<u>Contact – Good Food Scotland</u>
	Email: tracy@goodfoodsc otland.org <u>Toryglen Larder  </u> <u>Glasgow   Facebook</u>		Point system - £1 = 1 point All welcome - No restrictions on postcode areas however staff will aim to signpost nearer to home if possible. Bring your own bag.			

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Glasgow	NW Community	Tuesdays -	No registration	Shoppers can	Cash,	See
North West	Pantry – 2344 Dumbarton Road Yoker Glasgow G14 0JX Tel: 0141 951 8669 Email: info@your- domain.com Registered with The Scottish Pantry Network. Provided by DRC Youth Drc YouthProject   Facebook	1-4pm & Thursdays - 1-3pm	Around 10 item shop for £2.50 Bring your own bag	visit as often as needed.	contactless and Best Start Grant Cards Accepted.	North-West Community Pantry – DRC youth project

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Glasgow	The Whiteinch	Thursdays -	Register in	1 visit per week	No Payment	Please email:
North	Centre Pantry –	2pm - 4pm	store.		required.	reception@whiteinchcentre.org.
West	1 Northinch Court Glasgow G14 0UG Email: reception@whitein chcentre.org.uk Tel: 0141 950 4434. In partnership with FareShare Scotland and WSHA.					uk or Tel: 0141 950 4434. If no-one is available please leave a message and your contact details and someone will get back to you. <u>Food Pantry   whiteinchcentre</u> The Whiteinch Community Fridge is topped up on a Thursday after 4pm dependent on surplus stock from the Pantry. All can access.

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North West	The Courtyard Pantry – 2 Wester Common Drive Glasgow G22 5PG Tel: 0141 589 7419 Email: pantry@courtyardp antry.org.uk Registered with The Scottish Pantry Network. The Courtyard Pantry Enterprise. The Courtyard Pantry   Glasgow   Facebook	Tuesdays & Wednesdays - 10am - 3pm	£1 registration fee for lifetime membership. Around 10 items for £2.50	As often as needed	Cash, contactless and Best Start Grant Cards accepted.	http://www.courtyardpantry.org .uk
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Glasgow	Garnethill	Thursdays &	Purchase 20	Once weekly	Cash only	Whatsapp Group for members
North	Multicultural Food	Fridays -	grocery items:	visits.		available.
West	Hub –Community Pantry21 Rose StreetGlasgowG3 6REPhil Jones – FoodCoordinatorEmail:phill@cwin.org.ukTel:0141 573 0978A GarnethillMulticulturalcentre and CWINPartnership.GarnethillMulticultural Centre  Glasgow  Facebook	1.30pm – 3pm	for those within the Asylum Seeker System - £1.50 (free to those with no access to public funds) for those in receipt of benefits - £2.50 for all others - £5 Visit shop to register.			Free information and advice service – Tuesday 1pm – 3pm Community Meal and social activity – Friday 12pm – 2pm Please visit the shop to access the Lambhill and Drumchappel Allotments and to source any further information around activities ran by the Garnethill Multicultural Food Hub. <u>Garnethill Multicultural Food Hub - Community Pantry – Garnethill Multicultural Centre (garnethillmc.co.uk)</u>

	urther Information
Contact Details     Frequency     Method	

Glasgow	Ruchazie Pantry –	Monday 4pm-	Membership	As often as	Cash,	Meals Deals available e.g. £2.50
North	Community Shop	6.45pm	registration	needed	contactless and	fruit and veg basket
			-			
East	435 Gartloch Road, Glasgow G33 3TJ Tel: 0141 237 4900 Email: pantry@ruchaziech urch.org Registered with The Scottish Pantry Network. Provided by Ruchazie Parish Church www.facebook.co	5.45pm Tuesday 9.30am am - 4.30pm Wednesday 9.30am-4.30pm Thursday 9.30am-4.30pm Friday 9.30am- 4.30pm N.B. TUESDAY – FRIDAY - SHOP CLOSES OVER LUNCH FROM 12.30PM – 1.30PM	form available in shop or online, here: https://wellhou seha.org.uk/ruc hazie-pantry- high-quality,- low-cost-food- for-all £1 annual membership fee Around 10 items for £3 or 20 items for £6		Best, Start Grant Cards accepted.	fruit and veg basket £1.50 kid's meal deal School uniforms available on select dates Different services each Wednesday - People's Plus employment support service, Citizens Advice, Cancer Research UK. Further info at <u>Ruchazie Food Pantry - Community</u> <u>Enterprise</u>
	m/ruchaziepantry	Saturday 9.30am-1pm				

Are	ea	Location and	<b>Opening Times</b>	Membership	Shopping	Payment	Further Information
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Glasgow	Cranhill	Monday –	Walk in shop –	Can use as and	Cash,	Local, fresh produce
Glasgow North East	Cranhill Development Trust – The Cabin 109 Bellrock Street Cranhill G33 3HE Email: info@cranhilldt.org .uk Tel: 0141 774 3344 Cranhill Development Trust <u>Cranhill</u> Development Trust <u>Glasgow  </u> Facebook	Monday – Friday 9am – 5pm N.B. The Cabin closes each day from 12.30pm – 1.30pm	Walk in shop – pay for what you need – bring along your own tubs to buy loose pasta, rice, grains, herbs and spices. <b>Also available:</b> Individual nappies, tea bags, toilet rolls and much more. Meal in a bag – all required ingredients with recipe.	Can use as and when required	Cash, Contactless and Best Start Grant Card accepted.	Local, fresh produce The Cabin has a broad selection of fruit and vegetables supplied by The Cranhill Development Trust Community Garden as well as a local supplier. Post Office Next Door Cranhill Community Shop – CDT (cranhilldt.org.uk) Add more about community trust supports

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Glasgow	Royston	Monday 14:00	Membership fee	Once per week	Cash only,	Fill in an application form within
North	Community Pantry–	- 17:00	is £3.		currently	the Pantry. One form of ID, (e.g.
East	Royston	Thursday 16:00	Cost of a weekly			a driving licence, birth certificate
	Community Hub,	- 19:00	shop is £3,			or passport) If you don't have
	Roystonhill,	Friday 10:00 –	which will			these, please get in touch with
	Glasgow G21 2LG,	13:00	provide £20-25			the Pantry to discuss other
	UK		worth of food.			options. Not affiliated to
			Members also			Scottish Food pantry Network
	Email:		have the option			
	roystonfoodhub@n		of paying a			Royston Community Pantry – NGCFI
	gcfi.org.uk		solidarity price			
			of £4 per shop,			
	Phone:		to fund a small			
	07758 093754		number of			
			subsidised			
	0141 212 7386		memberships			
	Provided by North					
	Glasgow					
	Community Food					
	Initiative					
	initiative					
	Royston Food Hub					
	and Community					
	Pantry   Facebook					

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Glasgow	Drill Hall Pantry -	Tuesdays -	No registration	As often as	Cash,	Community Cooking Class with
North	Parkhead	12pm - 4pm &	fee. £2.50 per	needed.	contactless and	community chef - Meals kits
East		Thursdays –	shopping trip.		Best Start Grant	with recipes enclosed-sessions
	The Drill Hall	12pm to 4pm.	To join / shop		Card accepted.	as announced:
	11 Back Causeway		here you must			
	Glasgow		have a G31, G32			See link below for further
	G31 4TF		or G33 postcode			information.
			Can then use			
	Tel: 0141 473 0460		both.			The Pantry - Parkhead Housing
			See in store to			Association (parkheadha.org.uk)
	Email:					
	thepantry@parkhe		join.			
	adha.org.uk		ID and proof of			
			address			
	Registered with The		required.			
	Scottish Pantry					
	Network.					
	Provided by					
	Parkhead and					
	Tollcross Housing					
	Associations					
	www.facebook.co					
	m/DrillHallPantry					

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Glasgow	Shettleston Pantry	Wednesdays -	No registration	As often as	Cash,	Community Cooking Class with
North	-	12pm - 4pm &	fee. £2.50 per	needed.	contactless and	community chef - Meals kits
East	The Shettleston	Fridays- 12pm -	shopping trip.		Best Start Grant	with recipes enclosed-sessions
	Hub	2.30pm	To join / shop		Card accepted.	as announced:
	981 Shettleston		here you must			
	Road		have a G31, G32			See link below for further
	Glasgow		or G33			information.
	G32 7JL		postcode.			
						The Pantry - Parkhead Housing
	Tel:		See in store to			Association (parkheadha.org.uk)
	0141 473 0460		join.			
	Freeile		ID and proof of			
	Email:		address			
	thepantry@parkhe ad.org.uk		required.			
	au.org.uk		requireu.			
	By Drill Hall Pantry					
	Parkhead Housing					
	Association					
	Glasgow   Facebook					

This directory will be reviewed on a six monthly basis however please contact Shona Rae on <u>shona.rae@ggc.scot.nhs.uk</u> with any updates. Please use this directory to disseminate information about the Pantries to your partners and contacts. For more information on accessing low cost or free food, see this link; <u>Find Local Food Services | Glasgow Community Food Network (glasgowfood.net)</u>