

Food Train[®]



FOOD TRAIN is funded by the Glasgow Health and Social Care Partnership and the Integrated Grant Fund.

FOOD TRAIN is a non-profit making organisation, company limited by guarantee and Scottish Registered Charity.

FOOD TRAIN volunteers are all subject to a Protecting Vulnerable Groups Scheme record check.

FOOD TRAIN is committed to equal opportunities.

FOOD TRAIN has a customer newsletter, providing regular features on issues affecting older people.

FOOD TRAIN surveys all customers annually to ensure we continue to offer the best service for our customers.



The Guardian



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 The Scottish Government



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Do you need help with your shopping?

Food Train

GLASGOW CITY

Supporting local older people at home

What is it?

The Food Train is a Scottish Charity with local volunteers, providing a vital grocery delivery service to older people living in Glasgow.

How does it work?

- * The volunteers will call to collect your shopping list.
- * Your order is packed in the shop in a box, complete with your till receipt and original list.
- * Your order is then collected by the volunteers for delivery.
- * On receipt of your shopping you pay the cost of your shopping to Food Train, plus a small delivery charge.

Who can use Food Train?

Any older person living in Glasgow who has difficulty doing their grocery shopping due to ill health, disability, frailty or mobility problems can enjoy the benefits of their local Food Train.

If you or someone you know would like to use our service please let us know.

Food Train customers can:

- * Obtain a wide variety of food and household goods at reasonable cost.
- * Have their shopping delivered direct to their home on a weekly basis.
- * Enjoy fresh food and a healthy diet.
- * Have regular contact with people.
- * Remain in the comfort of their own home within their own community.

What are the benefits of using the service?

- * No taxi or bus fares.
- * No carrying heavy bags.
- * No travelling in all weathers.
- * Fresh fruit and vegetables delivered.
- * Shopping can be unpacked and put away if needed.

From time to time supermarket offers can result in savings for customers on the cost of their shopping. Where individual savings are made those will always be given to the customer. Where the saving has resulted directly from the collective purchase of multiple customers, the saving will be used by Food Train to further the charitable aims and objectives of the organisation.



If you or someone you know needs help with shopping, or if you could be a volunteer helper, please contact us.

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