



Christmas School Sugar Collection

Help our LOCAL shelters support the homeless and hungry, families in crisis and those fleeing domestic violence in East Anglia

Dear Headteacher,

We have been collecting sugar for the homeless, needy and vulnerable in Norfolk and Suffolk for over 30 years. This year we will be carrying out this work again and really need your help collecting bags of sugar for Christmas 2017.

WHAT WE DO !

- Sugar for Shelters is a part of a NORFOLK farm based Christmas food charity, The Buckingham Emergency Food Appeal (BEFA for short), founded by Norfolk farmer Mike Buckingham in 1985.
- 5000 Christmas dinners were provided by BEFA, in over 200 shelters last year.
- Huge amounts of sugar are needed in Shelters and Food Kitchens in the cold days of winter and particularly over Christmas.
- Last year over 70 schools helped meet this need by collecting 4 tonnes of sugar for local shelters.
- British Sugar will match your school's donation with up to 2 tonnes of locally grown (Silver Spoon) sugar.

WHY SUGAR ?

- It's a fast energy boost for the homeless.
- A bag of sugar contains about 200 teaspoons of sugar for cups of tea and coffee.
- Sugar is an essential ingredient for Christmas foods eg. puddings and cakes.
- Collecting sugar is simple, affordable, and helps children focus on the Christmas spirit of giving.
- If collecting sugar at Christmas doesn't work for you there are other ways you can help BEFA. Some schools choose to donate tea, coffee, biscuits or festive packaged foods. Others, usually with older students, prefer to collect food or money for us from events such as Harvest Festivals, Christmas parties, discos, or 'Non-Uniform Days'. The funds raised can then be used to buy special Christmas foods for the homeless and needy in local shelters.

One of our volunteers will be contacting you within the next two weeks to see if your school is willing to take part in our Appeal. They can discuss how we help with administration, maybe give a brief talk at an Assembly and arrange collection of the sugar at a convenient time. To help you, our website contains a poster and a standard letter to parents, which you can download if you wish.

Should you have any queries, or would like to know more please contact us

Sugar for Shelters:

e-mail helen-lamb@hotmail.co.uk
Telephone 01508 492224
our website: www.befafoodappeal.co.uk

We look forward to working together in 2017.

Helen Lamb,
Coordinator Sugar for Shelters

On behalf of BEFA Registered Charity Number 1066578

