

# HOW WE CAN MOVE MOUNTAINS

UNUSED FOOD FROM YOUR CUPBOARD  
TO THE PLATES OF PEOPLE



# WHAT IS THE FOOD MOUNTAIN CHALLENGE?

Many people in this country, children and grown-ups, will go without a meal today. We're gathering a mountain of dry food to distribute to food banks and soup kitchens for these people who don't have food. For some, the food they get in these places will be their only meal of the day.

## WHAT ARE FOOD BANKS?

Food banks store dry, non-perishable foods (foods that don't go off for a long time) for vulnerable families and individuals and give them out when they're needed.

## WHAT ARE SOUP KITCHENS?

Soup kitchens are a warm place for the homeless to go and have a hot meal, cooked by volunteers.

## WHAT YOU CAN DO TO HELP

You can help these people by collecting food from your cupboards that doesn't get used very often and bring it to a participating school before the deadline. See website.

## BRING IT TO YOUR SCHOOL

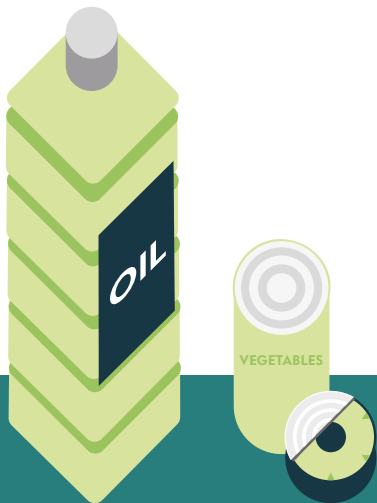
Bring your unused food from your home to your school, and then, once a milestone has been reached before the deadline, the school should give us a call on **020 7377 4200** and we'll arrange to collect it.



**ASK YOUR SCHOOL TO GET INVOLVED**

## WHAT'S A MILESTONE?

We'll reach a milestone together when your school collects 250kg of food.



## FOODS NEEDED URGENTLY

- Cooking Oil
- Pasta Sauce/Curry Sauce
- Fruit & Vegetables (Tins)
- Baby Food and Toiletries

## OTHER FOODS NEEDED

- Soup Tins
- Pasta Sauce
- Fruit and Vegetable Tins
- Milk (long life)
- Tea/Coffee
- Biscuits /Crackers
- Lentils
- Jam/Honey
- Cereal/Oats/Porridge
- Baby Food and Toiletries
- Tuna (Tins)

**“HE WHO SLEEPS  
CONTENTLY WHILE  
HIS NEIGHBOURS SLEEP  
HUNGRY DID NOT BELIEVE  
IN MY MESSAGE.”  
THE PROPHET MUHAMMAD,  
(PEACE BE UPON HIM)**



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Charity Reg No. 295224

