



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,

With your help we have been collecting sugar for the homeless, needy and vulnerable in Norfolk and Suffolk for 38 years and, this year, we will be continuing this much needed support for Shelters and for families in crisis.

Despite Covid, we have continued to be successful in our Christmas sugar collections over the last two years with totals of over 5,500 bags of sugar each year, with over 75 schools collecting. Hopefully there will be no Covid resurgence in 2023 but, if this should happen, the procedures we introduced are well established and ready to be put in place to minimise risk to both schools and our volunteer collectors.

We appreciate how busy schools are in the weeks prior to Christmas, and therefore we aim to keep your efforts to support our Sugar Appeal to a minimum. On our website, listed below, you can find template letters to parents and posters for downloading to publicise the event. You just need to ask the children to bring in the sugar and to store it until we collect it at an agreed collection date. It couldn't be easier !!

- Sugar for Shelters works together with a NORFOLK farm based Christmas food charity (BEFA) founded by Norfolk farmer Mike Buckingham in 1985, to collect sugar from schools.
- The Buckingham Emergency Food Appeal (BEFA) provides the food for more than 10,000 Christmas dinners of which our sugar is an important part.
- Huge amounts of sugar are needed in Shelters and Food Kitchens in the cold days of winter and particularly over Christmas. Last year we collected nearly 6 tonnes of sugar, every bit of which was needed!
- Sugar is a fast energy boost for the homeless.
- Sugar is an essential ingredient for hot drinks and Christmas foods e.g. 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, historically collected food or money for us from events such as Harvest Festivals, Christmas Parties, Discos, or 'Non-Uniform Days'. The funds raised were used to buy special Christmas foods for the homeless and needy in local shelters.

One of our volunteers will be in contact with you in the next week to discuss if you are able to support us and, if so, how together we can manage your school's collection of sugar.

Should you have any queries, or would like to know more please contact us at Sugar for Shelters.

E-mail helen-lamb@hotmail.co.uk

Telephone Home 01508 492224 Mob 07850 884498

Our website: www.befafoodappeal.co.uk

We look forward to working together for Christmas 2023.

Helen Lamb - Coordinator, Sugar for Shelters

BEFA Registered Charity Number 1066578

