



What is a One Can Trust Summer Holiday Countdown calendar?

The [One Can Trust](#) is a foodbank serving High Wycombe and South Buckinghamshire. It provides more than 400 food parcels each month to people in need. Lots of families need food parcels during the summer holidays because their children don't get free school meals when the schools are closed. Last summer the foodbank got very low on food. The Summer Holiday Countdown calendar was started by the Second Marlow Bottom Brownies as a fun and easy way to help the One Can Trust get enough food to stop local children going hungry in the summer holidays.

Who can make a One Can Trust Summer Holiday Countdown calendar?

Anybody! You can make a Summer Holiday Countdown Calendar as a family, a class, a preschool or school, a Beaver, Rainbow, Brownie or Cub unit, a Church or even a business. It's just a fun way of encouraging children to help other people while getting really excited about the summer holidays. For younger children, counting off the days and the tins can boost their numeracy. For older children, the calendar is a way to start them thinking about issues to do with poverty, balanced diets and budgeting.

So what exactly do we need to do?



STEP 1: Get a box. Any box will do. Stick the One Can Trust Summer Holiday Countdown Poster on the side.

STEP 2: Every day from the 1st day of July to the last day of term, put a food item or a £1 coin in the box and tick off the day on the poster. The One Can Trust has to find about £2000 a month to cover its running costs so cash is as useful as tins.



Here's the One Can Trust's full shopping list but please see <http://onecantrust.org.uk/summer-hunger> for what's urgently needed: tinned spaghetti, tinned potatoes, instant mashed potato, tinned vegetables, tinned fish, tinned meats (including ham, meat pies, hot dogs, meatballs, chilli), coffee, tea, hot chocolate, squash, UHT / long life milk, sugar, breakfast cereals, jam, honey, chocolate spread, peanut butter, tinned fruit, rice pudding, jelly, Angel delight, biscuits, chocolate, chickpeas, kidney beans, butter beans, shampoo, conditioner, soap, sanitary products, toothbrushes, toothpaste, washing up liquid, toilet roll.

STEP 3: Get your Countdown Calendar to the foodbank. The One Can Trust warehouse at 11B Duke Street, High Wycombe, HP13 6EE will be open from 9.30 to 4.30 on Tuesday 24th July to receive Summer Holiday Countdown Calendars, and also on Saturday 20th July 10 until 12. Email onecan@live.co.uk to arrange drop off outside these times. There may also be a local pick up organised by a local school or Girlguiding unit.

A huge thank you from everybody at the One Can Trust and from local families facing holiday hunger





The One Can Trust is a foodbank serving High Wycombe and South Buckinghamshire. The foodbank experiences high demand during the summer holidays because children don't have access to free school meals. We're asking that you... your family, group, class, company... put aside a box and, from the 1st day of July to the last day of term, pop an item or £1 coin in the box. Any box will do. If you want to, you can stick this poster on the side of the box and tick off the days until the summer holidays begin!

Urgently needed items include: tinned potatoes, tinned meat meals, tinned ham, tinned peas, tinned sweetcorn, tinned vegetables, tinned fruit, corned beef; pasta sauce, long-life / UHT milk, biscuits, jam, toothbrushes, shampoo and shower gel. See <http://onecantrust.org.uk/summer-hunger> for the full list. The One Can Trust warehouse at 11B Duke Street, High Wycombe, HP13 6EE will be open from 9.30 to 4.30 on Tuesday 24th July to receive Summer Holiday Countdown Calendars, and also on Saturday 20th July 10 until 12. Email onecan@live.co.uk to arrange drop off outside these times.

