



Donate to your local food bank

Items that food banks need

(Check with your local food bank to see what is most needed before you donate.)

- Cereal
- Soup
- Pasta
- Rice
- Tinned tomatoes/ pasta sauce
- Beans, lentils and pulses
- Tinned meat
- Tinned vegetables
- Tea/coffee
- Tinned fruit
- Biscuits
- UHT milk
- Fruit juice
- Deodorant
- Toilet roll
- Shampoo
- Toothbrushes
- Toothpaste

Food banks give food and other household goods to people who are finding it hard to buy enough for themselves. There are about 2,000 food banks in the UK, and more than 1.6 million people used them in 2019. These food banks rely on donations of items such as cereals, pasta and tinned food, which are given to those who need help. Many food banks have said that they can't supply enough food at the moment because they are getting fewer donations – just when more people than ever are in need. The good news is that it is easy to donate. You can give long-life foods and toiletries but it's a good idea to ask your local food bank first what is needed. Many supermarkets have a place where you can leave items that will be given to the food bank, or you can find your nearest one at tinyurl.com/TWJ-foodbank. If you want to help in another way, you could ask an adult to give some of your pocket money to one of the charities helping people in need.



Spread kindness

Little acts of kindness can have great results, especially now. Some of the key ways to be kind can involve sharing, helping and being grateful. If you have a favourite book, food or toy, it's not always easy to share it. However, it might be easier to let someone else have it if you think about how happy it

will make them. Small acts of kindness, such as making a cup of tea, helping with chores or just listening to someone can brighten a person's day too. It's important to let people know when you are thankful for something they've done for you. You can tell them how grateful you are or write it in a note.

Write letters to care homes

What you need

- Pen
- Paper
- Envelope
- Stamp

Instructions

Many people in care homes are feeling very isolated because they cannot have visitors at the moment. To help lift their spirits, why not write a letter to someone you don't know who lives in a care home? Start by searching for the address of a care home near you. Begin your letter with "My Dear New Friend" (use this on the envelope too). Then write whatever you want. At the end, include your name and address in case the recipient wants to write back. Ask a parent or carer to include a note explaining that you hoped there might be someone wanting to get a letter. Once care homes are allowed visitors again, you might even get to meet your new friend.



Got an idea? Made something cool? Share it with us at hello@theweekjunior.co.uk