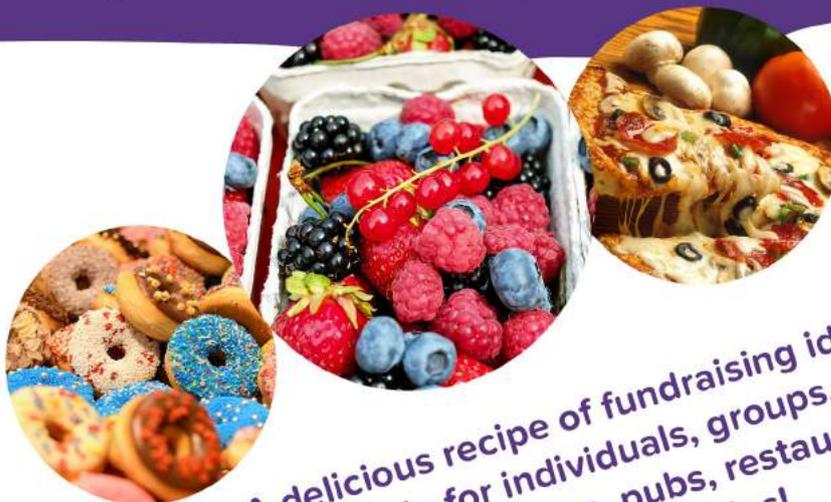




★ Fundraising Pack ★

Eat BIG and fork out for Jessie May and raise money for terminally ill children in your area

Foodie fundraising ideas inside for



A delicious recipe of fundraising ideas inside for individuals, groups, schools, corporates, pubs, restaurants, friends and families!



Find out more at:

www.jessiemay.org.uk/the-big-eat



Who are we?

Jessie May is a charity that provides specialist nursing care for terminally ill children in their own homes. We offer vital respite care and emotional support to those children's families, as well as end of life care and bereavement support.

Our nurses provide this free-of-charge care to families across Bristol, Bath and North East Somerset, South Gloucestershire, North Somerset, Swindon and Wiltshire. Jessie May takes children for fun days out, hosts respite days and offers support to children who are admitted to hospital.



It costs around £1,500,000 to provide this care yearly and our charity is almost entirely reliant on public support.



The Big Eat Menu



Starter What's The Big Eat?

We have launched The Big Eat to inspire supporters to fundraise for Jessie May by eating BIG, 'forking' out and indulging in their favourite foodie treats!

The Big Eat is a big foodie fundraising campaign which everyone - from schools to businesses - can get their teeth stuck into. The Big Eat brings everyone together, whether you'd like to bake, eat, diet or compete!



Main How you can get involved

In this pack you'll find lots of ideas for how you can fundraise through The Big Eat, from hosting a dinner party to competing in a Bake Off. You can browse through our pages for inspiration and check over our foodie-calendar too! Not sure on ideas? NACHO problem - we have plenty to TACO-bout!



Dessert

And the icing on the cake?

Every bite and every calorie (gained or lost!) through The Big Eat will help fund Jessie May nurses, and support Jessie May families.

DOUBLE portions with The Big Give!



We would love for you to take part in The Big Eat and raise money for Jessie May - and there's never been a better time to get involved! We are taking part in the national match-funding campaign The Big Give Christmas Challenge.

During The Big Give, your donations will be **DOUBLED!**

The Big Give takes place from November 27th to December 4th 2018. During this week, every penny we receive through donations, including money from The Big Eat, will be match-funded by pledgers.

We aim to reach our target of £23,100 which will allow us to provide care for 11 newly referred terminally ill children. To make your donation go twice as far, donate your Big Eat funds during The Big Give! Visit: www.jessiemay.org.uk/the-big-give



A to Z of Foodie Fundraising

A is for apple bobbing



G

is for 'Give Up!' Chocolate, takeaways, crisps... get your friends to sponsor you!



B

is for Bake Off's - at work or at home! Battle it out with friends, family or colleagues!

H

is for hold a Jessie May garden party

C

is for 'Come Dine With Me' style competitions!



H

is for ice cream sales! Cool down your colleagues with office lollies and ask for a donation!

D

is for dinner parties



I

E

is for Easter Egg hunts!

J

is for jellybean jar - guess how many!



F

is for 'Five a Day Challenge - make this one your own! Stick to fruit, or try 5 new foods a day!



K

is for Krispy Kreme doughnuts - sell them at work and make a profit!

A to Z of Foodie Fundraising

L is for lollipop lucky dip

M is for the Malteaser Challenge! Make your own chocolatey-challenge and send us your photos!

N is for NUTELLA - say no more!

O is for organise a pizza and prosecco night!

P is for pancake party! Compete for the best topping - we're eggcited to see them!

Q is for quenching the thirst - sell homemade lemonade or juice at a sports/outdoor event and ask for donations

R is for raffles! Sweets, chocolate and wine!

S is for 'Sing for your Supper!' - host a talent show/karaoke and dinner night

T is for taste testing competition - sample snacks blindfolded!

U is for unique dining - set up a dinner party somewhere unusual!

V is for vegetable exchange - organise an event where people bring their harvests and ask for donations

W is for wine tasting - with cheese!

X is for x-treme eating challenge - think Man vs Food (please eat responsibly!)

Y is for 'Young Lunchers' - teddy bear's picnic or pizza night after school!

Z is for zest! Take on the lemon challenge!

Lucy's Summertime Cupcakes!

Our community fundraiser Lucy shares her mouth-watering recipe for these sweet treats!

Ingredients:

For the cupcakes (makes 12)

- 110 soft butter
- 2 large eggs
- 110g golden caster sugar
- 1 tsp vanilla extract
- 1-2 tbsp milk
- 110g self-raising flour

For the compote & clotted cream top

- 1 tub of clotted cream
- 500g mixed berries
- 80g golden caster sugar
- 2-3 tsp lemon or orange juice

Method:

1. Preheat the oven to 180C/350F/ Gas mark 4 and line a 12 hole muffin tin with paper cases
2. Cream the butter and sugar together until pale
3. Beat in the eggs and stir in the vanilla extract
4. Fold in the flour, adding the milk
5. Spoon the mixture into your paper cases until they're half full



6. Bake in the oven for 10-15 minutes, or until gorgeously brown!
7. Set aside to cool for 10 minutes, then remove and cool on a wire rack
8. Topping: Add all to saucepan on low/mid heat and stir until a lumpy but broken down mixture is formed
9. Once the cupcakes have cooled, add a dollop of cream and then top with the compote and perhaps a strawberry to garnish!



Hostess with the Mostess!

Dinner parties, picnics & safaris!

If you have an appetite for dinner parties, why not host your own in support of Jessie May? Bring together your friends and family and help raise money through The Big Eat!

Test your palate with these fun ideas to get you started...

Cheese and wine evening



Afternoon tea

BBQ

#JessieMaysTheBigEat

American supper

Pizza and prosecco night

The Big Eat

A murder mystery party and dinner

Picnic

A sit down formal dinner party

A themed dinner party - get everyone to dress up!

Street party - bring together your neighbours and take some Jessie May collection tins!

Dinner Party Safari

Grab a bunch of friends and host a different course at different venues! Starter at one house and trundle onto the next venue for the main, and so on...

You don't have to stick to three - think BIG EATS and try a scrumptious seven course safari dinner... the walking will keep appetites up!

You could even allocate each individual with a different cuisine and make it a real 'Around the World' safari dinner!



Come Dine With Me

The oven gloves are off - compete for the best meal 'Come Dine With Me' style and crown The Big Eat winner! Split the winnings between your favourite chef and Jessie May!



Picnics

Let your work, your local restaurant, your pub, your church and your social group know you've decided to EAT BIG! Host a picnic and allocate each person with a dish - ask for donations to take part.

The EAT BIG

Seasonal Big Eats

Save the dates - your foodie fundraising calendar!



February
14th - Valentine's Day - Bake some Valentine's cupcakes and people can donate for you to deliver them to their Valentine in the office or at school!

February



Easter - Easter egg hunt, chocolate eating competition, chocolate egg decorating - guess the number of eggs in a jar!



April

January

Burns Night - Haggies 'n' Tatties evening. A classic Scottish tea party - or how about a whisky tasting party!



17th - St Patrick's Day - Pot 'o' Gold Lucky Dip using chocolate coins, shamrock bake sale - everything's green!

May

Ramadan - support Ramadan by choosing to take part for a period of time and get sponsorship for doing so - or donate your lunch meal equivalent



Eid - Host an Eid celebration party



June

July

4th - Independence Day - host a red, white and blue party, American-themed food night in



National Panini Month

August

Octoberfest and Halloween - cauldron soup sale, apple bobbing, edible creepy crawlies challenges



1st-7th - National Cake Week

September

Organic September (all month), Harvest - harvest exchange festival themed dinner

7th - World Salami Day

13th - International Chocolate Day

22nd - British Food Fortnight

1st - World Vegetarian Day & International Coffee Day

October



10th - World Porridge Day

16th - World Food Day



November

Bonfire Night - hot dog and toffee apple sale - hold a fondue party with LOTS of cheese (introduce some sparklers for the evening!)

Christmas - mince pies and mulled wine evenings! Christmas cookie decorating, winter solstice soup night, gingerbread house contest!



24th - National Eggnog Day

Thanksgiving - American-themed supper, pizza and beer pong - team up with your fellow frats and sorority sisters and have a party! Turkey eating competition - can you eat more than Joey Tribbiani?

December

1st - National Vegan Day



4th - National Cookie Day

New Year's Eve - cocktail and canape night

17th - Homemade Bread Day

3rd - National Sandwich Day



13th - National Hot Chocolate Day

25th - Stir Up Sunday





Little Eats!



Schools - Nurseries - Mums & Tots - Holiday Clubs

There are plenty of ways those at schools and with smaller appetites can get involved with The Big Eat. From nurseries to holiday clubs, those hungry for foodie fun can help raise money for our charity through...



Bake sales! - From cupcakes to homemade loaves, raise money for Jessie May and bake away!



Ice creams in the playground



Messy Eats... do you dare to propose a food fight?



Sell food baked during food tech classes - get an A* for effort!



Tuck Shop - sell snacks and send the profits to charity



Pizza and film night after school hours - fun when homework's all done! Make a picture in your pizza topping



Teddy Bear's Picnic - bring your favourite cuddly +1 and enjoy a picnic with friends



RECIPE

Rachel's Wholewheat Banana Loaf



Ingredients

- 115g butter at room temperature
- 115g caster sugar
- 2 eggs
- 115g plain flour
- 1 tsp bicarbonate of soda
- 1/4 tsp salt
- 1 tsp cinnamon
- 55g wholewheat flour
- 3 large ripe bananas
- 1 tsp vanilla essence
- 55g chopped walnuts (can be replaced by chocolate)

Method

1. Preheat the oven to 350F/180C/gas mark 4
2. Grease and line the bottom and sides of a 23x13cm loaf tin with greaseproof paper
3. With an electric mixer, cream the butter and sugar together until light and fluffy
4. Add the eggs one at a time, beating well after each addition
5. Sift the plain flour, bicarbonate of soda, salt and cinnamon over the butter mixture and stir to blend
6. Stir in the wholewheat flour
7. With a fork, mash the bananas to a puree, then stir into the mixture followed by the vanilla and nuts (or chocolate)
8. Pour the mixture in the prepared tin and spread level
9. Bake in the preheated oven for 50-60 minutes until a skewer inserted into the centre comes out clean. Stand for 10 minutes before moving to a cooling rack





The Big Eat at Work

When you're counting down until your lunch break – why not rally up your colleagues to get involved with The Big Eat!

The Big Eat gives your workplace a fantastic excuse to eat big for a worthy cause. Here are a few fundraising ideas to tantalise your colleagues' taste buds...



Bake Off - DOUGHNUT take the challenge lightly! Challenge your colleagues to a Bake Off style contest, include a cost to enter, and split the winnings between your champion and Jessie May!



Tuck Shop - Set up your own tuck shop and keep your colleagues satisfied between meetings



Lunch Box Nostalgia - challenge your workplace to bring a lunch box filled with food from their childhood! Present your old-school lunchboxes and compete to guess who's brought what. Perhaps the most nostalgic wins the prize!



Big Eat on the Boss - Get your boss to pay for lunch - and ask your colleagues to donate



Bake Sale - get ready to bake for The Big Eat!



Friday Treats - Start the weekend deliciously and raise funds selling end of week snacks!



Pizza party - Charge per cheesy slice



Lunch time picnics - Take a break, lay out a picnic blanket and donate for some al-fresco dining with your colleagues



Bacon butties for breakfast - early morning fundraising!



Lunch 'n' Learn - put on a buffet or picnic and bring along someone interesting to talk - if you'd like a Jessie May team member just ask!



Doughnut Day - Donations welcome for a midday treat



Skip the snacks - Get your workplace to resist work-day snacking and donate their spare change to Jessie May instead



Happy Hour - bring out a prosecco trolley and exchange bubbles for donations



Fundraising wine and cheese evening for your team - and clients!



BBQ in a partner's garden - a great opportunity to network and raise money!

The Big Eat at Christmas!

Join in with The Big Eat and have a festive celebration in support of Jessie May! Why not host your workplace's Christmas party in aid of our charity and donate profits from entry, and food and drink, to Jessie May.

A Christmas raffle is another brilliant way people can get involved and give generously in the festive spirit. Think mulled wine and mince pies - during, after work, to help fund our amazing nurses.



Don't forget to share your foodie photos online using #JessieMaysBigEat



Out on the town: Fundraising food for thought!



Fundraising ideas for pubs, bars, restaurants & health clubs



The Big Eat is all about having fun cooking, eating, sharing and competing to raise money for Jessie May. We're looking for foodie places to get involved and show their support through their own establishment.



The Big Eat Dish - it could be a special starter, burger or pudding - and give customers the option to add a £1 donation on top, to help fund our nurses



Make a meal out of it! Make a special recipe to raise money for Jessie May, or add our name to one of your favourites for a period of time. (Our fundraisers are more than happy to help sample!)



Save the date ; hold a seasonal event and ask for donations instead of tickets on the door



Jazz it up! Add some entertainment to your establishment, such as live music, to help bring in donations



Go al-fresco! Take your restaurant outside and have a stall for passers-by with a Jessie May collection tin



One day only - offer a percentage of your profits as a donation to Jessie May - we'll share your posts and help promote your brand in the run-up



First table - award your first customer of the day for a period of time with a free meal - and ask for a donation to Jessie May instead



Meal deal fun - Do you have meal deals at lunchtime? Maybe see if your customers are happy to add a donation to charity in exchange for the lower price



Host a special day - encourage your customers to EAT BIG by hosting a special day in support of Jessie May. Our Fundraising Team are on-hand to provide banners, leaflets and collection tins for your Jessie May foodie fundraiser



Lighter Bites & Diets

If you're watching your weight you can still get involved with The Big Eat! Whether you're an individual looking to lose a few pounds, or a gym or weight loss club looking to support a local cause, we have a large plateful of healthy fundraising ideas to share!

Give up!
Commit to giving up chocolate, crisps, sugar... or whatever you like and get sponsored for the challenge! Why not dare your partner or friend to do the same and compete...

Don't order that weekly takeaway and donate what you save to charity

Don't go to the pub and donate your beer money to Jessie May

During Lent, donate your unspent food money to Jessie May



Celebrate National Vegan Day (1st November) and host a vegan dinner party asking attendees to donate

Our fundraiser Debbie shares her recipe for...

Debbie's Delicious Oaty Breakfast

A tasty treat for those on a diet! These overnight healthy oats are low fat, high in fibre and easy to eat on the run!

Create a healthy recipe book - share your foodie secrets with family, friends and colleagues and donate the profits.

Take on the 'Pound for Pound Diet Challenge' - the more you lose, the more you give! It's a win win - donate yourself or get sponsored to lose weight

Ingredients

- 40g porridge oats
- 1 low/non-fat fruit yoghurt
- fresh/frozen fruit of your choice chopped

Method

1. Stir all the ingredients together
2. Cover and leave overnight in the fridge

3. In the morning - you're ready to go!

Make sure to send us your photos and recipes across our social channels using #TheBigEat



#JessieMaysBigEat

Bon appetit!

EAT BIG for



The EAT BIG



You can get involved with The Big Eat as an individual, or through your work, social clubs, favourite pub or child's school. We hope you're inspired by all the ideas in this fundraising pack – and of course, feel free to come up with your own!

Thank you so much to all hosting a Big Eat event (and PUDDING up with all our food puns!) Make sure to send us your photos along the way and share them, along with your recipes, using #TheBigEat.



How your money helps

Jessie May is committed to making sure your fundraising efforts directly help families and children in your local communities.

Though it costs over £1.5 million to provide a service to the families who need our help, every donation – no matter how big or small – has an impact.



How to pay in your money

Jessie May is taking part in this year's national match-funding campaign The Big Give. During this 1 week only, any money you donate will be **DOUBLED!**

To donate during The Big Give (Tuesday 27th November to Tuesday 4th December) visit: www.jessiemay.org.uk/the-big-give. Here you can click through to our profile and process your donation.

Unfortunately we cannot accept donations by post/in person for them to be registered through The Big Give and doubled. If you would like to donate by cheque or cash, or cannot process your donation through The Big Give, don't worry! We are extremely grateful for donations of any size and are always hugely touched when supporters choose to fundraise for us.

You can donate by visiting www.jessiemay.org.uk/donate or sending by post to address below. If you'd like to drop in with your donation, please do - we love to thank our supporters in person!

Keep in touch!

We'd love to hear from you as you take on The Big Eat, no matter how you're getting involved. Make sure to share your photos and stories with us along the way!

Registered charity number: 1086048

Find out more at: www.jessiemay.org.uk/the-big-eat

To contact the Fundraising Team:

 fundraising@jessiemay.org.uk

 0117 958 2174

 35 Old School House, Kingswood Estate, Britannia Rd, Kingswood, Bristol, BS15 8DB

 @jessiemaycharity

 @jessiemaytrust

 @jessiemaytrust

 @the-jessie-may-trust