

# Walk 50 or 100 miles this spring



### Will you step up to the challenge?

Take on the Miles for Meals challenge to walk either 50 or 100 miles over one month, whilst fundraising to get good-to-eat, surplus food to those who need it most. This challenge is super flexible, so you can cover the distance in your own time and your own way.

Whether you're going for a walk in the park or clocking up miles on a treadmill, every step you take counts towards your target distance of 50 or 100 miles.

Miles for Meals is open all spring, although most FareShare walkers will be setting off in April.

#### Get the whole team involved

This year, we're encouraging as many of our corporate partners to take part as possible.

Why not bring your team together with a corporate engagement activity that'll make an impact?

#### **WORK AS A TEAM...**

Get your staff to join forces and work together to reach the 50 or 100 mile target. Or go the extra mile and make your team's target even bigger - aim for 500 or even 1,000 miles!

#### OR RACE TO THE FINISH 🟆

Alternatively, divide your staff into teams and watch them compete to reach their distance and fundraising targets first. You could even offer a small prize for the winning team.

Our dedicated team will work with you to plan your fundraiser and turn Miles for Meals into the perfect employee engagement activity for your company and staff.

Complete the sign up form now and a member of our team will be in touch.





## £50 raised can help redistribute the equivalent of 250 meals!

"That extra food that FareShare provides ECO, which is passed onto our community for such a small price, has turned my life around. It has taken the worry out of mealtimes." - **Joann, service user at ECO** 



