

Supported by



# Big Scottish Breakfast

## Friday 6th September 2019

**We all know that breakfast is the most important meal of the day. Well on Friday 6th September, breakfast will be the most important meal of the year.**

220,000 children are currently living in poverty in Scotland. That's one in four who are missing out on simple things we all take for granted – simple things like having breakfast. No breakfast means they go to school hungry, struggle to concentrate and fall behind.

STV Children's Appeal has set up the Big Scottish Breakfast, and for one morning of the year, we are asking friends, families, colleagues and classmates to eat breakfast together and raise vital funds for children and young people.

### About the STV Children's Appeal

The STV Appeal is committed to helping children and young people in Scotland who are affected by poverty.

The money raised by the STV Children's Appeal helps make a real difference in the lives of Scotland's children and young people by providing practical help like food and warm clothes, creating opportunities for training and employability, and enabling social and emotional support for those who need it most.

Every single penny raised by the STV Children's Appeal stays in Scotland and 100% of donations are spent on the children who need it most, as all overheads are met by STV and The Hunter Foundation.



### Hosting a Big Scottish Breakfast is easy

- Decide on your venue
- Invite your guests
- Decide what food you want at the event and you can encourage everyone else to bring something to the table
- Have fun – play lots of games, eat lots of food and take lots of photos using **#STVAppeal**
- Collect donations and bank the money you raise

**Contact us to register your interest and order your Fundraising Pack and goodies**

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call **0141 300 3695** or visit [www.stv.tv/appeal](http://www.stv.tv/appeal) for more details.

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