

**Donations to Foodbanks:** A tin of beans, a packet of rice, a can of peaches, a carton of juice or simply your time can go a long way to helping someone in crisis. As individuals, groups or businesses, if we give what we can when we can, then we can help those on the front line of the fight against food poverty. Any one of us could be there. Contact: The Trussell Trust for where, how and what to donate or how to volunteer: <https://www.trusselltrust.org>

**Food Shares & Community Kitchens:** From potluck meals with friends and family where everyone brings cooked food to share or an ingredient to make a meal together, to community kitchens and gardening projects, there's lots of ways to make food go further and connect with others as you do so. Nott Normal will be putting together a list of links to relevant local projects and organisations shortly, so if you'd like to add yours please let us know.

**Parents & Other Educators:** The story of the food riots is an important part of our shared history. Why not visit our website to check out the brief background story and other resources? See what ideas, links, projects and discussions it sparks. See [www.nottnormal.life](http://www.nottnormal.life) for more info.

**Businesses & Other Employers:** If you're looking for a way to reduce food waste and give back to your community, why not look into supporting a local Foodbank or Community Kitchen? Other vital ways any business can help is by making sure everyone is paid and treated fairly, that prices are kept reasonable where-ever humanly possible. Minimising waste & energy use helps too.

**Think About Food:** Anyone interested in fighting food poverty is invited to the Big Cheese Roll whether you're more vegan cheese, best brie or Mucky D's. High food and living costs have many economic, social, political & environmental triggers but we can each do what we are able and willing to help. Any or all the following options could help save resources and prevent some of the drivers of high food prices and extreme hunger: reducing food waste at home; reducing packaging waste; buying local to limit food miles and support regional producers and traders; limiting our use of chemicals & pesticides; moving to more plant-based diets. Do what feels right to you.

**Artists & Performers:** Performance poets, carnival acts, street performers, musicians, costume makers and digital designers of all abilities are invited to take part this and future years. Please keep it peaceful, safe, inclusive & non-party political. Just get in touch.

**Get Others Involved:** Could your workplace, school, arts organisation, awareness group, religious group, NGO or society get involved in raising food donations or hosting potlucks or inclusive, welcoming community meals and events? Would your group like to partner Nott Normal to help grow the Big Cheese Roll in future years? Or would you like to sponsor posters, costumes or performers? We'd love to hear from you.

The Big Cheese Roll, Market Square Nottingham, Sunday 6<sup>th</sup> October 2019 at 2pm. Come in yellow or dressed as a cheese & bring a donation for local foodbanks. This is a family-friendly, inclusive event. This is how we roll 'til no one goes hungry!