



#RaiseAndShine
on or around
Friday 16
October 2020

YOUR GUIDE TO HOSTING A

BIG SCOTTISH BREAKFAST.

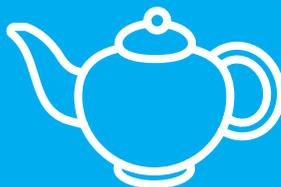


**BIG
SCOTTISH
BREAKFAST**

WHY HOST?

Breakfast is the most important meal of the day, but we often eat it in a hurry or skip it completely. For one morning of the year, we want you and your friends, families, colleagues or class to eat breakfast together, either in person or virtually online, and have lots of fun. It's as simple as that.

220,000 children are currently living in poverty in Scotland. That's one child in four missing out on simple things many of us take for granted – like having breakfast. And it's these very children who have been hit the hardest during the coronavirus pandemic with many being pushed even deeper into poverty and isolation.



My 3 children are all grown up now, but as a family, we were always hot on making sure they have full tummies on their way to school to help them concentrate and start their day the best way possible.

It's a frightening statistic that one in four kids right here in Scotland don't have that luxury, and that something as basic and simple as breakfast is even considered a luxury, and not a given. What chance do these wee souls have, if they can't afford to start the day the right way?

Please get behind the Big Scottish Breakfast and feed their hearts and minds.

Carol Smillie

HOW DO I HOST A BIG SCOTTISH BREAKFAST?

It's easy!



Decide on your venue

Will you host at home, school, work, or are you planning a virtual event by inviting everyone to meet online?



Start planning and send out your invites

You can use the poster included in your fundraising pack or create an event on social media.



Decide what food you want at the event

Encourage everyone else to bring something to the table, or share a recipe for everyone to make before joining online.



Let us know you're taking part

Email details of what you're getting up to, where and when to stvappeal@stv.tv



Stay safe

Please check the government's guidelines on social distancing and how to host an event in person responsibly.



Have fun

As well as enjoying the food, have some great conversations, play lots of games and create some challenges. We've shared lots of ideas throughout this pack but what else can you think up?



Take lots of photos

Share them on social media use the hashtag **#RaiseAndShine** and don't forget to '@' us!



Collect donations

Pay in to STV Children's Appeal to help young people all across the country!

RECIPE SUGGESTIONS

Breakfast isn't just the most important meal of the day, it's also the best. There is so much you can do with breakfast and so many different recipes to try.

Below you can find a few simple and delicious recipe suggestions to help you on the big day.



FRENCH TOAST

(4 servings)

Ingredients

- 1 egg
- 1 tsp vanilla extract
- ¾ cup milk
- 1 pinch salt
- 1 tbsp ground cinnamon
- 2 slices of bread

Directions

Beat the egg, milk, salt, desired spices and vanilla together.

Heat a lightly oiled griddle or skillet over medium-high heat.

Dunk each slice of bread in the egg mixture, making sure to soak both sides. Place in pan and cook on both sides until golden. Serve hot.



STRAWBERRY & BANANA SMOOTHIE

(1 serving)

Ingredients

- Handful of strawberries
- 150ml natural yoghurt
- 1 sliced banana
- 1tbsp honey
- 25g porridge oats
- 100ml apple juice

Directions

Pop all your ingredients into a food processor or blender.

Blend for 30 seconds until smooth and thick.

Pour your smoothie into a tall glass, add ice and enjoy!



BLUEBERRY CAKE MUFFINS *(16 servings)*

Directions

Preheat the oven to 180°C and place 16 paper liners in muffin pans.

Cream the butter and sugar until light and fluffy in an electric mixer with the paddle attachment – this should take around 5 minutes.

With the mixer on low speed, add the eggs 1 at a time before adding the sour cream, vanilla and milk.

In a separate bowl, sift together the flour, baking powder, baking soda, and salt. With the mixer on low speed add the flour mixture to the batter and beat until just mixed. Fold in the blueberries with a spatula and be sure the batter is completely mixed.

Scoop the batter into the prepared muffin pans, filling each cup just over the top, and bake for 25 to 30 minutes, until the muffins are lightly browned on top and a cake tester comes out clean.

Ingredients

- 12tbsp unsalted butter
- 1½ cups sugar
- 3 extra large eggs
- 1½tsp vanilla extract
- 8oz sour cream
- ¼ cup milk
- 2½ cups plain flour
- 2tsp baking powder
- ½tsp baking soda
- ½tsp salt
- 1 pint fresh blueberries, picked through for stems



PANCAKES *(4servings)*

Ingredients

- 1 cup plain flour
- 2tbsp white sugar
- 2tsp baking powder
- 1tsp salt
- 1 egg, beaten
- 1 cup of milk
- 2 tbsp vegetable oil

Directions:

Mix flour, sugar, baking powder and salt in a large bowl.

Make a well in the centre and pour in milk, egg and oil, then mix until smooth.

Heat a lightly oiled frying pan over medium heat, then pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

HOW TO HAVE FUN AND FUNDRAISE

Thanks again for getting involved in the Big Scottish Breakfast and helping support children affected by poverty right here in Scotland.

Whether you are having a virtual Big Scottish Breakfast over the internet or getting everyone together in a safe way, there's lots of a great activities, challenges and games to get involved with, so have fun planning or get in touch if you need any of the game or challenge packs.



Create a **Big Scottish Breakfast Quiz**. We've all taken part in lots of quizzes but that's because they are fun and everyone can take part. Play for fun or make it competitive.



You could ask for a **small entry fee** from each of your attendees in exchange for a delicious breakfast or ask for donations towards each of the activities you have planned.



Play some of our **new free fundraising games**. We've got a virtual escape room and a murder mystery to solve and you could ask for a small donation from your guests to play.

DID YOU KNOW...?

A donation of £5 could provide internet access to a young person feeling cut off from others.



Hold a contest.

Who can flip a pancake the highest? Who can create the best breakfast roll? Who can invent the most unique breakfast smoothie?



Work it off.

If you need to work off your big breakfast why not take on a challenge and ask for donations as sponsorship. Run a breakfast mile, cycle 20 miles or set your own challenge. Inspiration can be found in our Virtual Challenge pack.



Start some conversations

and settle some scores. What is better – red sauce or brown? Links or Lorne? Where and what was the best breakfast you've ever had?

DID YOU KNOW...?

£10 could provide essential food and household items like nappies to a family struggling to make ends meet.

ACTIVITIES FOR SCHOOLS, NURSERIES & YOUTH GROUPS

Dress up / dress down

Would you rather meet up casual, dressed suited and booted, or in fancy dress? Make a donation for joining in and a prize could be awarded to the best outfit.

Breakfast ART

Breakfast isn't just delicious, it's also a great opportunity to get creative. You probably remember being told to never play with your food, but for one day of the year

we want you to ignore that advice!

Use your food at your Big Scottish Breakfast to create a piece of edible art and share your pictures on social media using the hashtag #RaiseAndShine.

Get Active

Take part in a morning mile march, a breakfast welly waddle or a Zumbathon to have some fun and enjoy some morning fitness.

ACTIVITIES FOR THE WORKPLACE

Let's face it, work has not been what we've known it this year! Home working, furloughing, different ways of working, or maybe you're a keyworker – we've all seen a lot of change.

Why not take the time to pause and have breakfast together – either physically within the guidelines, or virtually. Enjoy some great food, share some stories, play some games, and reconnect with one another.

It's a great way to support one another, strengthen staff wellbeing and build team morale.

It's also an opportunity to give something back and remember children and young people living in poverty across Scotland who have been hit hard with the impact of lockdown. By making a small donation, you'll be helping to put breakfast on their table too, giving kids a great start to their day.

DID YOU KNOW...?

A generous gift of £20 could provide gas and electricity to heat a family home for a couple of days.



In addition to the other ideas in this pack, some workplace specific ideas could include:

Dress up

'Dress Down Friday' for lots of us has been the norm since lockdown. Why not dig out those work clothes and rekindle a strange love for office attire that you never knew you had!

Organise a socially distant breakfast

Host a networking event with Senior Leadership and other speakers

Think about prizes

Could your workplace put up a prize; a bottle, a day off or an experience to auction or raffle for colleagues to win?

Get fit together

Throw an office Zumbathon or Yoga class to work off those extra calories enjoyed!

HOW TO DONATE & PAY IN

There are many ways you can pay in the funds you've raised.

TEXT TO DONATE

A participant could make a donation of £5 by texting HERO to 70507

ONLINE

Make a one off donation at **stv.tv/appeal** or you could set up your own online fundraising page and receive sponsorship at **justgiving.com**

PAY IN AT A BANK OR VIA ONLINE BANKING

Please use the details below to pay in your money at any branch of Royal Bank of Scotland:

Account details: Royal Bank of Scotland
Account name: STV Children's Appeal
Account No: 11956729
Sort Code: 83-06-08
Please use reference: Your business, school, group or organiser's name

.....

PAY BY CHEQUE

Please complete and return this pay in form with your cheque to:
STV Children's Appeal, Pacific Quay, Glasgow, G51 1PQ.

Name	
Address	
Postcode	
Email	Telephone

I enclose a cheque made payable to STV Children's Appeal for £

If you are returning a cheque by post, please remember to send your sponsorship form to the address above so that we can claim Gift Aid.

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THANK YOU & GOOD LUCK!

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Sean Batty

I've had a brilliant time supporting the Big Scottish Breakfast over the last few years and I'm really excited to help with this year's campaign.

This year we're determined to go bigger and better than ever, and I'd love to see schools, businesses and groups right across the country join in with their own Big Scottish Breakfast to raise money for Scotland's children.

We all know that breakfast is the most important meal of the day, so please help the STV Children's Appeal ensure that children in Scotland get a good start to the day and the best start in life.



STV Children's Appeal,
Pacific Quay, Glasgow,
G51 1PQ



0141 300 3772



stvappeal@stv.tv



stv.tv/appeal



@appealstv



@stvappeal



@stvchildrensappeal

#RAISEANDSHINE

#RAISEAND
SHINE

YOU'RE INVITED TO THE

BIG SCOTTISH BREAKFAST.

WHEN:

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TIME:

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WHERE:

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THANK YOU.

TOGETHER WE RAISED

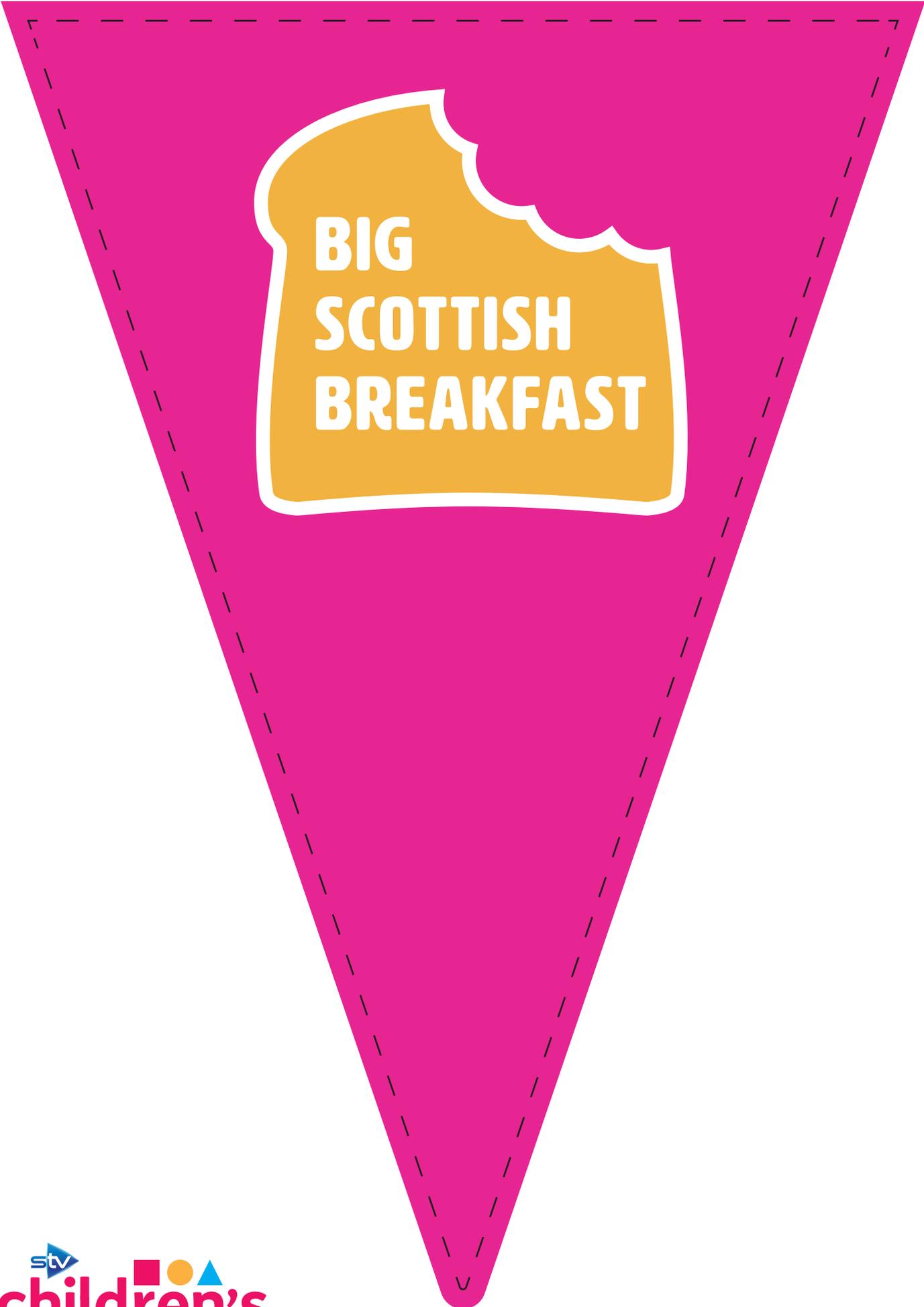
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FOR SCOTTISH CHILDREN
LIVING IN POVERTY.

BIG SCOTTISH BREAKFAST

STV Appeal SC10 SC042429

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