



## **Miles For Meals: January Walking/Running/Cycling/Swimming Challenge Pack**

Welcome to the Miles for Meals January Challenge!

Thank you for stepping up to support FareShare Greater Manchester's Van Appeal. This challenge will support our urgent appeal to raise £25,000 for a new delivery van — a vital lifeline that keeps good-to-eat surplus food moving to the charities and communities we serve.

Our vans are ageing (one is 17 years old) and without them, we simply cannot reach the 60 organisations each week that rely on our deliveries. But this January, you can help keep us on the road — one step at a time.



## How the Challenge Works

### 1. Choose Your Distance



*Choose your route:*

*Ancoats / Fallowfield Round - 9 miles*

*Chorlton / Levenshulme Round - 17 miles*

*Oldham Round - 21 miles*

*Crumpsall / Salford Round - 29 miles*

*Miles Platting / Chorlton Round - 31 miles*

*Bolton Round - 40 miles*

*Wigan / Atherton Round - 65 miles*

*Or do a combination of routes : Bolton +*

*Crumpsall + Oldham = 100 miles*

You could pick a FareShare Greater Manchester delivery route distance, a combination of routes, or simply choose a distance of your choice. The aim is to cover that distance of miles by walking, running, cycling or swimming (or rollerskating if that's your thing) during the month of January.

Many of us use our New Year's Resolutions to get more active, so this is the perfect way to get fitter, move more and support a really important cause at the same time – which might be the motivation you need to keep going.

Some examples of how far you might like to travel include:

9 miles – One of our shorter local routes around Ancoats & Fallowfield.

16 miles – A delivery route which covers two clusters of community centres & food banks in Salford & North Manchester.

21 miles – Our Oldham Route

75 miles – Serving multiple food banks and community groups in Atherton and Wigan.

Or make up your own! For example, if you add the three routes from Bolton + Crumpsall + Oldham = 100 miles.

## 2. Raise Sponsorship

You can set up your own online fundraiser through our van appeal Just Giving Page. That way anyone who chooses to sponsor you can do it easily. All you need to do is spread the word about what you are doing and why. Ask friends, family, colleagues and neighbours to donate per mile or give a set amount.

To set up your fundraiser, go to our Van Fundraiser Winter Appeal page on Just Giving:  
<https://www.justgiving.com/campaign/van-fundraiser>

The screenshot shows the Just Giving website interface for the 'Van Fundraiser Winter Appeal'. At the top, there's a navigation bar with the Just Giving logo, a menu, and options for 'Start Fundraising', 'Search', 'Log In', and 'Sign up'. The main heading is 'Van Fundraiser Winter Appeal'. Below this is a large image of a white van with 'good food to good causes' and 'www.fareshare.org.uk' written on it, along with the FareShare Greater Manchester logo. To the right of the image is a progress bar showing '11%' raised of a '£2,890' target, with a note 'raised of £25,000 target by 26 supporters'. Below the progress bar are 'Give Now' and 'Share' buttons. A red-bordered box highlights a 'Be a fundraiser' section with the text 'Create your own fundraising page and help support this cause.' and a prominent orange 'Start fundraising' button. At the bottom, there's a section for 'EMERGE 3Rs (FareShare Greater Manchester)' with the RCN number 1132944 and the website www.faresharegm.org.uk.

Simply click on the orange 'Start Fundraising' button, follow the instructions and include your mileage target for the month plus why you're supporting us this way.

For example: “I’m walking XX miles – the distance of a FareShare Greater Manchester delivery route – to help raise £25,000 for a new van. Without their vans, food can’t reach the charities they serve every week.”

## **2. Walk/Run/Cycle/Swim the Miles**

It’s up to you how you cover your mileage during January. You could complete your miles all in one go, spread them across the month, or track daily steps until you hit your target. (Remember, 31 miles sounds like a lot, but in fact, that just 1 mile every day throughout January.)

## **3. Share regular updates**

Post walking selfies, distance screenshots, or reflections on why this fundraising appeal matters.

## **4. Celebrate your finish**

Share your total distance and thank your supporters. Every donation counts! Every penny raised through this appeal will help keep us delivering food, hope and community support.

## **5. Why Your Challenge Matters**

Last year we delivered 2,000 tonnes of surplus food — enough for 4.72 million meals.

We support 260+ charities and community groups across Greater Manchester each month. Our vans deliver to 60 organisations every week that cannot collect from us.

Without reliable vehicles, food simply won’t reach the people who need it.

By taking part in this challenge, you are keeping our wheels turning.

## **6. Safety Tips**

- If you’re running or walking, wear comfortable and appropriate footwear and warm clothing.
- Walk in daylight or use hi-vis gear
- Stay hydrated
- Stick to safe paths and well-lit routes

- Let someone know your route before you head out or walk/run with a buddy if possible.

## 7. Share Your Challenge!

We'd love to follow your journey.

Tag us on social media:

Instagram: @faresharegm

<https://www.instagram.com/faresharegm/>

Facebook: FareShare Greater Manchester

<https://www.facebook.com/FareshareGreaterManchester>

LinkedIn: FareShare Greater Manchester

<https://www.linkedin.com/company/fareshare-greater-manchester/>

Use the hashtag: #MilesForMeals

## Thank You!

By taking on this challenge, you are supporting thousands of people across Greater Manchester. You're helping us deliver meals to families, elderly people, schoolchildren, people experiencing homelessness, and so many more.

Your miles are making meals. Your steps are keeping us on the road.

Thank you for being part of the journey.

To donate or learn more about the Winter Van Appeal, visit:

<https://faresharegm.org.uk/stories/help-keep-fareshare-greater-manchester-on-the-road/>

