

The Trust makes a difference... A major part of our work is to produce expert reports which establish nutritional and practical guidelines to help people eat well, including vulnerable groups such as the under 5's, looked after children and older people.

** ** *

The Trust brings people together... Every year the Caroline Walker lecture is given by a leading figure in the field of food or public health. The Caroline Walker Awards are presented for outstanding contributions to health through good food.

** ** *

With your support in the future ... We will continue to fill the gaps in nutrition standards and promote debate in this important area. Whether you make a donation or a legacy, you can help us to foster change in the right places so that the nation's health can be improved by means of good food.

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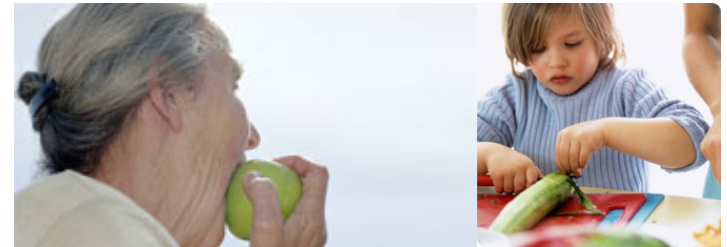
Please consider leaving the Trust a Legacy in your Will.

** ** *

The Caroline Walker Trust was founded in 1988 after the death of the distinguished nutritionist, writer and campaigner, Caroline Walker.

We continue her work.

Our funds come solely from grants and contributions.



Your support will allow our work to carry on ...

Please help us to continue by:

- ✓ Making a regular donation
- ✓ Giving a one off gift donation
- ✓ Leaving us a legacy in your will

The Caroline Walker Trust
22 Kindersley Way, Abbots Langley, Hertfordshire, WD5 0DQ

I want to help The Caroline Walker Trust

Please complete the form in BLOCK CAPITALS,

I would like to donate a regular monthly sum by Standing Order:

If you can spare even a couple of pounds a month you can make a regular contribution by setting up a standing order. (You can cancel a standing order at any time by notifying us or your bank/building society)

To the Manager

Name of bank:

Address of bank:

.....

.....

..... Postcode:.....

Account no.....Sort Code:.....

I'd like to give: £3 a month £5 a month Other £ ... (min £2)

Starting from (month):.....

Signature:Date:

I wish to make a one off gift:

Please make cheque/postal order payable to *The Caroline Walker Trust*

£100 £50 £25 £15 Other £

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Please complete your details:

Title:Forename(s).....

Surname

Address:

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..... Postcode:.....

Email:.....

Please add me to the mailing list and send me information via post/email*

I would like The Caroline Walker Trust to treat:

All donations I have made for the six years prior to this year and all donations I make from the date of this declaration until I notify you otherwise as Gift Aid donations.

You must pay an amount of Income Tax and/or Capital Gains Tax at least equal to the tax that the charity reclaims on your donations in the appropriate year. (currently 28p for each £1 you give)

Signature:Date:

Please return the form to the address overleaf. **DO NOT** send the form to your bank.