

Why should I make a will?

- A Will is a legal document that says who you want your money & possessions to go to when you die.
- An up to date Will is the only way to be sure your loved ones, and causes you care about, will get the gifts you intend for them.
- Many people think that they do not have enough money to make a Will worthwhile. However it is surprising how the value of your home, possessions and savings add up.
- A Will is a legally binding document. Always consult a solicitor or a member of the Institute of Professional Will Writers.

Find a solicitor by

- looking in your local telephone directory
- calling the **Law Society** on 020 7242 1222
- visit www.waterlowlegal.com/indexsolicitors.htm

Types of gifts

Three ways to make a big difference

1. **'Residual' legacy** - Give a percentage of your estate after all other gifts to friends and loved ones are satisfied.
2. **'Pecuniary' legacy** - Give a specific amount in £'s. This can be designated for general use or for a special purpose of your choice such as 'food in schools'/'children's food'
3. **'Specific' legacy** - Give an item such as a personal possession (an antique, jewellery) land, buildings or investments such as shares.

A legacy to The Food Commission Research Charity may reduce your liability for inheritance tax and will also help to ensure that future generations can benefit from our work.

Supporting The Food Commission

Many thanks for the support you have given us already, and thank you for considering leaving us a legacy in your Will. If you do choose to leave us a gift, you can use the **FREEPOST** address below to let us know that you have done so. You can contact our Director at any time to ask further questions about our work.

The Food Commission is made up of two parts - *The Food Magazine* is an award-winning publication that lifts the lid on the food industry and explains what is really going on with the food we eat. We also work through our campaigning watchdog **The Food Commission Research Charity** (1000358) that does project work, and research investigations on behalf of all people that care about good food and good nutrition for all. Your legacy is left to the charity, but is certainly of benefit to the future of our whole organisation.

The Food Commission
FREEPOST KE 7564
London N1 9BR

Legacy Pack

Make a **difference** to the diets of the **future**



Why leave The Food Commission a gift in your will?

Thank you for expressing an interest in leaving a legacy to *The Food Commission Research Charity*. We have been campaigning for healthier, safer food for all for more than twenty years and believe now more than ever that good food is integral to building a better future.

Modern diets are taking a heavier toll than ever on the environment, and on our health. In the UK, 70,000 deaths a year could be prevented if diets matched nutritional guidelines. Yet whilst consumers are urged with increasing vigour to 'choose health,' social inequality and an ever more monopolised and industrialised food system have ensured that in reality the ability to choose is as difficult as ever.

Our campaigns have tackled issues from food irradiation and artificial additives in food; to food misinformation aimed at children and parents; and nutritional information provision in shops and restaurants. Through the production of thorough, rigorous reports for policy makers, by raising awareness of issues among consumers, building award winning websites or producing educational materials for schools: we've always communicated our message with passion and expertise.

Through our publication, *The Food Magazine*, our investigative reporters and researchers challenge the heavy handed marketing of the food industry and ask tough questions about the effectiveness of government food policies. We write about and work alongside dedicated community food workers across the UK. Our reputation for accurate and responsible reporting means that our voice is listened to and that our campaigns capture the imagination of consumers from all walks of life. This type of independent journalism takes time to produce.

We have never accepted donations from corporate sponsors and do not receive any government funding. This enables us to maintain genuine independence in an increasingly commercialised world, but also means that we are reliant on small charitable grants, research commissions and the generous support of our subscribers. Any pledge you make will help us to continue our work now and in the long term.

How to make or change your will

1. **Make a list** of all you **Own** – house, furniture, jewellery, car, savings (Assets) and their value.
2. **Make a list** of what you **Owe** – mortgage, loans, other debts (Liabilities)
3. **Make a list** of **Who** you want to **give something to**.
4. Decide **what type of gifts you want to leave to each**. (See 'Types of gifts')
5. Choose your executors & **meet a solicitor**
6. **Keep your Will** in a **safe** place.

In addition to fulfilling an important role in providing for your family and friends, your Will can be a way to make a wonderful gift to The Food Commission Research Charity.

It can be gratifying to know a portion of your property will be put to good/wider use after you no longer need it, and towards something you have enjoyed supporting during your life-time.

At the Food Commission we receive no Government or commercial funding, so if you choose to remember us in your will, you'll be helping to safeguard the continuation of our groundbreaking research, writing, campaigning and community work.

This can be simple to arrange. All that is needed is the next time you update your Will or trust put in a provision for *The Food Commission Research Charity*, making sure that our full name and address – **94 White Lion Street, London, N1 9PF** and **Registered Charity Number 1000358** – is included. You can change this any time you choose.

Where will my money go?

The Food Commission is staffed by a small but very hard working and dedicated team. Your money will not be used to cover the higher administrative costs associated with larger organisations but will directly fund our project work. Gifts to us are used to support our community work and campaigns; to help us reach new audiences and to produce ground-breaking investigative reports, which will also appear as articles in our publication, *The Food Magazine*. You can be assured that your gift will make a genuine difference to our work.

We do not have to know, but it helps to ensure that your intended gift is passed on if you let your solicitor know that you have pledged to us.

All gifts are of value. Any sum, from as little as £10 will make a genuine difference to our ability to campaign for safer, healthier food for all.

Some sample wording you could use should you choose to help us:

Residuary Legacy

"I give all/a percentage share (please state %) of the residue of my estate absolutely to **The Food Commission Research Charity, 94 White Lion Street, London, N1 9PF, Registered Charity Number 1000358**, to be applied by *The Food Commission Research Charity* for its charitable purposes. I further direct that the receipt of the Treasurer or any other proper officer of *The Food Commission Research Charity* for the time being shall be sufficient discharge for the said legacy."

Pecuniary & Specific Legacies

"I give the sum of £_____ (or the item specified) absolutely to **The Food Commission Research Charity, 94 White Lion Street, London, N1 9PF, Registered Charity Number 1000358** to be applied by *The Food Commission Research Charity* for its charitable purposes. I further direct that the receipt of the Treasurer or any other proper officer of *The Food Commission Research Charity* for the time being shall be sufficient discharge for the said legacy."

Registered Office:
The**Food**Commission,
94 White Lion Street, London, N1 9PF
Registered Charity Number 1000358

Tel: **020 7837 2250**
www.foodmagazine.org.uk