



# Lent Lunch

Your  
'how to'  
guide

By holding a Lent Lunch for  
Christian Aid you'll be standing together  
with our neighbours across the world.

[caid.ie/lent](http://caid.ie/lent)

christian  
**aid**



It's really easy to put on a fundraising lunch at church, work or home this Lent. Prepare a simple soup or get creative with your own favourite recipes.

## Your recipe for a brilliant event

Just follow these simple steps...

You will need:

- a location
- some guests
- ingredients for the lunch of your choice
- a generous serving of donations

Combine all these elements to create a fun event. Your collective energy will help raise vital funds for people in poverty.

For all Lent resources, visit: [caid.ie/lent](https://caid.ie/lent)

## Step 1

### Choose your location

If you don't yet have a venue for your Lent Lunch, here are some suggestions:

#### Church or village hall

Why not hold a Lent Lunch in your church? Set up tables in your village hall and invite your local community to lunch! You could ask a few other members of your church to help out and request a voluntary donation from guests for every bowl of soup or plate of food.

We've made plenty more resources to help you promote your event. You can download and print our placemat which includes inspiring news about Christian Aid's life-changing work overseas and a beautiful grace to say together.

Visit [caid.ie/lent](https://caid.ie/lent) for all you need.

#### At work

Spice up the workday with a curry lunch! Let everyone know the date you'll be providing lunch in advance. Or encourage them to enter their own dishes in a tasting competition – that way you won't have to do all the cooking.

#### At home

Hold a blind-tasting soup competition at home. Ask family and friends each to make a soup, and blind taste to pick a winner. The chef with the fewest points does the washing-up!

#### At school

Get your school involved! Add a global dimension to learning about food. Explore ingredients from around the world with international recipes and help students understand why raising money for charity is an important way to help bring justice.

#### In the wider community

You could even get your local café or a nearby restaurant to dedicate their daily special to Christian Aid, donating their profits to help communities worldwide lift themselves out of poverty.





## Step 2

### Invite everyone for lunch

- Download an editable poster from our website and add the details of your Lent Lunch. Display it on your church noticeboard, or put one in your local shop, café or office. Get your poster at [caid.ie/lent](http://caid.ie/lent)
- Download invitations from [caid.ie/lent](http://caid.ie/lent) and hand them out to guests or send them by email.
- Do you use Facebook, Twitter, Instagram or other social media? Invite friends and family online and promote your event with pictures.

## Step 3

### What's on the menu?

Whether you decide to prepare a simple meal, get creative, or have guests bring their own, by holding a Lent Lunch you'll be raising money to help support some of the world's poorest people.

**Don't forget to put out your Christian Aid collection boxes at your Lent Lunch!**

## Step 4

### Raise as much money as possible

#### You can raise even more money by:

- Asking your guests to give a suggested amount for the soup. If this is the case, and you're in Northern Ireland, please let us know when paying in the total – we can't claim Gift Aid on this type of donation.
- Letting your guests decide if they'd like to make donations. If they do, and you're in Northern Ireland, please ask them to complete the donation form – including ticking the Gift Aid box – to make sure that every pound raised counts even more.

Download enough donation forms for everybody at [caid.ie/lent](http://caid.ie/lent)

- Combining your lunch with other popular fundraisers such as a quiz or a colouring competition.





## Step 5

### Put the money you've raised into fighting poverty

Pay in the money you raise in one of the following ways:

|   | Northern Ireland  | Republic of Ireland  |
|---|---|--|
| Make a payment by debit or credit card  | Online at <a href="https://caid.ie/lent">caid.ie/lent</a> or by calling <b>028 9064 8133</b>  | Online at <a href="https://caid.ie/lent">caid.ie/lent</a> or by calling <b>01 496 7040</b>   |
| Make your payment by BACS, using the following details:                                       | <p><b>Christian Aid Main Income Account</b><br/><b>A/C: 42771268</b><br/><b>Sort code: 95-01-32</b></p> <p>Please state the reference '<b>LL19</b>' and your <b>OR number</b> if you know it, or <b>church name</b>. Make sure you email <a href="mailto:belfast@christian-aid.org">belfast@christian-aid.org</a> with details of the payment; how much you paid in; the date of your event; and the name of the organisation holding the lunch. This will enable us to send you a 'thank you'.</p> | <p><b>Christian Aid No1 account</b><br/><b>IBAN: AIBKIE2D</b><br/><b>BIC: IE17A1BK93107107829054</b></p> <p>Please state the reference '<b>LL19</b>' and your <b>OR number</b> if you know it, or <b>church name</b>. Make sure you email <a href="mailto:dublin@christian-aid.org">dublin@christian-aid.org</a> with details of the payment; how much you paid in; the date of your event; and the name of the organisation holding the lunch. This will enable us to send you a 'thank you'.</p> |
| Write a cheque for the full amount (made payable to Christian Aid) and send it to the office: | <p><b>Christian Aid Ireland</b><br/><b>96 Beechill Road,</b><br/><b>Belfast,</b><br/><b>BT8 7QN</b></p>   | <p><b>Christian Aid Ireland</b><br/><b>Canal House,</b><br/><b>Canal Road,</b><br/><b>Dublin 6</b></p>   |
| Gift Aid  | <p>If you're in Northern Ireland, don't forget to send your Gift Aid forms to the Belfast Office.<br/><br/>(address above).</p>   |  |



Share Eva and Lope's story at your lunch

## Rise up with Lope and Eva against the tide of climate change this Lent

**Rise up**  
AGAINST  
CLIMATE  
CHANGE  
2019



Thanks to your generosity, Lope and Eva have hope for the future

Fisherman Lope and his wife, Eva, once struggled to compete with the illegal fisherfolk – who use dynamite to fish, destroying the fragile ecosystem on which the community depend.

In 2013, Super Typhoon Haiyan – one of the biggest tropical storms ever recorded – shook the community to the core. Homes, livelihoods and families were torn apart. The shifting weather patterns bring storms like Super Typhoon Mangkhut, which was even more powerful than Haiyan, and pounded the Philippines in September 2018.

Thanks to the generosity of people like you, Christian Aid's partner, ICODE, provided food and essentials so that the community could rebuild and sustain itself.

Eva joined a savings group – so when times are hard, she can still pay for their children's schooling.

Lope is well and is fishing again - and facing up to illegal fishing. With a note of defiance in his voice, he says: 'There was no justice, so we gathered as

one to create a force to be listened to.' With training from ICODE and a patrol boat equipped with solar lighting, Lope is leading the fightback as local leader. And he's grateful for the difference your support has helped to make, saying:

**'Thanks to the patrols and the new reef that ICODE helped create, the fish have returned.'**

**Lope and Eva are showing us what it means to rise up to the daily challenges of a changing climate.**

**£267/€300 will train 25 women in a savings and loans group. With financial education, they can create long-term independence for their children and community.**



**christian aid**