

I'm giving it up for Christian Aid

Commit to giving up your chosen treat and mark off each successful day

I'm giving up _____ for Lent

Signed _____

February 25 Give up today!	26	27	28	March 1 It is estimated that annual chocolate sales in 2006 were worth £440 million.	2	3	One week completed. Well done!
4	5	6	7	In 2007, the eating-out market in the UK was worth £30.5 billion.	8	9	10
11	12	13	14	Even earning the UK minimum wage of £5.73 an hour puts you in the richest 11 per cent of the world.	15	16	17
One in eight people in the world do not have access to safe water.							The UK spends £10.2 billion each year on food that ends up being thrown away.
18	19	20	21	22	23	24	
	Halfway there!				In Peru, one in four people have no access to primary healthcare.		
25	26	27	28	29	30	31	
							Britons are the biggest chocoholics in Europe, eating an average of 10kg each per year.
April 1	2	3	4	5	6	7	
	In 2006, UK consumers spent a record £10.65 billion on wine.		Wonderful! You're nearly there.		A quarter of the world's population do not have enough food.		
8	9	10	11	12			
			You're almost there! The money you've saved can make a huge difference.	End of Lent. You've done it! Thank you for giving it up for Christian Aid.			

**Give
it up
for Christian Aid!**

Please send your donation to Christian Aid,
Freepost SN1457, Halifax Road, Melksham SN12 7BR