By holding a Lent Lunch for Christian Aid you’ll be raising money for our neighbours across the world.
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.

Here’s 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.

Now turn these ingredients into a fun event and raise vital funds for people in poverty.

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.org.uk/lent for all you need.

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, pub 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.org.uk/lent
- Download invitations from caid.org.uk/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

Here are some ideas for raising more money:

- You might like to ask your guests to give a suggested amount for the soup. If this is the case please let us know when paying in the total as we are unable to claim Gift Aid on this type of donation.
- Alternatively, you can leave it up to your guests to decide if they would like to make a donation. If they do, please ask them to complete the donation form – including ticking the Gift Aid box – to make sure that every pound raised counts even more. You can download enough donation forms for everybody at caid.org.uk/lent
- You could combine your lunch with other fun fundraisers such as a quiz or tombola.
Step 5: Put the money you’ve raised into fighting poverty

There are four different ways you can pay in the money you raise:

- Make a payment by debit or credit card online at caid.org.uk/lent or by calling 020 7523 2269.
- Make your payment by BACS, using the following details:

  Christian Aid Main Income Account
  A/C: 23179621 Sort code: 20-00-00

  Please state the reference ‘LL18’ and your OR number if you know it, or church name. Make sure you email ipunit@christian-aid.org 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’.

- Take the cash and any cheques (made payable to Christian Aid) and either pay in at your own banking branch or take the donation to your nearest Barclays Bank. To find your nearest branch, visit barclays.co.uk
- Write a cheque for the full amount (made payable to Christian Aid) and send it to the address below.

However you choose to pay in the money you have raised, please don’t forget to send your completed donation forms and Gift Aid forms to us at:

Lent Lunch, Christian Aid,
35-41 Lower Marsh, London SE1 7RL.

Your support is saving lives

Share Dimma’s story at your lunch

For Dimma and her family in northern Kenya, rain means joy. When the rains came, her goats and sheep had plentiful pasture and provided meat, milk, and vital income. But the last time Dimma can remember rain is two years ago.

After losing most of her livestock, and with her family hungry, Dimma had no choice but to abandon their home in a desperate search for water.

With your support, we have been able to give Dimma’s family money for the food and livestock feed they desperately need. Dimma said: ‘If it wasn’t for this kind of aid, we couldn’t have survived.’

Throughout the world, climate change and conflict are forcing our sisters and brothers from their homes. This Lent, share in a lunch which will help families like Dimma’s to survive in the wilderness.

£240 could support six families like Dimma’s with livestock feed and money for much-needed food.

Whatever you raise at your lunch, your community will be giving life-saving support.

The generosity of people like you has kept Dimma’s family and livestock alive during the drought.