



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.org.uk/lent



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 living in poverty.

For all Lent resources, visit caid.org.uk/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. Request a voluntary donation from guests for every bowl of soup or plate of food.

At work

Spice up the workday with a curry lunch! Let everyone know in advance the date you'll be providing lunch. 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 a local café, pub or restaurant to dedicate their daily special to Christian Aid, donating their profits to help communities worldwide lift themselves out of poverty.

Resources

We've made a poster and other resources to help you promote your event. You can download and print our placemat which includes a beautiful grace to say together.

Visit caid.org.uk/lent for all you need.

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

You can raise even more money by:

- Asking your guests to give a suggested amount for the lunch. If you do this, please let us know when paying in the total as 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, please ask them to complete the donation form – including ticking the Gift Aid box – to make sure that every pound raised goes further.

Download enough donation forms for everybody at caid.org.uk/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

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:
- Pay in any cash and cheques (made out to Christian Aid) at your local bank or your nearest Barclays Bank. Contact your nearest Christian Aid office for pay-in slips.
- Write a cheque for the full amount (made payable to Christian Aid) and send it to the address below.

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

Please state the reference 'Lent Lunch' 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'.

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.





Find stories to share about how your Lent Lunch is impacting lives and download resources at **caid.org.uk/lent**

Lent Lunches like yours help to raise over £600,000 throughout Lent and Easter every year. Thank you so much for your contribution!

Check out resources for primary and secondary schools throughout the year at **caid.org.uk/schools**



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