

A-Z of give it up ideas

Give it up for a day and donate what you would have spent, or be sponsored to give it up for the whole of Lent. Pick your challenge!



Apps—get sponsorship to give up all your apps for Lent, or just your favourite app. See our animation at cafod.org.uk/schools of your apps turning into taps!



Biscuits. See them turn into beans at cafod.org.uk/schools

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Chocolate! Yes, that old favourite! The most popular thing to give up for Lent.

Dresses (and trousers, coats, hats...) - not all of them, obviously! Clear out your wardrobe. Run a second-hand stall.



Eating cakes. Go the extra mile and do a cake sale—without indulging yourself!

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Fast food—see your burgers turn into fresh food for families who need it:

Footy—watching a game played by your team. Ouch! If it helps, remind yourself that you're giving up a footy game to help a lot of people who can't ever watch one.



Going to the cinema. Prices vary, but one movie may cost you £8. That could buy five tree saplings to help a family grow and sell fresh fruit.



Hurrying everywhere. Bike or walk instead of taking the bus - extra time to think, more exercise and money for others!



Imported fruit and veg. Eat locally sourced. Work out how many air miles you save and get sponsored per hundred.



Jewellery. Go sober for Lent! You could even have a jewellery sale of all that old stuff you never use-profits to CAFOD!



Kettles! Forget hot drinks and drink water instead. (Also see U...)



Lunch on Fridays—or swap it for a simple bowl of soup.



Meat. Another popular one! Go veggieyou'll be helping the planet too!



| Nail polish. Run a nail bar instead and take |
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| donations for CAFOD. |

Over-indulging! Eat only as much as you need, then stop.

Pennies—pledge not to use pennies in Lent Ρ and collect any that land in your pocket.



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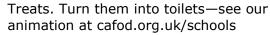
Quality Street—other varieties of sweets are also available to give up!



Reaching into the cookie jar. Ban cookies for Lent and give 5p for every time you would have eaten one.



Speaking—a sponsored silence is a great way to raise money. Parents and teachers love this one!



animation at cafod.org.uk/schools



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Using plastic bottles. We use up to 15m a day¹ in the UK! Carry a flask instead. Put aside 10p every time you would have bought a plastic bottle.



Videos. Make one instead, to explain how 'giving it up' can help others grow food. Post it on social media.



Wasting food—create meals from leftovers. Give the money you save to help people who don't have enough food.



X-box or other games console—give up a favourite computer game for Lent and get sponsored.



Your choice! Be creative!



Zzzz... Sleep on the floor in solidarity with the many who have no bed.



I slept on the floor for CAFOD in Lent when I was ten. It was hard but I felt really glad I'd done it.

Jessica, 17

