

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!

- A** 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!
- B** Biscuits. See them turn into beans at cafod.org.uk/schools
- C** Chocolate! Yes, that old favourite! The most popular thing to give up for Lent.
- D** Dresses (and trousers, coats, hats...) - not all of them, obviously! Clear out your wardrobe. Run a second-hand stall.
- E** Eating cakes. Go the extra mile and do a cake sale—without indulging yourself!
- F** 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.
- G** 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.
- H** Hurrying everywhere. Bike or walk instead of taking the bus - extra time to think, more exercise *and* money for others!
- I** Imported fruit and veg. Eat locally sourced. Work out how many air miles you save and get sponsored per hundred.
- J** Jewellery. Go sober for Lent! You could even have a jewellery sale of all that old stuff you never use—profits to CAFOD!
- K** Kettles! Forget hot drinks and drink water instead. (Also see U...)
- L** Lunch on Fridays—or swap it for a simple bowl of soup.
- M** Meat. Another popular one! Go veggie—you'll be helping the planet too!
- N** Nail polish. Run a nail bar instead and take donations for CAFOD.
- O** Over-indulging! Eat only as much as you need, then stop.
- P** Pennies—pledge not to use pennies in Lent and collect any that land in your pocket.
- Q** Quality Street—other varieties of sweets are also available to give up!
- R** Reaching into the cookie jar. Ban cookies for Lent and give 5p for every time you would have eaten one.
- S** Speaking—a sponsored silence is a great way to raise money. Parents and teachers *love* this one!
- T** Treats. Turn them into toilets—see our animation at cafod.org.uk/schools
- U** 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.
- V** Videos. Make one instead, to explain how 'giving it up' can help others grow food. Post it on social media.
- W** Wasting food—create meals from leftovers. Give the money you save to help people who don't have enough food.
- X** X-box or other games console—give up a favourite computer game for Lent and get sponsored.
- Y** Your choice! Be creative!
- Z** 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

¹recycling-guide.org.uk/facts.html