



Left to right: Berhan, Yemane, Genet, Tirhas and Gebreselassie.



DAY 1

Decide what you are going to give up for Lent to fill up your WEE BOX. Crisps, coffee, alcohol, chocolate... the decision is yours!

DAY 2

Using your Lent prayer bookmark, reflect on how one in every six people in the world go to bed hungry every night.

DAY 3

Fill out a SCIAF Hunger campaign action and let the prime minister know that you want hunger gone - for good.

DAY 4

Who is on your WEE BOX this year? Get to know the Gebreselassie family from Tigray, Ethiopia, by watching the video clips and reading about them at www.theweebox.org

DAY 5

Today is the first Sunday of Lent. Spend a little extra time today reflecting on the reading on your prayer bookmark.

DAY 6

Think about how the lack of rain leaves families in Ethiopia without crops for food. In Scotland, we often complain about the rain, but look at how green our country is. Put money in your WEE BOX every time it rains over Lent, and double the amount if you complain about it.

DAY 7

Get the WEE BOX, BIG Change Quiz from www.theweebox.org and have a family quiz night. Losing teams put something in the WEE BOX. Winning team gets to choose how much!

DAY 8

Have a wardrobe clear out and sell some of your old clothes, bags and shoes on eBay. Donate some of the profits to your WEE BOX!





DAY 9

Think about how much food in your weekly shop goes to waste, and cut out the impulse buys you never seem to use. Put some of the money you save in your WEE BOX.

DAY 10

Log on to www.theweebox.org and see what some famous Scottish faces are giving up for Lent...can you guess?

DAY 11

Suggest friends or relatives take turns at hosting a meal or dinner party once a week rather than going out to restaurants with the guests popping their tips into the host's WEE BOX at the end of the night.

DAY 12

Today is the second Sunday of Lent. Take a look at the prayer resources for Lent at www.sciaf.org.uk/lent2010

DAY 13

Get those limbs working and enter a sponsored walk or run during Lent - stay healthy and raise some money for your WEE BOX in the process!

DAY 14

Climate change is making global hunger increase, as droughts, floods and hurricanes become more unpredictable and severe. Find out what happened at Copenhagen in December 2009 when world leaders came together to discuss the global response to climate change at www.sciaf.org.uk/climatejustice

DAY 15

Why, in our world of plenty are there still over a billion people that don't have enough food? Find out at www.theweebox.org

DAY 16

For the period of Lent, try cutting back on fizzy drinks and sugary juices - water straight out the tap is the cheapest and healthiest thing you can drink! Put the money you save into your WEE BOX.

DAY 17

Think about the fact that although a billion people are malnourished, the world already produces enough food to support double the global population, that's 12 billion people.

DAY 18

Take a packed lunch to school or work instead of buying your lunch. Pop the money you save into your WEE BOX.

DAY 19

Today is the third Sunday of Lent. People will be going to church in Ethiopia to pray for good rains to bring hunger to an end. Take a quiet moment to reflect in solidarity with them.



DAY 20

What have you given up for Lent? Have you found it difficult? Think about those who have to do without every day of their life.

DAY 21

Why not invite some friends round and write letters to your MP about poverty and hunger in the world? It only takes a couple of minutes, and you can use the information on www.theweebox.org to help you draft your letter. MPs always tell us that a handwritten letter has the biggest impact!

DAY 22

Remember to recycle as much as possible - plastic food packaging, paper, bottles and cans, put a pound into your WEE BOX if you forget.

DAY 23

Do your local shops sell fair trade goods, like coffee, chocolate, sugar and wine? If not, ask them why not!

DAY 24

Swap your usual takeaway for a tasty homemade curry or stir fry and stick the money you would have spent in your WEE BOX.

DAY 25

Climate change is making global hunger worse, as an increase in droughts means that more crops fail. Try swapping one meat meal for a veggie meal once a week - meat production is one of the biggest causers of climate change.

DAY 26

Today is mother's day. Around 1,500 women will die today from avoidable pregnancy-related conditions, most of them in developing countries. Put an extra donation in your WEE BOX to remember all the mothers and children, especially those who suffer because of poverty.

DAY 27

Walk to work or school instead of taking the car or public transport if you can. Put the money you save in your WEE BOX, and shed some pounds in the process!

DAY 28

Order some more XXX campaign postcards and hand them out to friends, parishioners, family or school friends.

DAY 29

Are you an avid cinema or theatregoer? What about football matches? Save on your popcorn or your half time meat pie this month and put the money you save in your WEE BOX!

DAY 30

The coffee ceremony plays an important role in Ethiopian family life. Why not hold a fair trade coffee morning and put the proceeds into your WEE BOX?

DAY 31

Every time you take a plastic carrier bag from the supermarket, put a £1 in your WEE BOX and next time, remember to take a bag with you!



DAY 32

How many supermarkets can you name? How many different kinds of food do you eat? Think about what it would be like to live on one meal a day, like many families in Ethiopia, and to eat the same meal every day.

DAY 33

Wear a silly hat, wig or outfit to work or school and ask your friends to sponsor you. Download a sponsor form at www.theweebox.org

DAY 34

Why not get even more involved with SCIAF? Come and join us as a volunteer, you'll have fun and make new friends, as well as learning more about the world. Contact petermcmillan@sciaf.org.uk

DAY 35

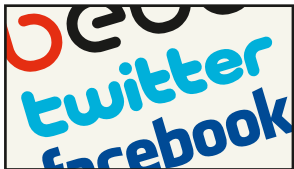
Think about all the families in Ethiopia that can now grow their own food, thanks to the water and agricultural skills project funded by SCIAF. If people like you did not support SCIAF, this life-saving work would not be able to happen and these families would be going hungry.

DAY 36

Thirty years ago today, Archbishop Oscar Romero of El Salvador was murdered for speaking out against violence and poverty in his country. His courage and commitment to the poor has inspired millions. Think about the people who inspire you today.

DAY 37

Fair trade fortnight starts today! Take part in the BIG SWAP and swap one one or more of your usual products for fair trade ones! Go to www.fairtrade.org.uk/thebigswap for more details.



DAY 38

Tell all your friends about Fairtrade Fortnight on your Twitter, Facebook or Bebo page and encourage them to buy fair trade goods.

DAY 39

Thank all of your friends and family who have helped to raise money for your WEE BOX! Send them an email or give them a ring.

DAY 40

Well done you! Your actions during Lent have made a BIG change for some of the poorest people in the world. Send the money you have raised back to SCIAF at 19 Park Circus, Glasgow G3 6BE or donate online at www.theweebox.org



Thank you!

SCIAF works with some of the most vulnerable people in the world. Your support makes an enormous impact upon their lives, not just in the short term, but for life. On behalf of the Gebreselassie family, who you see on your WEE BOX this Lent, and all the other families that you are supporting to lift themselves out of poverty – A BIG THANK YOU.