

# How to fill your Jars of Change



Jars of Change

Lent Appeal 2023

Join Jars of Change. Give something up this Lent, and give more girls like Seido the chance to go to school and make powerful changes to their lives, with clean water.

## How does it work?

Ask your congregation to give something up for Lent, collect the money they save in their Jar of Change, and donate it to WaterAid.

## What to give up?

Think of **something you use or buy often** – it can be really small – and then collect the money you save by giving it up. A cup of coffee or a chocolate bar a day quickly adds up, and will help someone like Seido get clean water.

For more great ideas of how to use your jar to raise money for WaterAid, just turn over!

## What next?

**Display** your poster in your church, and mark it up with where people should send their collections. For an online collection, set up a JustGiving page and share the link with members of your congregation.

**Inspire** your congregation with our All-age Talk.

**Involve** younger members of your congregation with our simple, thought-provoking Sunday School activities.

**Order** or download Jar Sleeves (Gift Aid declarations), so that your donations can go further at [wateraid.org/uk/lent-resources](https://wateraid.org/uk/lent-resources)



Seido collecting dirty water after walking five hours to the only water source available to her.



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# Fundraising ideas for Lent



This Lent, your congregation can bring clean water to girls like Seido, giving them an equal chance to go to school and take control of their future. There are so many fun ways you can raise money to do it! Get creative with your ideas, and make Lent both enjoyable and rewarding.



## Give up something

Give up something small that you use or buy often, and collect the money you save. Whether it's those tempting snacks like crisps or chocolate, or a daily takeaway coffee – every £1 saved will quickly add up, and will help someone like Seido get clean water.



## Hold a pancake sale

On Shrove Tuesday invite members of your group to cook up a stack of pancakes and get creative with the fillings and toppings. Ask for a donation for the pancakes, and feast together to raise money.



## Organise a Lent lunch

Gather your group together for a simple meal of soup, bread or crackers, and cheese. Invite members of the group to bring a dish to share and ask for a donation to participate.



## Climate action for clean water

Climate change is having a huge impact on people's ability to access clean water. Pop a small donation in your jar each time you use your washing machine, drive the car, turn the heating up, or throw away single-use plastic.



## Refill and donate

Help prevent plastic pollution by using a refillable water bottle when you go out. Each time you fill it up, put a small donation in your jar.



## Walk for Water

Join our Walk for Water event, and challenge yourself to walk four, eight or 12km a day during March to help make clean water normal for everyone, everywhere. Donate the money you save by not driving or getting the bus or train. Sign up at [wateraid.org/uk/walkforwater](https://wateraid.org/uk/walkforwater)

