



ZIMFARE ZIMFAST

Participant Pack

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Registered Charity No. 294329



KEY SUPPORTERS

"This Lent, I'm going to do the **ZimFast** challenge for Progressio. It's such a worthwhile project and by fasting you're putting yourself on the line and helping yourself to understand how tough it is for other people."



FRANK COTTRELL-BOYCE

SCREENWRITER & PROGRESSIO SUPPORTER



BISHOP DECLAN LANG

CLIFTON DIOCESE

"Whilst I was overseas I got to see first-hand the lives of the people in Zimbabwe, and the lack of basic nutrition that was available to them. I was relatively lucky being in a town where a lot more [food] was available. So it only leaves you to imagine what people out in a rural area would be left with."



CHARLOTTE REEVES

PROGRESSIO ICS VOLUNTEER



ARCHBISHOP MALCOLM MCMAHON

LIVERPOOL ARCHDIOCESE

"Please support **ZimFare** and **ZimFast** this Lent. I am endorsing this campaign because I care passionately about social justice and Progressio's work. By taking these simple actions we can empathise closely with the people in Zimbabwe."

WHAT ARE ZIMFAST AND ZIMFARE?

ZimFare and **ZimFast** are fundraising challenges to raise vital funds for Progressio's work alongside people living in some of the world's poorest places.

Both challenges allow us to stand in solidarity with communities in poor and fragile countries like Zimbabwe, and take a glimpse into the **lack of choice** that extreme poverty brings.

WHEN CAN I TAKE PART?

Right now!

The campaign launched on Ash Wednesday at the start of Lent, so now is the perfect time for you to get involved.

WHY ZIMBABWE?

Zimbabwe, a landlocked country in southern Africa, faces an uncertain future. After years of economic instability, human rights challenges, and the devastating impacts of HIV and AIDS, millions of Zimbabweans are confronted with severe food shortages.

A staggering 70% of Zimbabweans live in extreme poverty.

Does that sound fair to you? At Progressio we don't think it's fair at all. That's why we're asking you to take part in **ZimFare** and **ZimFast**.



ZimFARE

HOW DOES IT **WORK?**



COOK: HOST A SIMPLE ZIMBABWEAN MEAL FOR FRIENDS

Use one of the recipes in this pack to cook a simple Zimbabwean meal. This could be on a small scale for family and friends, or a larger-scale event for your parish, colleagues, university or school. Be bold - the more the merrier!



PRAY/QUIZ: CHOOSE ONE OPTION OR COMBINE BOTH!

Pray for the peace and dignity of people living in Zimbabwe, and for the work of Progressio around the world.

Host our **African-themed ZimFare Quiz** before, during or after your ZimFare meal to create an entertaining evening and to encourage guests to think about the challenges facing people living in poverty.



GIVE: ASK YOUR GUESTS TO DONATE TO PROGRESSIO

Make a brief presentation about Progressio's need to raise funds to support its important work overseas. We can provide a video and script to support you.

Invite guests to:

- fill in a **Direct Debit** form, as regular support allows Progressio to plan ahead and make an even larger impact on the communities it works alongside.
- make a **one-off donation** to Progressio.

Please ensure all guests return a Pledge Card, so we know how to follow them up after the meal. Return all Pledge Cards along with any direct debit forms and donations to Progressio, and we will handle all of the admin.

Who could I invite?

Anyone! Here are some ideas:

- **Be bold!** Could your **parish** host a ZimFare meal (and quiz!) for the congregation?
- Or you could hold a smaller event **at home** with friends, family and colleagues!
- **Student?** Cook for your housemates or society!
- **Returned ICS volunteer?** Host a meal and show photos from your placement!

ZIMFAST

HOW DOES IT WORK?



COOK: FAST BY LIVING ON A REPETITIVE ZIMBABWEAN DIET FOR SIX DAYS

Stripping away luxuries in your usual varied diet echoes the little choice that people living in poverty have over their own lives, including what they eat.

Use the 'ZimFast Meal Plan' in this pack to create a daily meal plan, then fast by living on this simple, repetitive Zimbabwean diet for 6 days.



PRAY/QUIZ: CHOOSE ONE OPTION OR COMBINE BOTH!

Pray for the peace and dignity of people living in Zimbabwe, and for the work of Progressio around the world.

Use facts about poverty and hunger from our **African-themed ZimFare Quiz** and handy **Fact Sheet** alongside your updates on social media or via email to engage your online audience to encourage them to donate. If friends and family understand *why* you are taking on the ZimFast challenge, they are more likely to support Progressio.



GIVE: ASK PEOPLE TO SPONSOR YOUR FASTING EFFORTS

Visit bit.ly/ZimSignUp to set up your ZimFast fundraising page. Once you've personalised your page, share the donation link via email and on social media to encourage your friends and family to donate.

Top Tip! Social media is key to boosting fundraising totals! If you post **daily** and accompany your donation link with strong images, amusing video updates and facts about poverty in Zimbabwe you'll raise lots more money for Progressio!

How do I choose what to eat?

Use the **ZimFast Meal Planner** tool to create a daily meal plan, and then fast on this daily diet for 6 days.

For example:

Breakfast: Porridge (made with water)

Lunch & Dinner: Chakalaka, Coleslaw and Sadza

Drink: Only water.

HOW DOES PROGRESSIO WORK?

Progressio is an international development charity supporting poor and marginalised people, especially women, to empower themselves.

Progressio doesn't impose solutions.

- We **listen** to poor and marginalised people who understand their own communities and know what needs to change.
- We **work alongside** local organisations to make this change happen.
- Our expert development workers **share skills and knowledge** with local people to ensure that our impact is felt long after we leave.
- To us, success is local people **empowering themselves** to overcome the obstacles that keep their communities poor.

Rebecca's Story



Rebecca Masimbira lives in Wedza, rural Zimbabwe with her husband and five children. She says: 'Famine is a problem here. The biggest issue is a lack of water. We depend on rainfall to grow our crops. If the rains don't come, we go hungry.'

In 76% of Zimbabwean households it is children and women like Rebecca who collect the water. They walk long distances which stops them from going to school or earning a living, and traps them in poverty.

How did Progressio support people like Rebecca?

Progressio sent development worker Philemon Handinahama, an advocacy specialist, to the Chinhoyi Diocese. Philemon helped our local partner, the Zimbabwe Catholic Commission for Justice and Peace (CCJPZ), to train Parish Groups across the diocese to advocate on local issues.

These groups persuaded the authorities to repair 120 boreholes, giving approximately 80,000 people access to clean water. This allowed children to go to school, women to earn a living and farmers to grow more crops.

PROGRESSIO ICS IN ZIMBABWE

Progressio is one of a handful of charities chosen to deliver the UK government's International Citizen Service (ICS) programme, which gives people aged 18 - 25 the opportunity to volunteer overseas.

Since March 2012, Progressio has sent hundreds of young people to Zimbabwe, where they have worked on projects linked to the environment, livelihoods and HIV/AIDS.

Two recent volunteers share their thoughts:

"The people of Zimbabwe often fear getting tested for HIV, disclosing their HIV status and seeking medication. They often face rejection and unacceptance from their community and sometimes even from their families. In this way, stigma and discrimination leads to further spread of the virus.

We led weekly educational sessions on topics including stigma and discrimination. The activities aimed to make a sustainable and meaningful difference to the people of Zimbabwe that need it most. We were welcomed and received with gratitude by everyone we worked with."

Kirsten, 22, ICS volunteer

"One of the biggest challenges facing Zimbabweans is unemployment - the formal unemployment rate is around 85%. Many people seek informal employment but lack the basic skills to make this sustainable.

My project worked directly with those seeking informal employment. We ran sessions on record-keeping and set up village loaning systems. We also ran sessions on identifying gaps in the market and marketing to help ensure that the income-generating activities run by the local community were sustainable."

John, 26, ICS Team Leader

Kirsten (centre) and John (right) with some of their fellow Zimbabwean volunteers





WHAT'S IN THE QUIZ PACK?

9 rounds including: observation, history, picture, literature, music, film, sport, entertainment, geography all including facts about Zimbabwe. There's something for everyone!



HOW TO USE THE QUIZ PACK

ARE YOU HOSTING A ZIMFARE MEAL?

Host this African-themed quiz before, during or after your **ZimFare** meal to create an entertaining evening and encourage guests to think about the challenges facing people living in poverty. The quiz works well for both small and large-scale events!

You can use the case studies in your Participant Pack to demonstrate how Progressio supports communities in Zimbabwe and around the world, who are already working hard to overcome the barriers that stop them reaching their full potential.

You can find the Quiz Pack and recordings for the music and observation rounds at: www.progressio.org.uk/zimfareresources if you need additional printed resources, just let us know!

ARE YOU ZIMFASTING?

Tell everyone! The more people who find out about the challenge, the more money and awareness you'll raise. Find facts about poverty, hunger and Zimbabwe in the Quiz Pack (or the handy Fact Sheet on the next page) and use them alongside your updates on social media or email to boost your sponsorship. If friends and family understand *why* you are taking on the **ZimFast** challenge, they are more likely to donate. Use a **strong image** and facts relevant to your personal updates for maximum effect.



EXAMPLE FACEBOOK POST BY LUCY, PROGRESSIO ICS PROJECT OFFICER

So hungry! Taking on the #ZimFast16 challenge to fundraise for @Progressio. Donate here >> **insert donation link** << Only 160kcal per bowl of Chakalaka. The average person needs to eat 2100kcal a day to lead a healthy life, but many people living in extreme poverty in Zimbabwe will feel hungry for the length of their lives. YOU could help change this by sponsoring me! >> **insert donation link again** <<



FACTS ABOUT **WORLD HUNGER**

Africa

- Sub-Saharan Africa has the highest prevalence of hungry people (24.8% of the population).
- Three-quarters of all hungry people live in rural areas, mostly in the villages of Asia and Africa.

Children

- It only costs \$0.25 for the World Food Programme to give a hungry child a cup of nutritious food.
- The number of malnourished people in the world is equal to the population of the US, EU and Canada combined. (WFP)
- 66 million primary school-age children attend classes hungry across the developing world, with 23 million in Africa alone. (WFP)
- WFP calculates that US\$3.2 billion is needed per year to reach all 66 million hungry school-age children. (WFP)
- Each year, almost 7 million children die before reaching the age of five.
- A third of all childhood death in Sub-Saharan Africa is caused by malnutrition and hunger.

Women

- Women are the world's primary food producers. If women farmers had the same access to resources as men, the number of hungry people in the world would be reduced by up to 150 million. (WFP)
- 60% of the world's hungry are women.
- Women are the world's primary food producers, yet cultural traditions and social structures often mean women are much more affected by hunger and poverty than men.

Food Waste

- Food waste costs the average UK household £60 each month.
- The average UK household is throwing away the equivalent of six meals every week. (Guardian)
- An area almost the size of Wales would be needed to grow all of the food we throw away from our homes each year.
- 24 million slices of bread are throw away every day in the UK.



PRAYER BEFORE MEAL TIMES

Lord, we thank you for the meal that we are about to eat, as we stand in solidarity with those who struggle to feed themselves and their families. Bless this food. May it nourish us and help us to work for a better world - a world where the beautiful abundance you provide for us is shared equally among all our brothers and sisters.

This we ask through Christ our Lord. Amen.



THE PROGRESSIO PRAYER

Creator God, you have given all peoples one common origin, and your will is to gather them as one human family in yourself. Fill the hearts of all people with the fire of love and the desire to ensure justice for all their sisters and brothers. By sharing the good things you give using creation, may we secure justice and equality for every human being, an end to all division and a society built on love and peace.

This we ask through Christ our Lord. Amen.



PRAYER FOR ZIMBABWE

Loving Father, we pray for our brothers and sisters in Zimbabwe, and ask that you comfort those who despair and fill their hearts with hope. Bless the farmers, may their work help to feed those who lack food and build a more sustainable future where all have access to a healthy and nutritious diet.

Give courage to those that work for justice and equality. May their call be heard, and let men, women and children all be viewed as equals. We ask that, through the power of your love, the lives of those in Zimbabwe may be filled with dignity and peace.

Amen.

If you approach the media correctly you can spread your message to huge audiences very quickly, which can raise awareness of Progressio's work, boost donations and encourage people to take action.

How do I approach print media?

Write a concise summary of your story in the form of a press release. Remember to include the '5Ws' in your release: **What? When? Where? Who? Why (and How?).** Include eye-catching images and strong quotes of your own.

Use **mediauk.com** to find names of local journalists and email them your press release and images. Follow up with a phone call a few days later.

How do I approach radio/TV?

Find your local radio station on **radio-now.co.uk** and email/phone them with a summary of your story and request an interview. Make sure you include your press release at the end of the email.

Top tips for interviews: speak slowly and choose 3 key messages that you want to communicate in the interview - write them down and stick to them to keep your interview focused.

Give your story a unique spin: weird, wonderful or emotionally engaging stories will capture media attention.

Progressio can provide a template press release and support on radio interviews. Get in touch with Fabiana, our Communications Officer: fabiana@progressio.org.uk

Social Media Tips

- **Build up momentum!** Post at least once daily (don't miss a day!) so that people can follow your ZimFast story.
- Share photos of your meals and of difficult/amusing moments of the challenge. #selfie #foodpic #photooftheday
- Keep a video diary each day. Keep video updates short (1 - 2 mins) How do you feel? Is it difficult? Why are you taking on the challenge? How can people support you?
- Share facts and real stories of people living in poverty. What are the challenges?
- Tag @ProgressioUK on Facebook and mention @Progressio on Twitter
- Write a blog! Write short, honest updates of how you're feeling at regular points throughout the week! No need to be scared, just have a go! Useful sites include: blogger.com or wordpress.com
- Use Twitter to tweet to local papers and radio stations asking them to feature your challenge.

Meal Planner

ZimFast Meal Plan

Create your daily meal plan by choosing one option from each section and stick to this daily diet for 6 days.

Example daily meal plan: Breakfast - Sadza with peanut butter, lunch & dinner - Chakalaka, coleslaw and boiled rice. You'll be eating this same daily menu for six days straight, so choose wisely!

Breakfast	
Sadza (95g white cornmeal + 250ml water) + peanut butter (1 tbsp) + jam (1 tbsp)	350kcal 450kcal 400kcal
Eggs - 2 boiled eggs - 2 scrambled eggs	135kcal 190kcal
Porridge (50g porridge oats + water) + peanut butter (1 tbsp) + jam (1 tbsp) + banana	200kcal 300kcal 250kcal 300kcal
Fruit - banana - orange - apple - avocado	100kcal 60kcal 100kcal 300kcal

Lunch & Dinner			
Main		Side 1: Low Energy	
Vegetable chilli	150kcal	Peanut butter cabbage	130kcal
Chakalaka A spicy vegetable dish popular in Southern Zimbabwe.	160kcal	Salty vegetable relish	100kcal
2x Chicken drumsticks	250kcal	Coleslaw	150kcal
Muriwo neDovi Leafy greens in creamy peanut butter.	310kcal	Side 2: High Energy	
		Sadza	350kcal
		Boiled rice (160g)	210kcal
		Mashed potato (250g)	270kcal

ZimFast challenges you to fast on a repetitive Zimbabwean diet for 6 days, to:

- Raise vital funds to support people living in poverty in Zimbabwe and around the world.
- Raise awareness for the lack of choice facing those living in poverty every single day.



What can I drink?
Water. Just water.
No tea or coffee.
Or wine or soda.
Just plain ol' water.

What about snacks?

Sweet Zimbabwe Buns are the snack of choice for most Zimbabweans.

(You can find the recipe on our website)



BREAKFAST

Sadza (serves 4)

Sadza is a staple for Zimbabwe cooking and is a key source of carbohydrate. Traditionally it is eaten without cutlery, rolled into a ball and used to dip into the accompanying sauce or dish. It can be eaten for breakfast, lunch and dinner!

Ingredients:

- 375g white cornmeal (mealie meal or maize meal)
- 1 litre of water
- Peanut butter/jam (optional)

Method:

1. Mix 225g of the cornmeal with 250ml of cold water to make a paste.
2. Bring 750ml of water to the boil in a pan. Turn down the heat and add the cornmeal paste, continuously stirring.
3. Cook for five minutes, then gradually add the remaining cornmeal. Transfer to a bowl or plate and flatten into a round shape with a wooden spoon.
4. Optional topping - add some peanut butter (very popular in Zimbabwe) or jam!



Other breakfast suggestions: boiled/scrambled eggs, porridge or fruit

LUNCH & DINNER (MAINS)

Vegetable chilli (serves 4)

Ingredients:

- 3 tbsp olive oil
- 1 small onion, chopped
- 2 carrots, diced
- ½ red pepper, chopped
- ½ yellow pepper, chopped
- ½ green pepper, chopped
- 100g green beans, chopped
- 2 tomatoes, chopped
- 3–4 chillies, seeds removed and chopped
- Salt and pepper



Method:

1. Heat the oil in a large pan and gently fry the onion until soft, but not brown.
2. Add the carrots, peppers and green beans. Fry briefly then add the tomatoes, and chillies and simmer the stew until the vegetables are tender. Season to taste with salt and freshly ground black pepper.

LUNCH & DINNER (MAINS)

Muriwo neDovi

A dish to accompany sadza, Muriwo neDovi is creamed peanut butter vegetables.

Ingredients:

- 3 tbsp of oil
- 1 onion, diced
- 2 tsp garlic
- 500 grams of kale (or spinach can be used as a replacement)
- 5-8 tbsp of peanut butter
- 1 tbsp tomato paste
- 1 can of chopped tomatoes/6 large tomatoes, chopped
- Salt and pepper to taste

Method:

1. Heat the oil in a pot over medium-high heat.
2. Add the onion for about 5 minutes, until translucent, then add the garlic and cook for two minutes.
3. Add the tomato paste and stir, followed by the chopped tomato and kale.
4. Finally add the peanut butter gradually until it is to your taste and season with salt and pepper.

Chakalaka (serves 4)

A spicy dish originating from South Africa, but adopted in Southern Zimbabwe, which can be served hot or cold, and can accompany sadza, bread or be used as a condiment.

Ingredients:

- 3 tablespoons oil
- 2 onions, finely diced
- 2 peppers, finely diced
- 2–3 hot chili peppers, minced
- 2 or 3 garlic cloves, minced
- 2 teaspoons curry powder
- 3 tomatoes, diced
- Salt and pepper to taste



Method:

1. Heat the oil in a large saucepan over medium heat. Add the onions, peppers, chili peppers, garlic, and curry powder. Sauté, stirring frequently, until the onions and peppers are cooked down and wilted, about 4 to 5 minutes.
2. Stir in the tomatoes and bring to a boil. Add salt and pepper to taste. Reduce heat to medium-low and simmer for about 5 minutes.

LOW ENERGY SIDES

PEANUT BUTTER CABBAGE

Ingredients:

- ½ small cabbage (or any seasonally vegetable), shredded
- 1 small onion, chopped
- 1 tomato, chopped
- 4 tbsp peanut butter

Method:

1. Pour about 125ml of water into a pan and bring to the boil.
2. Add the cabbage and cook until slightly softened but still crunchy.
3. Add the onion and tomato then stir in the peanut butter, adding more water if the mixture seems too thick. Season with salt and freshly ground black pepper.
4. Serving suggestion: with sadza and vegetable chilli.

SALTY VEGETABLE RELISH

Ingredients:

- 1 onion
- 1 large tomato
- 2 tsp salt
- Bunch of fresh spinach, cabbage or kale

Method:

1. Chop the vegetables and fry the onion and sauté for 1 minute.
2. Add the tomato and stir.
3. Add the vegetables, cover pot, reduce heat and simmer for 5 minutes.

COLESLAW

Ingredients:

- ¼ small cabbage (or any seasonally vegetable), shredded
- 1 large carrot (finely grated)
- 1 small onion, chopped
- ½ medium sized apple (grated)
- 3 tbsp of raisins
- 3 tbsp of mayonnaise

Method:

Place all vegetables and fruit in a mixing bowl. Mix. Add mayonnaise. Mix thoroughly. Refrigerate for one hour. Serve chilled.

HIGH ENERGY SIDES

Sadza (see earlier recipe), **boiled rice or mashed potato**

OPTIONAL SNACK

Sweet Zimbabwe Buns (adapted from FisoKitchen.com)

Ingredients:

- 1.5 teaspoon fast action yeast
- 350g all-purpose flour
- 50g butter
- 1 egg
- 5 tbsp sugar
- 1 tsp salt
- 2 tbsp milk powder
- 225ml water



Method:

1. Melt butter in a small saucepan and add the water
2. In a separate bowl, mix the flour, sugar, salt, yeast and milk powder.
3. Make a well and add in the egg and water/ butter mixture, stir well
4. Flour the work surface well and knead until smooth and elastic
5. Place the dough in a bowl and cover loosely and leave it to rise until it has doubled in size (for around an hour).
6. When the dough is ready, lightly flour your surface and knock air out.
7. Line a tin with baking paper.
8. Divide the dough into 12 and evenly arrange in the tin.
9. Cover loosely with greased cling film and leave to rise for 30 minutes.
10. Bake in a preheated oven at 220°C for 15 minutes.
11. To make the glaze, mix a little extra sugar and water and gentle warm on the hob
12. When the buns are cooked remove from the oven and brush with glaze.

All resources are available for download at:

www.progressio.org.uk/zimfareresources

If you have any questions, or to let us know when you'll be taking on ZimFare or ZimFast so we can support you, please get in touch with Shelley, who is coordinating the ZimFare/ZimFast campaign for Progressio: **shelley.stromdale@progressio.org.uk**