

Could you fast to fundraise for people living in poverty?

70% of Zimbabweans live in extreme poverty. Does that sound fair to you? No, we didn't think so. You can help change this by taking on the **ZimFast** and **ZimFare** challenges to raise vital funds for Progressio who support people living in poverty around the world.

ZimFare: Host a simple Zimbabwean meal for your parish, family and friends, and invite your guests to make a donation to Progressio.

ZimFast: Fast by living on a simple, repetitive Zimbabwean diet for 6 days, and get sponsored for your efforts.

Both challenges allow you to stand in solidarity with people in Zimbabwe, and take a glimpse into the lack of choice that living in poverty brings. Progressio can provide all of the recipes you'll need. Visit www.progressio.org.uk/zimfare for more info or contact Shelley.Stromdale@progressio.org.uk to register.