

Live Below the Line 11-17 MARCH 2018

Join us for up to seven days of living below the global poverty line, and raise money to help support Eagles, our Connected Church partner in Malawi!

WHAT DOES THIS INVOLVE?

In 2017 the World Bank reassessed what constitutes extreme poverty worldwide, and came up with the figure of \$1.90 per day. That means that if you are considered to be extremely poor, you will be living on a maximum of \$1.90 per person, per day. Although the exchange rate does fluctuate, that's currently about £1.40. Realistically, we can't all cancel our mortgages for a week and not keep up with our bills just to experience what it's like to live on £1.40 per day. What we can do, however, is limit our spending on products such as food, newspapers, car parking charges, visits to coffee shops, etc., to have just a taste of what it must be like to have so little.

SO, HOW DOES THIS WORK PRACTICALLY FOR ME?

Decide how many days you plan to 'live below the line' for. You may want to do all seven, or just choose one or two. For each day you have £1.40 to spend.

$£1.40 \times \text{number of days} = \text{total amount for the week (1 person)}$

Now multiply your total amount by the number of family members taking part.

$\text{Total amount for week (1 person)} \times \text{number in family} = \text{total amount for family}$

Work out, with your family, exactly what you are going to spend your money on. Realistically, you probably won't have very much left over once you have spent it all on food! Life has to carry on, so don't worry about eating out of the back of the cupboard, or buying petrol so you can get to work, but do think twice about the takeaway coffee or newspaper you may usually buy.

HOW DOES THIS SUPPORT EAGLES?

The difference between your 'live below the line' spending and your normal weekly spend is your gift to Eagles. Try to keep a couple of receipts from your usual weekly shop, or estimate how much you would normally spend.

Normal spend – 'live below the line' spend = gift to Eagles

e.g. For our family of 3 we can spend £29.40 in 7 days. If we usually spend £80 in 7 days: $80 - 29.40 = £50.60$ for Eagles

Please bring this amount, your gift to Eagles, to church on 18th March.

TIPS FOR LIVING BELOW THE LINE SUCCESSFULLY

- Think carefully about how you can save money on what you eat. Are you buying lunch on working days, or taking your own? Are you buying an expensive coffee from a coffee shop, or could you take some from home in a flask? (Or tap water in a bottle?)
- Use up food from your store cupboard, such as dried pasta or rice. Dried herbs and spices can add flavour to uninteresting ingredients.
- Make a list of the food you plan to buy, and stick to it. Plan exactly what you will eat each day.
- Use a supermarket website to price items before you go shopping so you know how much you will be spending.
- Making food for two meals can be more economical than for one. Try cooking a double portion and keeping half in the fridge or freezer for another day.
- If you usually eat meat, try to reduce it and replace it with cheaper vegetarian options. Lentils are a good, cheap source of protein, as are tinned beans and chickpeas.
- Choose which days you will live below the line in advance. You may not want to take part if you have a special celebration like a birthday one day.
- Finally, don't worry if you don't manage to live within your limits for the whole week. Even saving a few pounds can help Eagles in Malawi.

Thank you

A LITTLE BIT ABOUT EAGLES

Eagles trains and supports churches of all denominations across the country to reach those most in need and help hundreds of communities, including Beka, to bring change using local resources.

