



Come Dine Below the Line

A dinner party with a difference.



What is it?

The Live Below the Line campaign is all about raising awareness and funds to combat extreme poverty. One of our best fundraising tools is holding a Come Dine Below the Line dinner for your friends, family or community group.

The idea is simple- give your friends a taste of the Live Below the Line challenge by *cooking them a meal worth 33p a head*, then ask your guests to contribute to your fundraising page, or invite them to take the challenge themselves. You could ask them to donate what they think the meal is worth for a real test of your culinary skills!

This pack features a sample recipe to get your creative juices flowing and some interesting facts about extreme poverty to get the conversation going.

Top tips

Take lots of photos. Seeing your dinner will be a great encouragement to anyone considering taking the challenge.

Use social media. Tweet your pictures using the hashtag #belowtheline to @lbruk or tag us on Facebook.

Stuck for what to cook? Check out our online cook-book at www.livebelowtheline.com/uk/resources

Cook for a big group. The bigger the group, the easier it is to buy ingredients and the more money and awareness you're likely to raise.

Have fun! This is a great opportunity to share your Live Below the Line experience with your friends.



**LIVE BELOW
THE LINE**



Recipe Suggestion

3 Bean Daal

YOU WILL NEED:

- ½ cup dried yellow split peas
- 3 cups water
- 1 can black beans
- 1 can kidney beans
- 1 can chopped tomatoes
- 2 tbsp oil (30ml)
- 1 onion
- 1 garlic clove
- 2 tsp minced ginger
- 1 tsp turmeric
- Salt
- 1 tsp ground cumin
- ½ tsp ground coriander
- ½ tsp cayenne
- Rice

METHOD:

- Pre-soak the split peas overnight.
- Place the split peas and water in a large saucepan over a medium-high heat. Bring to a boil, reduce the heat to low, add the turmeric and simmer, partially covered and stirring occasionally, for 20 minutes.
- Add the black and kidney beans, season with salt to taste and simmer, uncovered, until the sauce thickens and the beans are very soft (about 20 minutes).
- Heat the oil in a large skillet over a medium heat. Add the onion, cover, and cook until softened (about 5 minutes). Add the garlic and ginger and cook, stirring, until fragrant (about 30 seconds). Add the cumin, coriander, cayenne, cardamom and tomatoes, stirring constantly for about 30 seconds.
- Pour the contents of the skillet over the simmering bean mixture and stir well to combine. Taste and adjust the seasonings.
- Serve hot and ENJOY!



**COME DINE
BELOW THE LINE**



LIVE BELOW
THE LINE



Talking points

Here's some facts and stats to get people talking about why you are living below the line. Alternatively, you could turn this into an icebreaker quiz!

Over 80% of farmers in Africa are women.

842 million people in the world do not have enough to eat. This number has fallen by 17 percent since 1990
One third of all food produced (1.3 billion tons) is never consumed.

India is home to over 4% of the world's billionaires with a total net worth of \$194.6 billion. 35% of India's population also live in extreme poverty.

At least 80% of humanity lives on less than \$10 a day. Consider how much you live on a day including food, housing, transport etc....

Not at all surprised. More than 80 percent of the world's population lives in countries where the gap between the rich and poor is widening.

Nearly a billion people entered the 21st century unable to read a book or sign their names.
Every year there are over 200 million cases of malaria, with over 655,000 fatalities. Africa accounts for 90% of these deaths.

In Europe we spend \$105 billion a year on alcoholic drinks. It would take just \$12 billion to provide reproductive health for all women.

Of the 2 billion children in the world 1 billion live in poverty, 640 million without adequate shelter and 400 million without clean water.

The poorest 10% accounted for just 0.5% and the wealthiest 10% accounted for 59% of all the consumption.
Basic education for all would cost \$6 billion a year. The US cosmetic industry is worth \$8 billion a year.
34 of the 50 least developed countries are in Africa.