



**BEAT
THE
BEANS.
SMASH
POVERTY.**

**THE
MEAN BEAN
CHALLENGE**

26-27th April 2018

Two days: one challenge. Eat nothing but rice and beans, get sponsored and help end hunger.

HAVE YOU GOT WHAT IT TAKES?

This spring youth@TBC are partnering with Tearfund to make a difference in areas of the world where poverty and hunger dominate people's lives. We are joining with thousands of others in the Mean Bean Challenge – living for just two days on the kind of diet that millions around the world live on every day in order to raise awareness and raise money and, ultimately, to work towards an end to poverty and hunger.

I WANT TO SMASH POVERTY!

Awesome! You can raise money online by giving your email address to Paul – he will send you an invitation to create a "Just Giving" page linked to our team, which you can share on Facebook and other social media and get sponsors that way. Alternatively, you can get a paper sponsorship form and raise money the old way. Or do both...

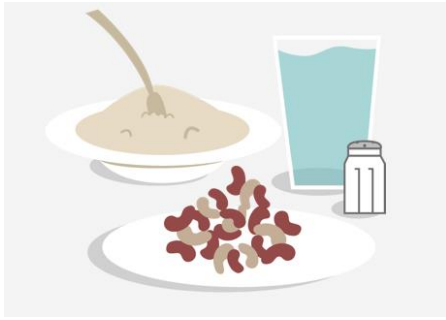
Get as much sponsorship as you can. Then from 8pm on Wednesday 25th April to 8pm on Friday 27th April it's beans, beans, beans!

I give permission for my child _____ to take part in the Mean Bean Challenge.

I have read the information provided and if I have any concerns over their medical suitability to participate in the challenge I will seek medical advice before the challenge begins. I understand that they are to stop the challenge should they feel unwell.

Signed _____ (parent / guardian) Date _____

WHAT CAN I ACTUALLY EAT?



For breakfast: Porridge made with water.

For lunch and dinner: Plain beans with plain rice.

And to drink? Just water.

Seasonings? A small amount of salt is allowed, but no black pepper or Herbes de Province.

What about my Piri Piri sauce? Sauces are a big no-no, I'm afraid. So no baked beans, either.

What types of beans are allowed? Definitely not jelly beans, if that's what you're asking. Just kidney beans, black beans etc.

WHERE CAN I FIND OUT MORE?

Tearfund have an excellent webpage with lots of information, a nutrition guide and more. You can get to it here: https://www.tearfund.org/en/about_you/fundraise/mean_bean_challenge or just type in www.tearfund.org and search "Mean Bean".

Look out for our Facebook event too – we'll be posting lots more information there as the challenge approaches.