

fundraising  
with food



# CURRY night

A curry night is a great way to have fun with friends and family while raising funds and awareness of CAFOD's work. Find out more about our work in Bangladesh: [cafod.org.uk/About-us/Where-we-work/Asia/Bangladesh](http://cafod.org.uk/About-us/Where-we-work/Asia/Bangladesh)

TOP TIPS!



## Get a team together

Recruit a team of helpers. Ask different people to make a variety of curries so you have a selection and can spread the cost of ingredients. Buy Fairtrade ingredients where possible. Make sure you have some on the day helpers who can set up, serve your curries and do some washing up!

Ask your local supermarket or bakery if they would donate some ingredients to help keep your expenses down.



## Safety

Check that your cooks all know the food hygiene basics and check [www.food.gov.uk](http://www.food.gov.uk) for more information.

Make sure all food is clearly labelled for people with **allergies**.

Contact [volunteering@cafod.org.uk](mailto:volunteering@cafod.org.uk) for help and advice about completing your **risk assessment**.



## Extra activities

Add some extra activities: have a tasting competition and ask your friends to vote for their favourite curry, hold a quiz, or hold a jumble sale, clothes swap or raffle.



[WWW.CAFOD.ORG.UK](http://WWW.CAFOD.ORG.UK)

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**CAFOD**  
Just one world



Visit [shop.cafod.org.uk](http://shop.cafod.org.uk) to order collection envelopes and other resources



### Get the word out

Use the poster with this *How to Guide* to advertise your curry night. You could also put an announcement in your parish or school newsletter.



### Take pictures

We always love to hear about your events.

Send your stories and photos to [stories@cafod.org.uk](mailto:stories@cafod.org.uk) and tweet a photo of your curry night to [@CAFOD](https://twitter.com/CAFOD)



### Donations

Send your donations to: Romero House, 55 Westminster Bridge Road, London SE1 7JB. If your donation is for a particular appeal (e.g. Lent) please state this clearly when sending in your donation. Download a [gift aid form](#) to make your donation go even further!

### Curry recipe

**Ingredients:** 4 medium potatoes 1 onion 2 cloves of garlic  
1 tsp cumin seeds 1 tsp cumin powder 1 tsp red chilli powder  
3 tbsp vegetable oil ½ tsp garam masala (optional)  
1 tbsp chopped fresh coriander

- 1) Peel the potatoes and half boil them, drain and dice them into cubes.
- 2) Add cumin seeds, chopped onion and crushed garlic to a pan and fry in oil until soft.
- 3) In a small bowl mix cumin powder and chilli powder and add 3–4 tablespoons of water to make a runny paste. Add this to the onion mixture and cook for one minute. Add chopped potatoes and stir.
- 4) Sprinkle salt and add 1½–2 cups of water (or more as desired) and cook for 10–12 mins, or until the potatoes are cooked entirely.
- 5) Sprinkle garam masala, add chopped coriander and serve.



Sabita leads a support group for women in the village of Kainmari, Bangladesh. The group was started by our local partner, **Caritas Bangladesh**. Sabita often makes this potato curry to eat with her family.

### **i** Need advice?

Get in touch with your local [CAFOD Volunteer centre](#). We can also send you collection boxes, balloons, and information on CAFOD's work.