You’re making and selling jam! A jam sale, or CAFOD jamboree, is a great way to raise funds that will transform the lives of people overseas.

**Choose a location and date**
- To hold a simple jam sale for your customers to take their jars home, you won’t need much room, so the back of church or at school could be perfect.
- You could ask to have a jam stall included as part of a summer fete or Harvest festival.
- If you’d like to serve cream teas at your Jamboree by providing scones and tea with your homemade jam, find a venue where you can make and serve drinks and with enough chairs and tables for everyone to sit down.

**Ask for help**
- Recruit a team of helpers to make jam, decorate your venue, collect and count the money with you, and clean up afterwards.
- Ask different people to make a variety of jams and chutneys so you have a selection and can spread the cost of ingredients. Buy Fairtrade ingredients where possible.

**Set a target**
- Make sure your price for jam and any other treats on sale includes a donation to CAFOD as well as covering the cost of your ingredients.
- You could sell biscuits and cakes baked with homemade jam, or even sell cheese and crackers alongside chutneys.
- You could sell other homemade items at your jamboree - homegrown vegetables, plants, or even knitted crafts!
- If you’re feeling competitive, run a jam off - ask your bakers to enter a jar to be judged. Ask for a small donation from each entrant and split the winnings between CAFOD and the master jam maker.
- Order free collection envelopes from cafod.org.uk/shop so that donations to your sale can include Gift Aid.
Amira had to flee Syria with her family, but once in Lebanon, she struggled to find work. CAFOD taught her how to make a sell jam for a living. This small business helps Amira support her children and meet new people in her new home.

To find out more about our work in Lebanon, visit cafod.org.uk/Lebanon

You can make jam with almost any fruit, but try this delicious blackberry recipe in the autumn. It should make around 4 jars.

Blackberry jam

**Ingredients**

- 900g blackberries
- 900g golden granulated sugar
- 1½ tbsp lemon juice
- unsalted butter
- water

**Method**

Put the fruit into a large heavy-based saucepan. Add 50ml of water and the lemon juice. Bring to the boil.

Lower the heat and simmer for 15 minutes. The fruit should be soft.

Tip in the sugar, stir over a very low heat until the sugar has completely dissolved. Raise the heat, bring to a full rolling boil, then rapidly boil for 10-12 minutes - don’t stir though! This should ensure the setting point of 105°C is reached.

Remove from the heat, skim off any excess scum, then stir a knob of butter across the surface (this helps to dissolve any remaining scum). Leave for about 15 mins so the fruit can settle. Pour into sterilised jars, label and seal.

**Promote your jamboree**

- Take a look at our online fundraising pages for tips on promoting your jam sale through social media, and even the local press!
- You can also put up CAFOD posters, put a notice in your parish newsletter, and encourage people to bring along friends and family.

**Make your event safe**

- Ask each of your jam makers to write down all the ingredients they used so that you can answer any questions about allergies. Include diabetic friendly jams on your stall if you can!
- Make sure that your bakers all know the food hygiene basics and check food.gov.uk to make sure your jams have been made safely.
- It’s especially important that all jam jars have been properly sterilised before being used.
- If you’d like more advice, or support with writing a risk assessment, check our fundraising pages online, or get in touch with your local volunteer centre at cafod.org.uk/UK.

**Send in your money**

- Pay in your funds online at cafod.org.uk/give, by phone on 0303 303 3030 or by post to the address below. Please remember that you can’t claim gift aid when sending us funds from your jam sale!
- Please include a brief note about how you raised your funds and ask for any extra thank you letters or posters as well.
- If you haven’t already tweeted a photo of your jamboree to @CAFOD, email one to events@cafod.org.uk so we can see what you’ve been up to!