

COULD YOU SURVIVE ON

# FIVE?

Just €5 a day for all your food and drink costs for five days.

Join the SVP challenge and help raise awareness in your community.



Your Help Can Last a Lifetime.



Society of St. Vincent de Paul

## JOIN THE SURVIVE ON FIVE CHALLENGE

Survive on Five is a new challenge from SVP. We're asking you to challenge yourselves to survive on just €5 a day for all your food and drink costs.

This challenge will help you get a better understanding of the daily constraints that a person on a low income in Ireland faces. You can help us raise awareness of this by sharing your experience of the challenge with others through social media and blogs.



Society of St Vincent de Paul



- You can't take any food from your presses at home unless you count the cost of this in your budget.
- For items such as salt and pepper, oil, jam, etc. you must deduct the daily cost of these from your budget. We provide a list of estimate prices for some items. For anything not on this list, work out the cost per grams and budget accordingly.
- You can use food from your garden as long as you deduct the cost of production.
- If you have a glass of wine or beer with your dinner, this must also be accounted for. If you use any alcohol already in your house, you must work out the cost per drink and deduct this from your allowance.
- You cannot accept donated food or drink from others – if you go to a friend's house for dinner you must deduct the cost of this meal from your budget.
- You must also include the cost of feeding a guest if they come over to your house or even just giving them a biscuit with a cup of tea.



## YOUR TEAM

If you think you are up for the challenge why not get a group (friends / classmates / colleagues..) together and arrange to take part.

Nominate a contact person within your team to liaise with SVP and then get in touch. Email us at [youth@svp.ie](mailto:youth@svp.ie) to register for the challenge. Please send names for your team and we will send you out all the info you need.

Your liaison person can share all this info with your team / group.

## WARNING

**This will not be easy. You will have to think about and calculate every item you consume. However, this is the reality of hundreds of thousands of people in Ireland every day.**

PLEASE REMEMBER SHARING YOUR EXPERIENCES OF THIS CHALLENGE WILL HELP RAISE AWARENESS OF HOW DIFFICULT IT CAN BE TO LIVE ON A LOW INCOME.

Let us know how you get on via social media / write a blog / organise an event...we will advise on options when you register.

According to our most recent statistics, 428,171 people in Ireland go without adequate food on a regular basis. This means missing meals and not being able to afford proper meals. Young people and single-parent families are consistently one of the most at-risk groups and are more likely to experience poverty than other groups.



# THANK YOU FOR SUPPORTING SVP

Without social welfare payments (pensions, child benefit, job seekers, disability), nearly half of the population of Ireland would be at risk of poverty. SVP helps tens of thousands of people experiencing poverty every year, and campaigns to end poverty in Ireland.

When you are living on a low income, it can take just one small thing to tip you into crisis and poverty. When that happens, the Society of St. Vincent de Paul is here to help. Our network of over 1,250 voluntary Conferences in Ireland visit thousands of homes each week. We offer practical support to individuals and families going through their toughest times.

Thank you for getting involved in the campaign for the 17<sup>th</sup> October, the UN Day for the Eradication of Poverty.

We look forward to hearing about your experiences with the Survive on Five challenge and to working with you in the future.

**Save someone from a life of poverty.**



Society of St. Vincent de Paul



INTERNATIONAL  
DAY for the  
ERADICATION  
of **POVERTY**  
17 OCTOBER



**An Roinn Gnóthaí Fostaíochta  
agus Coimirce Sóisialaí**  
Department of Employment Affairs  
and Social Protection