



# Hosting a Breaking Bread Dinner

*Breaking Bread for Women in Afghanistan* is a fundraising initiative for Canadian Women for Women in Afghanistan (CW4WAfghan) to raise funds for education programs for Afghan women and girls. Hosts hold fundraising dinners in their homes, or in community locations like their school or workplace. Over 1,400 Breaking Bread dinners have been held across Canada since 2002, raising over \$2 million through this initiative. Join our network of Breaking Bread hosts, and plan a dinner to add your support.



## Why Host a Breaking Bread Dinner?

**Raise money.** Breaking Breads are one of our main sources of revenue, ensuring we can continue to run high quality programs that enable access to education for women and girls in Afghanistan.

**Not stressful.** They are easy to host! Breaking Breads can be as

casual or as elaborate as the host wants them to be. Gather virtually, in a park, or outdoors on your patio during these more challenging times. Have a formal program with a speaker or a musical performance, show a film, or just get together, gab and eat! When cooking isn't the preferred option, some hosts arrange their dinners from a local restaurant and guests pay for their dinners in addition to the suggested donation amount.

**Have fun.** A Breaking Bread dinner is a rewarding social experience. People come together easily around food, and this is an enjoyable way to contribute to a good cause. It's a great excuse to catch up with a friend or two whom you haven't seen in a while. Many groups end up hosting a Breaking Bread annually that becomes a much anticipated tradition among friends.

**Raise awareness.** Because Breaking Bread is a social experience, it means you share your passion for CW4WAfghan's work with others. Imagine if just one person who attends your dinner decides to host their own dinner.

**Did You Know?**  
CW4WAfghan is a registered charity incorporated under the Canada Not-for-profit Corporations Act, S.C 2009 (NFP Act) with Corporation Number 415380-4. CW4WAfghan is a non-religious, nonpolitical charity registered with Canada Revenue Agency under number #887718203RR0001.



# Breaking Bread During Covid-19

CW4WAfghan members have been creative during Covid-19, hosting engaging virtual events until a time when we can once again routinely gather in person to share meals. Hosts have held online cooking classes or gathered friends together in a video call to break bread virtually, listen to a speaker or participate in a workshop like the henna workshop held in Calgary. Another approach is to ask people to distribute a meal kit or ask 'guests' to follow the same recipe in their homes on the same evening. In some communities, it may be an option to host socially distanced gatherings outdoors like a picnic or

**Did You Know?**  
May is **Breaking Bread Month!** Every year, in May, CW4WAfghan promotes Breaking Bread by asking supporters to host dinners. Find out more at our website: [www.cw4wafghan.ca](http://www.cw4wafghan.ca)

backyard BBQ, or host a small gathering at home with people in your bubble. There are many options to continue your support at this time, as we all look forward to when we can resume our traditional format Breaking Breads!

# Planning Your Breaking Bread

Some organizers may arrange to show a video from our website to help explain our programs and what guests are supporting by attending the event.



All amounts of donations are warmly welcomed and greatly appreciated! The Breaking Bread hosts leave the donation amount up to their guest. Remind your guests that the reason for the dinner was to raise money for advancing education for Afghan women and girls through supporting women's literacy classes, girls' education, teacher education, libraries and more. Please ensure the address of the donor is correct as tax receipts will be sent based on the information on their cheques. Should you wish to accept cash donations, please provide the name, address and amount of donation so that a tax receipt can be issued. As you should never mail cash, please purchase a money order, or provide a cheque for the total of cash donations and submit this with all the cheques received during the event.

**Engaging Through Breaking Breads**  
As host, please send us a brief note about your event and include the total amount you are submitting. Photos are welcome and be sure to ask permission of your guests. You may wish to share the hashtag **#breakbread** with your guests who use Twitter, Facebook or Instagram.



## Examples of Breaking Bread Dinner Events

If you are looking for ideas, themes or activities for your dinner, here are some examples of past Breaking Bread events that have taken place around the country:

- "Taste of Afghanistan" cooking classes have been held in Manitoba, where preparation of Afghan dishes was demonstrated, and guests learned about common Afghan ingredients and recipes.
- Students in Ontario held birthday parties, where instead of going to the movies, they watch a show together at home, make popcorn and cupcakes, and donate their gift money.
- A Victoria resident had an 80th birthday party, inviting all her friends to come and "bring whatever total of 80 you can afford...quarters, loonies, bills". Family and friends held the party on the front lawns of two homes of neighbours.
- A group of supporters in Calgary host two dinners each November at a small golf club where they have arranged a reduced cost for a three-course meal at about \$35. Guests will donate \$100 with the proceeds being a donation. If the guests can't make the first date, the organizers are quick to mention that a second dinner will be held two weeks later, and sign them up. Friends come year after year and enjoy each other's company, enjoy a meal while contributing to basic rights for Afghan women and girls.
- Several book clubs in Atlantic Canada have hosted dinners when the club was reading a book set in Afghanistan (e.g. The Breadwinner, The Kiterunner, A Thousand Splendid Suns, or others)



## Get In Touch

A heartfelt thank you goes out to all our Breaking Bread organizers and participants for your fabulous, sustainable long-term support for programming in Afghanistan! It's a beautiful story we are all writing together. Please share your stories and milestones with us for future news bulletins.

We are here to discuss your ideas and plans for a Breaking Bread dinner. For further information, contact us: call 403 244-5625 or email [community@cw4wafghan.ca](mailto:community@cw4wafghan.ca) or visit [www.cw4wafghan.ca](http://www.cw4wafghan.ca)

