



# GIVE IT UP SO THEY DON'T GO WITHOUT

In a world of excess children, continue to go without – often with deadly consequences. Like you, we believe this isn't right! That's why we've launched the Give it Up Appeal this October. We are looking for **500 INCREDIBLE PEOPLE** in our community to **RAISE \$100** by Giving it up for Good.

1.

Choose a challenge and register online at [www.adra.org.nz/giveitup](http://www.adra.org.nz/giveitup)

2.

Raise funds by giving something up throughout October

3.

Pat yourself on the back for helping people thrive

GIVE IT  
UP<sup>4</sup>  
GOOD

FOR INFO + FUNDRAISING IDEAS VISIT  
[WWW.ADRA.ORG.NZ/GIVEITUP](http://WWW.ADRA.ORG.NZ/GIVEITUP)