

CAFOD Volunteers: Harvest 2026

+ **Family Fast Day** is on Friday 2 October



*Check that your
parish has
received our
Fast Day envelopes*

DID YOU KNOW?
When you speak
at Mass, parish
collections can
double!



DID YOU KNOW?
Handing
envelopes to every
parishioner **boosts
donations**



Scan here to find digital
resources for your parish

See overleaf for your
handy *Fast Day* checklist!

Family Fast Day in your parish

CAFOD Volunteers: Harvest 2026

Your handy checklist

*A talk can
double collections!*



Arrange to give the short talk at Masses on **26/27 September** or **3/4 October**.



Please display the Family Fast Day poster on your parish noticeboard before 26 September.



Place our newsletter announcement in your parish bulletin and include the QR code.



Make pens available for parishioners to fill out their envelopes for Gift Aid, or to find out more from CAFOD.



Hand out Fast Day envelopes to parishioners as they come into church and stand at the exit **to collect donations** and thank people. Please also hand out **World Gifts flyers** after Masses.



Wear your volunteer lanyard when you hold the parish collection – tell parishioners they can scan the QR Code to give online.



We can take donations by card – email **contactless@cafod.org.uk** for more information.



Turn the poster over after the collection and leave up on the noticeboard as long as possible.

N.B. Information about paying in parish collections is on our website.



cafod.org.uk/parish

Check out our parish fundraising page for all our digital resources and fundraising tips.