

Raising some dough on Sandwich Day

BUDDING chefs (from left) Liam (5) and Conor Dalton (4), Kate McAteer (5), and Shauna (9) and Kate (5) Regan got in some practice and refined their culinary skills in the National Botanic Gardens in Dublin, as they prepared for the Self Help Africa Sandwich Day.

Taking place on November 14, people across Ireland will be encouraged to make and sell sandwiches to their work, school, college or sports colleagues and donate the proceeds to Self Help Africa.

Self Help Africa began its work in 1984.

"Millions of people in the nine African countries in which we work are facing severe food shortages and increasing prices. By supporting Self Help Africa Sandwich Day, you can play a part in ensuring that families in Africa have enough to eat and have the tools to become self sufficient," said CEO of Self Help Africa, Ray Jordan, who joined the aspiring chefs in some bread buttering.

Self Help Africa Sandwich Day is part of a 10-week fundraising campaign by the international development agency.

It hopes to raise a minimum of €1m, or €100,000 a week, for its projects in nine African countries.

