

PARCH CALENDAR

MARCH 2014



PARCH PASS

If you fall off the wagon or have a party and want to enjoy a drink, you can buy a PARCH PASS for £5 at www.parch.co



SAT 1 Less than 50% of Haitians have access to safe drinking water PARCH PASS

SUN 2 Women should drink less than 14 units / week PARCH PASS

MON 3 Haiti is a country in the Caribbean PARCH PASS

TUE 4 Men should drink less than 21 units / week PARCH PASS

WED 5 Drinking in moderation should not have any adverse health effects PARCH PASS

THU 6 1 unit of alcohol = 56 calories PARCH PASS

FRI 7 Haiti was discovered in 1492 by Christopher Columbus PARCH PASS

SAT 8 1 large glass of red wine = 130 calories approx (half a Bounty Bar) PARCH PASS

SUN 9 We educate 317 students at the Andrew Grene High School PARCH PASS

MON 10 Alcohol calories are of no nutritional value and simply promote fat development PARCH PASS

TUE 11 The population of Haiti is approx 9.7 million PARCH PASS

WED 12 Haiti is one of the most densely populated and least developed countries in the Western Hemisphere PARCH PASS

THU 13 On average, Haitian girls attend only 2 years of school PARCH PASS

FRI 14 A fatty liver from alcohol is reversible - stopping or reducing drinking will reduce fat PARCH PASS

SAT 15 Haiti has 14 airports, but only 4 have paved runways! PARCH PASS

SUN 16 Cirrhosis can lead to death through liver failure PARCH PASS

MON 17 Over 40% of the population in Haiti is under 14 years old PARCH PASS

TUE 18 Less than 20% of Haitians age 15 and over can read and write PARCH PASS

WED 19 Most rivers in Haiti are polluted with human waste PARCH PASS

THU 20 In the UK, 15% of adults have never drunk alcohol PARCH PASS

FRI 21 4000 schools were damaged or destroyed in the earthquake PARCH PASS

SAT 22 The official languages of Haiti include French and Haitian Creole PARCH PASS

SUN 23 January 12th 2010 - 7.3 magnitude earthquake struck near Port-au-Prince PARCH PASS

MON 24 One week to go! PARCH PASS

TUE 25 A bag of water in Haiti costs approx 3p or 2 euro PARCH PASS

WED 26 Alcohol is not to blame for 'beer bellies', as beer contains no fat or sugar PARCH PASS

THU 27 Wine accounts for 60% of all alcohol women drink in the UK PARCH PASS

FRI 28 Since 1804 Haiti has had four national flags PARCH PASS

SAT 29 3 days to go! PARCH PASS

SUN 30 2 days to go! PARCH PASS

MON 31 1 day to go! PARCH PASS

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