

Food Fast in Schools

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FACE THE FAST

While Food Fast is designed as a 24-hour retreat, schools can easily modify the schedule to fit within a school day as a school-wide retreat. The entire school can participate, and activities can be woven into every class period. Rather than fasting, your school might choose to provide a simple meal at lunch.

Suggested Schedule

Opening Assembly: Opening Prayer
1st Period: Activity
2nd Period: Reflection
3rd Period: Activity
4th Period: Activity
Lunch: Prayer
5th Period: Reflection
6th Period: Activity
Closing Assembly: Commissioning Prayer

An alternative to a school-wide Food Fast is to provide individual students the option to participate throughout an entire day and share with the school why they are fasting. Learning activities and prayers can be used prior to the scheduled date of the Fast or incorporated into the school day for the participants.

Suggested Schedule

Pre-Food Fast

Reflection
Learning Activity

Food Fast

Before School: Opening Prayer
Lunch: Presentations to the entire school
about global poverty and hunger
After School: Commissioning Prayer

Post-Food Fast

Determine how to involve the entire school in service and justice work.