

\_\_\_\_\_ will be holding a Food Fast on \_\_\_\_\_. Please pray for participants  
*Parish/School Name* *Food Fast Date*  
as we fast and pray for our brothers and sisters around the world during our Food Fast.

\_\_\_\_\_ has chosen to participate in Food Fast because  
*Name of Participant*

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Please consider sponsoring \_\_\_\_\_ during our Food Fast through a donation to  
assist the poor through Catholic Relief Services. *Name of Participant*

*How will your donation benefit the poor through the work of Catholic Relief Services?*

By sponsoring a Food Fast participant, you will be making a positive and direct impact on someone's life by supporting Catholic Relief Services' relief and development projects around the world. Your donation will help to provide quality education, healthcare, food, and other opportunities for our brothers and sisters in need.

*What is Catholic Relief Services' Food Fast?*

Food Fast is Catholic Relief Services' 24-hour hunger awareness program for Catholic youth. Focusing on global poverty and hunger, Food Fast puts our Catholic faith into action to assist the poor.

Grounded in Catholic social teaching, Food Fast teaches youth about issues faced by their peers in the developing world; encourages youth to take action on behalf of the poor and hungry; and calls youth to share their perspectives and knowledge about our world with their community to create lasting change in our world.

*Who is Catholic Relief Services?*

Catholic Relief Services is the official international humanitarian agency of the U.S. Catholic community. CRS is motivated by the example of Jesus Christ to assist the poor and suffering in more than 100 countries on the basis of need, without regard to race, religion or nationality.

CRS is efficient and effective. **Ninety-four percent** of the agency's expenditures go directly to programs that benefit the poor overseas.

For more information about Catholic Relief Services, please visit our website at [www.crs.org](http://www.crs.org).

***Thank you for supporting our Food Fast!***

