

Materials Needed Check-list

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FACE THE FAST

Listed below are all of the materials you will need during the entire Food Fast. Not all materials are needed for each activity.

Equipment

- Music (download at foodfast.org)
- Music Player
- DVD player
- Speakers
- Projector
- Screen
- Computer

Activities

- Copies of handouts listed in each prayer, reflection or activity
- Fair Trade Giveaway Items (order at foodfast.org)
- Cross
- Candles (votive or electric votive)
- Large Basket
- Decorations (e.g., pictures, plants, cloths, maps)
- Chairs
- Tables
- Flipchart paper
- Foam or Poster Board
- Plain Paper
- Construction Paper
- Index Cards
- Magazines
- Newspapers
- Markers
- Pens/Pencils
- Masking Tape
- Glue
- Art Supplies
- 6-sided die
- Safety Pins
- Spoons
- Eggs

Other

- Cups
- Juice/Water
- Simple meal for breaking the fast (for suggestions, visit orb.crs.org/resources/recipes)