

# Online Resources

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FACE THE FAST

- Visit the **CRS Food Fast website** ([foodfast.org](http://foodfast.org)) for additional resources, activities, and tips on planning your Food Fast.
- **Become a Fan of Catholic Relief Services' Food Fast on Facebook.** Post pictures, videos and best practices from your Food Fast on the fan page, receive updates from CRS, and connect with other Food Fast coordinators and participants from around the country.
- Visit the **Catholic Relief Services YouTube Channel** ([youtube.com/user/CatholicRelief](https://youtube.com/user/CatholicRelief)) for short videos about the work of Catholic Relief Services around the world. Select Food Fast from the right side menu for videos specific to this year's program.

## Music

This year, in collaboration with Oregon Catholic Press' Spirit and Song, CRS is providing a Food Fast soundtrack. Visit [foodfast.org](http://foodfast.org) to download music from some of your favorite Catholic musicians.

## Additional Online Resources

Use resources from CRS and CRS' partners to enhance your Food Fast or as a way to continue integrating global issues into your ministry.

- **Catholic Relief Services** ([crs.org](http://crs.org)) Information on CRS' work, stories about the people CRS serves, and opportunities to get involved in CRS activities in the United States.
- **CRS Education: Going Global with Youth** ([education.crs.org](http://education.crs.org)) is a gateway to lesson plans, simulation activities, prayer services, and other resources that explore global issues through the lens of solidarity and Catholic social teaching.
- **Catholics Confront Global Poverty** ([crs.org/globalpoverty](http://crs.org/globalpoverty)) Advocate to end hunger, disease, conflict, and other issues that affect the lives of our brothers and sisters worldwide.
- **National Catholic Rural Life Conference** ([ncrlc.com](http://ncrlc.com)) Provides resources on domestic agriculture and the ethics of eating.
- **National Federation for Catholic Youth Ministry** ([nfcym.org](http://nfcym.org)) Offers resources, training opportunities, conferences and updates for those who work in the Catholic youth ministry community.
- **Education for Justice** ([educationforjustice.org](http://educationforjustice.org)) at the Center of Concern offers a wide range of resources to help promote Catholic social teaching and social justice issues through interactive group activities and discussions.
- **JusticeWalking** ([justfaith.org](http://justfaith.org)) is JustFaith Ministries program for older teenagers. This 12-session experiential process brings adults and Catholic teenagers into small communities to experiment with living both the Gospel message and the practical implications of Catholic social teaching.