

## Parental Consent Form

Dear Parent/Guardian,

Your child has expressed interest in participating in *Food Fast*, Catholic Relief Services' hunger awareness retreat. This is a \_\_\_\_-hour event, which includes fasting, prayer, activities, and discussion on the issues of hunger and poverty in the world.

Our *Food Fast* will be held on \_\_\_\_\_ at \_\_\_\_\_.  
*date/time* *location*

During *Food Fast*, your child will:

- fast for \_\_\_\_\_ hours and miss \_\_\_\_\_ main meal(s);
- consume only juice and water during the fast; and
- solicit sponsorship pledges to raise money for Catholic Relief Services.

In the Bible, the practice of fasting is connected with the ideas of personal and communal growth and conversion. By fasting, praying, and sharing conversation together, we gain a connection with the people in the world who suffer from hunger involuntarily. If there are medical reasons that prevent your child from being physically capable to participate in a 24-hour fast, your child can still participate in the event in a modified way. Please contact me if you would like to discuss other options. The purpose of the fast is to create an awareness of the impact of poverty and inequity in a world of plenty and to give your child ideas about how to make positive changes in the world.

Please complete the form below and return it to me by \_\_\_\_\_. Thank you for supporting your child's participation in Catholic Relief Services' *Food Fast*.  
*date*

Sincerely,

\_\_\_\_\_  
*Youth Director/Campus Minister*

**Catholic Relief Services is the official international humanitarian agency of the Catholic community in the United States.** *Food Fast* is an educational retreat focusing on issues in the developing world. Students participate in a series of planned activities, and with the supervision of their youth minister or teacher, fast for the duration of the retreat. Anyone fasting must drink water and replace solid food with juices (fruit or vegetable) or other non-caffeinated drinks (such as herbal teas) throughout the Food Fast. Anyone with a cold or flu, liver or kidney problems, or a serious illness such as diabetes, heart disease, or ulcers, should not take part in the fast. If you are in doubt of your child's ability to participate, please consult your doctor. For most people, fasting is safe and can be beneficial; however, there are some people who should NEVER fast without professional supervision. (For example, persons who are too thin or emaciated; persons who have experienced anorexia, bulimia, or other eating or behavioral disorders; persons who suffer weakness or anemia; persons who take insulin for diabetes, or suffer from hypoglycemia or any other blood sugar problem.) Fasting should only be done in a limited and controlled environment.

My child, \_\_\_\_\_ has my permission to participate in *Food Fast*.  
*name of participant*

I give permission for photos to be taken of my child during this event, and for those photos to be published in parish newsletters, parish website and Catholic Relief Services' website and publications.

\_\_\_\_\_  
*Signature of parent/guardian*