DEAR YOUTH MINISTER, CAMPUS MINISTER, AND YOUTH LEADER:

Welcome to CRS FoodFast—Catholic Relief Services’ annual hunger awareness experience for Catholic youth! Thank you for taking the time to learn about this program and the work of CRS.

For more than 20 years, thousands of youth from parishes and schools across the United States have taken part in CRS FoodFast to learn about hunger and hunger-related issues that affect our brothers and sisters around the world. Our resources for youth ministers, catechists, campus ministers, teachers and youth leaders address root causes of hunger around the world in the hope that, with a better understanding of our challenges, we can work together to bring an end to hunger.

These materials focus on the relief and development work done by CRS around the world on behalf of you, the Catholic Church in the United States. As CRS enters its 75th year of operation in 2018, we invite you and the young people you serve to learn about and join our mission of serving more than 120 million people in more than 100 countries. CRS programs around the world can provide inspiration to CRS FoodFast participants to make positive and meaningful change in a world that hunger for love and compassion.

Recently, CRS, in partnership with the Center for Ministry Development, developed three sets of theme-based resources that explore hunger through the lens of Catholic social teaching as well as the current realities affecting people living in poverty:

- **Just Food** (food justice, right relationship with food)
- **Enough** (food security, human development)
- **Uncommon Good** (common good, care for creation, based on Laudato Si’)

Each theme offers a central learning activity in five flexible schedules, making it possible for parishes, schools and families to participate! These schedules include: a Confirmation retreat, a family night, a 3-hour format, a 10-hour format, and the comprehensive 24-hour retreat.

This year, we expand the CRS FoodFast resources with a fourth theme, *Be the Change*. Through this theme, you can choose from a buffet of prayer, learning and reflection experiences. Design your own FoodFast to help young people understand the reality of hunger, using a selection of topics that resonate with them. Foster a desire to be agents of change, inspiring young people to respond to poverty with the compassion of Jesus Christ and through the power of their solidarity with our sisters and brothers around world.

Listen, discuss, learn, reflect, pray and act! Discover the power of solidarity! Join the work toward justice and peace that is CRS FoodFast 2017–2018!

Please make sure to register your fast on our website so that we can welcome you, assist you and celebrate your dedication to global solidarity through your fast. The CRS FoodFast staff is eager to assist you, share best practices and receive feedback.

Visit [foodfast.crs.org](http://foodfast.crs.org) for more information and updates. Feel free to contact us directly at foodfast@crs.org.

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CRS FOODFAST THEMES—ENOUGH, JUST FOOD, UNCOMMON GOOD, AND BE THE CHANGE

“It is a scandal that there is still hunger and malnutrition in the world! It is not just a question of responding to immediate emergencies, but of addressing together, at all levels, a problem that challenges our personal and social conscience, in order to achieve a just and lasting solution.” (Pope Francis, 10/16/13)

CRS FoodFast offers four themes—Enough, Just Food, Uncommon Good and Be the Change. In each of these, participants discover how Catholic Relief Services supports people who are hungry in acquiring food and gaining long-term food security. Central to this exploration of faith and justice, participants will be challenged as disciples of Jesus to discover their roles in eliminating hunger across the globe.

Review the themes below and choose the one that best serves your community. Then visit the CRS FoodFast website (foodfast.crs.org) to register and download your FREE CRS FoodFast materials.

IS IT JUST FOOD OR IS IT JUST FOOD?

The Catholic Church believes that how and where we purchase food, how we relate to food—our eating habits—and how we support those who have no food, are actions that have moral consequences. This session explores the need for us to have a “right relationship with food,” a phrase we probably don’t use. However, if justice is being in right relationship—with God, each other, the global community, and the environment—then justice certainly has to include a right relationship with food. This CRS FoodFast focuses on the relationship between the way we think about and use food, and our Catholic faith. Through experience, prayer, art, social media and discussion, young people will discover the effect their own food practices have on the millions of people who go to bed hungry every night.

THERE IS ENOUGH FOOD IN THE WORLD TO FEED EVERYONE. WHY THEN DO SO MANY GO HUNGRY?

In December 2013, the Catholic global humanitarian aid network, Caritas Internationalis, of which Catholic Relief Services is a part, launched an ambitious hunger campaign: One Human Family, Food for All (food.caritas.org)! This global campaign set numerous goals, including: raising awareness, calling on governments around the world to guarantee a right to food for all, and striving to end systemic hunger by 2025. In support of this campaign, Pope Francis remarked at the launch, “We are in front of a global scandal of around one billion people who still suffer from hunger today. We cannot look the other way and pretend that this does not exist. The food available in the world is enough to feed everyone.” (Watch his entire
Building from the theme of “Enough!”, this CRS FoodFast helps Catholic youth explore the reality of hunger in a world of plenty and come face-to-face with the impact of hunger on nearly 1 billion people.

EMBRACING UNCOMMON GOOD FOR THE GOOD OF ALL!

Pope Francis is the inspiration for this theme. When he wrote the encyclical *Laudato Si’* (On Care for Our Common Home) in 2015, the Holy Father challenged all of us to remember that the earth is our common home. It’s not just mine or yours—it’s ours. We are all called to care for God’s creation, and to care especially for the poor and vulnerable who are most affected by climate change. We are called to make choices that help all of God’s people, not just ourselves. In other words, we are called to do uncommon good, so that the common good can be realized!

This CRS FoodFast challenges young people to care for all God’s creation. Participants will discover the impact of climate change on the world’s most vulnerable people. Through experience, prayer, art, social media and discussion, young people grow to understand the concept of the “common good” and how they can harness their talents and resources to promote it and effect change.

CHANGE YOURSELF! CHANGE YOUR WORLD!

Through *Be the Change*, you are invited to create an experience that is unique to the charism and needs of your community. *Be the Change* explores the reality of global hunger in the world through the lens of Catholic social teaching. Participants are also encouraged to reflect on Jesus’ call to discipleship as an invitation to effect meaningful change in their own lives and in our world.

Choose from a wide variety of community builders, prayer resources, learning experiences, and reflections to create your own unique CRS FoodFast event. Schedule templates are included in the Coordinator’s Manual and provide a framework to guide your planning. Consider using the supplemental resources on the CRS FoodFast website ([foodfast.crs.org](http://foodfast.crs.org)) or integrate your own ideas to enhance the overall experience for participants. We recognize the level of commitment many faith and school communities make to inspire young people to live out their faith in solidarity with our sisters and brothers around the world. We hope this selection of resources helps you to achieve that vision.
CATHOLIC RELIEF SERVICES
Catholic Relief Services’ work is about more than helping people survive for the day. CRS approaches emergency relief and long-term development holistically, ensuring that all people, especially the poorest and most vulnerable, are able to participate in the very fullness of life—to have access to basic necessities, health care and education—all within peaceful, just communities. With over 5,000 staff in over 100 countries, and reaching more than 100 million of the world’s poorest people each year, CRS works in close partnership with the Catholic Church and other partners around the world to meet immediate needs while empowering communities for the long term. You can learn more about CRS by visiting crs.org.

THE CARITAS INTERNATIONALIS ONE HUMAN FAMILY, FOOD FOR ALL CAMPAIGN
On December 10, 2013, Caritas Internationalis, the international umbrella organization for Catholic Charities organizations, initiated “One Human Family, Food for All,” a world-wide campaign to combat hunger. Pope Francis launched the campaign with a video calling on all Catholics to intensify efforts to end hunger around the world. Catholic Relief Services, a member of Caritas Internationalis, stands with Pope Francis, Caritas Internationalis, and all the other Caritas organizations around the world in raising up hunger as a key issue of our time.

The word, caritas, also refers to the Christian love for humankind and it exists wherever people reach out to perform an act of charity. The foundation for any real change comes from within ourselves first and foremost and from our ability to see the face of Christ in those who are suffering from hunger. When we start to look deep within ourselves regarding the issues around hunger at home and abroad we realize that it is only by working as one human family in a spirit of compassion and unity that we can finally bring an end to a grave injustice: people still suffer from hunger despite the fact that there is enough food in the world for everyone.

In the United States, Caritas organizations like Catholic Charities USA and CRS work to address hunger on domestic and international levels, respectively, through efforts that foster human development, including legislative advocacy on behalf of the people they serve. You can learn more about this campaign by visiting food.caritas.org.

THE CENTER FOR MINISTRY DEVELOPMENT
Rooted in Catholic vision, the Center for Ministry Development (CMD) inspires and equips leaders in faith communities to help ensure a future of exemplary ministry, foster lifelong faith formation, and promote the active participation of the people of God. CMD provides training, resources and consultation for pastoral ministry and catechesis with youth, young adults, families, and the intergenerational community. Since 1978, Catholic parishes and dioceses have trusted CMD to provide a vision and practice for ministry that is rooted in Church documents, Scripture, and best-practices research. Through its partnership with ministry leaders, CMD strives for excellence and innovation by providing practical, field-tested ministry solutions and resources. To learn more about the Center for Ministry Development, visit cmdnet.org.
HOW TO BEGIN
This “Step-by-Step Guide to Coordinating a CRS FoodFast” is intended to assist the primary Youth or Catechetical Leader in a parish or school to get started! Begin here! Please don't hesitate to be in touch with the CRS FoodFast Team with any questions or concerns (foodfast@crs.org or 866-608-5978).

STEP ONE:
Register your FoodFast with CRS!
Visit the CRS FoodFast website (foodfast.crs.org) to register your FoodFast! CRS will recognize your efforts to stand in solidarity with our brothers and sisters around the world by keeping in touch throughout the year, and spreading the “Good News” about your community’s upcoming FoodFast.

STEP TWO:
Form a leadership team and start with this manual!
You’ve already taken the necessary first step in leading a successful experience by finding CRS FoodFast online and downloading this manual—the CRS FoodFast Coordinator’s Manual! Next, organize a leadership team of youth and adults, share a copy of this manual with them, and direct them to the CRS FoodFast website (foodfast.crs.org) to help you choose a preferred theme and schedule.

STEP THREE:
Choose a CRS FoodFast theme!
CRS offers four themes for your CRS FoodFast. An overview of each theme is available in this manual and on the CRS FoodFast website (foodfast.crs.org). Three of the themes—Just Food, Enough, and Uncommon Good—provide packages of activities and prayers in a variety of scheduled formats. The fourth theme, Be the Change, offers an assortment of activities allowing you to create your own unique CRS FoodFast experience.

STEP FOUR:
Choose a CRS FoodFast schedule!
Just Food, Enough, and Uncommon Good are offered in five flexible schedules. WHY? To let you decide which schedule best suits your community’s needs! Each schedule introduces and explores the theme, builds on a core activity, and contains a list of needed materials. The different schedules help youth “face the fast” through unique combinations of activities, art, reflection, discussion, video, social media, games, and prayer. The five schedules, available for FREE download on the CRS FoodFast website (foodfast.crs.org), include:

- A comprehensive 24-hour retreat schedule
- A one-day/10-hour schedule
- A Confirmation one-day or overnight retreat
- A 3-hour schedule (suitable for a youth group night or adaptable for a class or catechetical lesson)
- A 3-hour Family Night (suitable for any intergenerational gathering)

The fourth theme, Be the Change, allows you to choose from an assortment of activities and prayers. Develop your own experience or choose one of the schedule templates that best suits your needs.

ATTENTION SCHOOLS!
Schools can easily modify the 10-hour or 24-hour version to fit within a school day as a school-wide retreat. An entire school can participate by weaving activities into or across class periods and assemblies. A CRS speaker or other appropriate speaker knowledgeable about hunger can be invited to present to the entire student body at an assembly. Rather than fasting, your school might choose to provide a simple meal at lunch. An alternative to a school-wide FoodFast is to provide individual students the option to participate throughout an entire day.

foodfast.crs.org
STEP FIVE:
Begin planning!

With this CRS FoodFast Coordinator’s Manual and your preferred CRS FoodFast schedule in hand, you and your leadership team can get started. “How to Plan a Successful CRS Food Fast” (pages 9-11) will help you plan your community’s CRS FoodFast experience. Don’t forget to include fundraising in your plans. See Step Eight for more details.

STEP SIX:
Order your FREE materials at least 6 weeks before your CRS FoodFast!

Visit the CRS FoodFast website (foodfast.crs.org) to order your FREE prayer cards, poster pack, and other materials. To ensure your materials arrive in time, please place your order at least 6 weeks before your scheduled CRS FoodFast.

Order your fair trade prizes and commissioning gifts from our partner SERRV.

CRS has made special arrangements with our partner Serrv, allowing you to choose from a selection of fair trade gifts handcrafted by artisans around the world. These items are appropriate for commissioning services and other celebrations. You can find a special SERRV link on the CRS FoodFast website for ordering fair trade handcrafted commissioning gifts.

NOTE: Please make special note that lists of supplies and materials are printed in the CRS FoodFast manuals and with each activity. Be sure to consult your manual well in advance of your CRS FoodFast, and allow enough time for preparation and to purchase supplies.

STEP SEVEN:
Download or link to all online multimedia materials!

Visit the CRS FoodFast website (foodfast.crs.org) to download or link to all accompanying multimedia resources, including PowerPoint presentations, simulations and games, social media, music, videos, fundraising and supplementary resources.

STEP EIGHT:
Fundraise to Fight Hunger

Review the fundraising suggestions on the CRS FoodFast website and customize your own fundraising page to help participants support the mission and work of CRS. More information and helpful links are on the CRS FoodFast fundraising page (foodfast.crs.org/fundraise).

STEP NINE:
Plan your social media strategy!

Consult the Social Media information page in this manual to plan how social media will be used to market your fast before the event and to celebrate your group’s successes during and after the fast. CRS FoodFast would love to see your pictures and hear your stories, and so would your community! Follow the CRS Education Facebook page to keep the conversation going!

STEP TEN:
After your FoodFast, fill out the online evaluation and send in your donations!

Please don’t forget to tell us about your experience by completing the online coordinator’s evaluation at foodfast.crs.org. Please also mail any donations for CRS programs around the world in the donation envelope provided in your Poster Pack. Thank you!
This week-by-week planning schedule is intended for your CRS FoodFast Leadership Team. Gather your Leadership Team and begin planning at least 12 weeks before the date of your CRS FoodFast experience. Please note that some communities have enjoyed inviting another parish or school to jointly plan and host a CRS FoodFast—increasing the number of participants and increasing the fun!

Please don’t hesitate to be in touch with the CRS FoodFast Team with any questions or concerns (foodfast@crs.org)!

PROPOSED PLANNING SCHEDULE:
THREE MONTHS BEFORE FOODFAST:

☐ Register your CRS FoodFast now to get free access to all the information, ideas, tools and tips to make your event a success. CRS will be happy to recognize your efforts to stand in solidarity with our brothers and sisters around the world.

☐ Form a CRS FoodFast Leadership Team of young people, parents and parish staff/school faculty. If your FoodFast consists of multiple communities, include representatives from each community.

☐ Review the CRS FoodFast themes and decide upon the theme, with accompanying activities, that most appeals to your team.

☐ Review the multiple CRS FoodFast formats (or if building your own CRS FoodFast using Be the Change, review the schedule templates), and decide upon the version that best fits into your community’s goals and schedule.

☐ Designate planning teams (sessions, prayer, environment, logistics, marketing, fundraising, etc.), and delegate responsibilities appropriate to each.

☐ Set a date and select a place to hold your CRS FoodFast.

☐ Create and then begin to implement a plan for promoting your FoodFast. Consult this manual’s section on “Promoting FoodFast” for a list of ideas! Use the supplementary resources at the end of this manual. Remember that using social media can help you not only promote the date of your FoodFast event, but also build awareness about global poverty and hunger before, during, and after your FoodFast experience. Check out the Social Media page for best practices.

☐ Review the fundraising suggestions and determine how giving will be an integral part of your CRS FoodFast. Develop appropriate materials (e.g., postcards, sponsor sheets, etc.) that can be shared with potential supporters or donors.

TEN WEEKS BEFORE FOODFAST:

☐ Visit the CRS FoodFast website (foodfast.crs.org) to order your FREE prayer cards, Poster Pack, etc., for mail delivery. Please place your orders at least 10 weeks prior to your scheduled FoodFast (minimum six weeks).

EIGHT WEEKS BEFORE FOODFAST:

☐ Check in with the planning teams.

☐ Finalize plans for and continue to implement:
  • Promotions (see recommendations in this manual)
  • Fundraising (see recommendations in this manual)
  • Registration (see sample “Parental Consent Form” in this manual)

☐ Recruit adults to act as chaperones, greeters, hospitality crew, and small-group activity facilitators. Give them a copy of the session for which you need their help so they understand the activity and their role. One adult per ten participants is...
recommended. Follow the safe-environment policies of your local diocese for youth permission slips, adult volunteers, and, if planning an overnight, sleeping arrangements. A sample permission slip is included in this manual.

- Recruit peer-leaders to assist in the small group leadership. Give them a copy of the session for which you need their help so they understand the activity and their role.

- Consider inviting a guest speaker to your CRS FoodFast, perhaps a CRS Global Fellow. CRS Global Fellows are priests, deacons, and seminarians who have seen firsthand how the work of CRS helps bring joy and assistance to those in need around the world. To learn more about the CRS Global Fellows program, visit globalfellows.crs.org, or contact CRS at 1-866-608-5978 or globalfellows@crs.org.

- Consider inviting musicians to help with the music during the scheduled prayer experiences.

### SEVEN WEEKS BEFORE FOODFAST:

- Check in with planning teams.

- Continue your promotion efforts, including hanging the CRS FoodFast posters in prominent places around your parish or school. To order your CRS FoodFast Poster Pack for mail delivery, visit foodfast.crs.org. Make use of the Bulletin Announcements and Flier provided in this manual. Consult the list of social media recommendations outlined in this manual.

- In addition, remember to personally invite youth or families to participate.

### SIX WEEKS BEFORE FOODFAST:

- Check in with planning teams.

- With your team, review the CRS FoodFast retreat schedule. Ensure that you have youth and/or adults assigned to facilitate each of the activities and prayers. Make any needed adjustments to the schedule that might better serve your goals or schedule. Recall that the 24-hour retreat schedule is the most comprehensive version. Feel free to download the 24-hour retreat version and compare it to your preferred schedule to exchange or adapt activities as you see fit.

- If you plan to end your CRS FoodFast with a meal to “break the fast,” determine volunteer and food/drink needs. Invite a coordinating team to organize this portion of the experience. Consider using multicultural recipes or simple meals using the CRS Rice Bowl recipes (crsricebowl.org/recipe-archive).

### FIVE WEEKS BEFORE FOODFAST:

- Check in with planning teams.

- Confirm speakers.

- Confirm logistical needs with the host site.

- Check registrations and determine if added publicity is necessary.

### FOUR WEEKS BEFORE FOODFAST:

- Check in with planning teams.

- If your community is hosting a youth-only experience, inform parents about any special portion to which they are invited (e.g., commissioning liturgy, break-the-fast
meal, etc.) and remind parents of the deadline for returning their Parental Consent Form.

- If your community is hosting a Family Night, remind families about the date and the rationale for the gathering.
- Remind participants about fundraising opportunities.

THREE WEEKS BEFORE FOODFAST:

- Check in with planning teams.
- Gather your team, activity facilitators, prayer leaders, etc, to run through the schedule and practice to ensure everyone is comfortable with his/her role.
- Ask your pastor or principal for permission to make an announcement to the entire community about your upcoming FoodFast at Mass, a community gathering, school assembly, during morning announcements at school, etc. Ask the community to hold you in prayer and consider making a donation. Be sure to share the “good news” of why young people are fasting/participating in FoodFast.
- Consider doing a spotlight in the parish bulletin or school newspaper. Include information about the work that Catholic Relief Services does on behalf of all U.S. Catholics to help people living with hunger.

TWO WEEKS BEFORE FOODFAST:

- Do a final check-in with the planning team and finalize the schedule.
- Ensure that your team has consulted the “Supplies and Materials Needed” list, found at the front of each manual and again in each session or prayer service. Prepare journals with recycled materials and consider placing the handouts in them.
- Ensure that your team is prepared to arrive early to set up the gathering spaces as advised in this manual in the section, “Setting Up the FoodFast Space.”
- Make sure all Parental Consent Forms have been returned.
- Send out general updates and reminders about fundraising via social media and announcement venues.

ONE WEEK BEFORE FOODFAST:

- Make final preparations.
- Make sure Internet access is available for linking to online resources and for social media use during the FoodFast. Visit the CRS FoodFast website (foodfast.crs.org) to download or link to all accompanying multimedia resources, including: PowerPoint presentations, simulations and games, social media, music, videos, etc.

HOLD YOUR FOODFAST!

ENJOY! EXPERIENCE! PRAY! LEARN! ACT! GIVE!

And be sure to take pictures and videos, and get quotes from participants! Share with CRS by connecting to our Facebook page (facebook.com/EducationCRS or @EducationCRS) or emailing foodfast@crs.org.
ONE WEEK AFTER FOODFAST:

- Thank your Leadership Team, volunteers, and participants for making FoodFast a success!
- Collect any remaining donations from participants and send to CRS FoodFast via the donation envelope provided in the Poster Pack or by using the fundraising page on the CRS FoodFast website (foodfast.crs.org). You may also mail donations to:
  Catholic Relief Services
  Food Fast
  P.O. Box 17090
  Baltimore, MD 21297-0303
- Remember to thank your donors. Share the “good news” of your FoodFast by placing a story in the parish bulletin or school newspaper, inviting young people to offer a reflection during Masses the weekend after your FoodFast, or making use of your parish’s or school’s social media outlets and posting pictures and stories.
- Complete the online FoodFast Coordinator’s Evaluation (foodfast.crs.org).
- Share photos from your FoodFast to Catholic Relief Services via social media or email to foodfast@.org.

STAY INVOLVED WITH CATHOLIC RELIEF SERVICES:

- For more ideas on staying involved after your FoodFast, visit CRS Education at: education.crs.org.
- Follow the good news of Catholic Relief Services’ work around the world through various social media outlets. Link-up through our Social Media Directory at: crs.org/act/social-networks.
- Visit CRS Education (education.crs.org) for information on two new youth programs: Pray Out Loud and Stand and Lead. Both programs invite youth to lead with their faith and stand in solidarity with our brothers and sisters around the world.
- Consider participating in other CRS programs:
  - CRS Global High Schools (ghs.crs.org)
  - CRS Ark of Hope (arkofhope.crs.org)
  - CRS Rice Bowl (crsricebowl.org)
  - CRS Ethical Trade (ethicaltrade.crs.org)
  - CRS Helping Hands (helpinghands.crs.org)
  - Catholics Confront Global Poverty (confrontglobalpoverty.org)
  - CRS University (university.crs.org)
How you arrange the FoodFast space is important to setting the tone of the retreat. Whether you have a large or small space, multiple locations or one room, there are many ways you can ensure that your space contributes to a successful FoodFast.

Once you have chosen the location, prepare your space using these suggested ideas.

**SPACE SET-UP**
- Designate space for prayer and reflection, large group activities, and small group activities.
- Have enough chairs for large group activities and discussions. Chairs are more comfortable and encourage attentiveness. Separate this area from the other spaces with tables, chairs or plants.
- If you only have one large space to use, make sure there is enough room for small group sessions. Small groups are most effective when distractions are minimized.
- Ideally, it helps to have access to the Internet. Make sure all audio/visual equipment is ready and working before the FoodFast begins. Test light resources to ensure that there is appropriate lighting for presentations and videos.
- Designate a space for breaks where participants can get a drink, be loud, and relax between activities.
- If doing an overnight experience, designate separate spaces for males and females as well as adults and youth.

**ENVIRONMENT**
- Decorate the space with items from around the world. You can use cloths, multicultural crafts, maps, pictures and the CRS FoodFast poster packs to add international flair to your retreat space.
- Have a prayer table with a cross, Bible, candles and other items you’ll use during prayer. Consider adding other items to the prayer table throughout the retreat to represent the journey youth are taking during the CRS FoodFast. Note the symbols used or created during your CRS FoodFast; they can enhance your prayer space.
- Involve youth in preparing the CRS FoodFast space. When participants arrive, ask them to think about what is required to end hunger and then to write a prayer, decorate a picture, or add to a collage or mural. This activity will set the tone for the CRS FoodFast as well as engage participants creatively before and during the retreat. The decorations they provide can be placed in a central location or near your prayer space and be referenced during prayer, reflection or other activities.

**SUPPLIES AND MATERIALS NEEDED FOR A CRS FOODFAST**
- The list of supplies and materials for each CRS FoodFast is rather extensive. A simple summary checklist is provided in the front section of every CRS FoodFast manual. Similarly, each session and prayer service contains its unique list of supplies to simplify coordination during your CRS FoodFast.
- Please don’t hesitate to be in touch with the CRS FoodFast Team with any questions or concerns by emailing us at foodfast.crs.org or calling at 866-608-5978!
Dear Parent/Guardian,

Your child has expressed interest in participating in FoodFast, Catholic Relief Services' hunger-awareness experience. This is a ____-hour event, which includes fasting, prayer, activities, and discussion on the issues of hunger and poverty in the world.

Our FoodFast will be held on ___________ at ___________.

During FoodFast, 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 ____-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’ FoodFast.

Sincerely,

Youth Director/Campus Minister

Catholic Relief Services is the official international humanitarian agency of the Catholic community in the United States. FoodFast is an educational experience 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 experience. 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 FoodFast. 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 FoodFast.

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
FUNDRAISING FOR CRS

One way to act in solidarity with our sisters and brothers in need is to use CRS FoodFast as an opportunity to raise money to assist the poor through the work of Catholic Relief Services.

Here are some fundraising best practices.

1. Set a fundraising goal: $100, $500, $1,000.

2. Create a campaign: Try our easy online campaign kit. You can customize your own online CRS FoodFast fundraising page with pictures, personal info, and your fundraising goal. Go to foodfast.crs.org/fundraise to start your page now!

3. Spread the word: Email, social media, church bulletins, announcements. Tell everyone about your campaign. The more you share the faster you reach your goal.


5. Mass Appeal: Use the provided Bulletin Announcements to spread the word and then collect donations after each Mass the weekend before your FoodFast.

6. Create a donation sheet for participants to use while fundraising to keep track of who donate. After your CRS FoodFast, hold a thank-you card writing event to help encourage your participants to thank friends and family who support them.

7. What have been YOUR successful fundraisers in the past? Could one of these activities be incorporated into your CRS FoodFast?

Remember to thank your donors. Simple ways you can share the ‘good news’ from your CRS FoodFast are by placing a story in the parish bulletin or school newspaper, inviting young people to offer a reflection during Masses the weekend after your FoodFast, or making use of your parish or school social media outlets by posting pictures and stories.

After your event, send your donations to CRS using your customized fundraising page or the donation envelope provided in the poster pack.

You may also mail donations to:

Catholic Relief Services
Food Fast
P.O. Box 17090
Baltimore, MD 21297-0303
INVITE YOUTH TO PARTICIPATE.
It’s important to announce to your youth group first that a CRS FoodFast is scheduled and to personally invite them to participate. Use the Bulletin Announcements, fliers, and the poster pack to invite participants to face the fast. The bulletin announcements and fliers are included in this Coordinator’s Manual. The FREE CRS FoodFast Poster Pack can be ordered for mail delivery on the CRS FoodFast website (foodfast.crs.org/order-materials).

TELL YOUR FAITH COMMUNITY.
Develop a promotion plan to raise awareness about your CRS FoodFast event, invite your targeted audience (e.g., high school youth, families, etc.), and begin sign-ups well in advance of the event date. Use the Bulletin Announcements. Ask your pastor or principal for permission to make an announcement to the entire community at Mass, a community gathering, school assembly, during morning announcements at school, etc. Invite the community to hold you in prayer and to consider making a donation. Be sure to share the “good news” of how young people (and/or families) are participating in your planned experience. Consider doing a spotlight in the parish bulletin or school newspaper, and be sure to include information about the work that Catholic Relief Services does on behalf of all U.S. Catholics to help people living with hunger.

TELL YOUR LOCAL COMMUNITY.
Use social media to inform your local community about your CRS FoodFast and how youth in your area are assisting the poor around the world. See the suggestions provided on the next page about how to make your social media campaign a success!
SPECIAL NOTES TO ASSIST YOU IN YOUR SOCIAL MEDIA PLANNING AND USE:

In our collective commitment to living our faith in solidarity with our one human family, we find solid ground where we can be active builders of a common good. Social media is one tool—and an important one—through which we can spread the gospel of love, justice and peace. We know young people are all about social media, and encourage you to use your FoodFast as a learning opportunity to help young people understand how it can be a tool to promote the common good! The guidelines below can help you do just that!

1. **Ensure that all participants have signed and returned the permission slip**, which includes a media release.

2. **Determine which social media outlets you would like to utilize** during your CRS FoodFast. Consider platforms such as Facebook, Twitter and Instagram.

3. **Decide if your fast will be better served by an event page, new profile or an existing social media profile** connected to your church, youth group or school.

4. **Create a plan for how you will use social media** throughout the fast. If desired, create a schedule for when different participants and/or leaders will post videos, pictures and tweets.

5. **Promote your media**! Make sure that your community is following your posts by advertising your social media outreach with your FoodFast. Encourage your church or school community to like, comment, share, retweet and otherwise promote the great good that you are doing during your fast.

6. **Feel free to gather inspiration and quotes from the FoodFast materials** to write your tweets and posts. Share pictures and reflections from participants who give permission to do so.

7. **Connect with CRS**! CRS is active on many social media platforms, and we would love to see your FoodFast pictures and posts. Make sure to find the profiles below and visit the CRS Connect page for all of our social media outlets.

   **CRS FOODFAST**
   - Facebook: www.facebook.com/EducationCRS
     #CRSFoodFast

   **CATHOLIC RELIEF SERVICES**
   - Facebook: www.facebook.com/CatholicReliefServices
   - Twitter: @Catholic Relief
   - Instagram: @CatholicReliefServices
     #CRSFoodFast

   **CRS ESPAÑOL**
   - Facebook: www.facebook.com/CRSespanol
   - Twitter: @noticias

8. **Watch for social media symbols** that mark the key points during the FoodFast when posting is most effective.

9. **Make sure to include your fundraising information on your profiles and posts. Ask people to support you** in your desire to create a more just world.
Bulletin Announcements are a great way to let your community know about FoodFast and why youth are participating. Consider using the announcements to invite your community to pray with you and join you in breaking your fast.

**Use or adapt this Bulletin Announcement to:**
**INVITE YOUTH TO PARTICIPATE IN FOODFAST**

Go hungry with thousands of young Catholics across the country for one weekend and learn how you can take a stand against global poverty. Participate in Catholic Relief Services’ FoodFast to explore how you can respond to hunger in a world of plenty. We’ll journey with the poor and hungry as a way of living out our Catholic faith. All youth are invited to be a part of something big and join us on [DATE].

To sign up, please contact [NAME and PHONE].

**Use or adapt this Bulletin Announcement to:**
**LET YOUR COMMUNITY KNOW ABOUT YOUR UPCOMING FOODFAST.**

On [DATE], the youth group will be participating in Catholic Relief Services’ FoodFast. During our 24-hour retreat, we’ll be fasting in solidarity with our brothers and sisters around the world who struggle with poverty and hunger. Participants explore the reality of hunger in a world of plenty and come face-to-face with the impact of hunger on nearly 1 billion people in the world. The fact is there really is enough food for all. Following the lead of Pope Francis, we ask ourselves, then, what we can do to help end hunger in our world.

We ask that you pray for us as we journey with the poor around the world.

Please join us in breaking our fast at [TIME AND DATE] and to learn about our retreat experience. We’ll also be collecting donations to support the work of Catholic Relief Services.

**Use or adapt this Bulletin Announcement to:**
**SHARE THE RESULTS OF YOUR FOODFAST EXPERIENCE WITH YOUR COMMUNITY.**

Thank you for praying for participants during our CRS FoodFast. We learned about the realities faced by people around the world who live in poverty, and we took action to help end global hunger. We also raised $[DONATION AMOUNT] to support the work of Catholic Relief Services. Thank you for your generosity.
There is enough food in the world to feed everyone. Why then do so many go hungry?

EXPLORE THE REALITY OF HUNGER IN A WORLD OF PLENTY!
Go hungry with thousands of Catholics and discover how you can take a stand against global poverty!

JOIN THE FOODFAST!
Date:_________________________________________
Time:_________________________________________
Location:_____________________________________
For more details contact:_________________________

FoodFast is Catholic Relief Services’ hunger-awareness retreat for Catholic youth in the United States. foodfast.crs.org
EXPLORE THE REALITY OF HUNGER IN A WORLD OF PLENTY!
Go hungry with thousands of Catholics and discover how you can take a stand against global poverty!

JOIN THE FOODFAST!

Date: ___________________________

Time: ___________________________

Location: _______________________

For more details contact: __________

FoodFast is Catholic Relief Services’ hunger-awareness retreat for Catholic youth in the United States.
foodfast.crs.org

©2017 Catholic Relief Services. All Rights Reserved. 17US150  Photo by Philip Laubner/CRS
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Time: ________________________________

Location: ________________________________

For more details contact: ________________________________

FoodFast is Catholic Relief Services’ hunger-awareness retreat for Catholic youth in the United States.

foodfast.crs.org
WORLD HUNGER AND POVERTY DATA

Use this information about world hunger to set the context for your CRS FoodFast. Include these facts in your social media posts to build awareness about hunger and interest in your CRS FoodFast. Invite young people to incorporate the data in making posters for your event space or add the facts to a prayer journal to use during reflection time. Rise Against Hunger (riseagainsthunger.org), a CRS partner, also offers post-ready quotes and facts on hunger.

- Over 2.1 billion people, or 1 in 3 people globally, live on less than $3.10 a day. Far too many are living with far too little. —World Bank, 2013
- The number of people living in extreme poverty could increase by up to 3 billion by 2050 unless urgent action is taken to tackle climate change, deforestation, and air and water pollution. —United Nations Development Programme, 2013
- One in nine people goes to bed hungry each night. —Food and Agricultural Organization
- Poor nutrition causes nearly half (45 percent) of deaths in children under 5, approximately 3.1 million children each year! —The Lancet
- In sub-Saharan Africa, nearly one in every four people, is hungry. This is the highest prevalence of undernourishment for any region! —FAO
- Every year, Africa and Asia lose 11 percent of their GDP due to malnutrition, whereas prevention delivers $16 in returns on investment for every $1 spent. —IFPRI
- The World Food Programme calculates that $3.2 billion is needed per year to reach all 66 million hungry school-age children. Let’s do this!
- The world produces enough food for everyone. One-third of the food produced around the world is never consumed. —United Nations
- Every 20 seconds, a child dies from a vaccine-preventable disease, and nearly 1 million children die each year from malaria! Let’s work to change this! —United Nations
- The FAO estimates that agricultural production must rise by about 60 percent by 2050 to feed a larger population. Climate change is putting this objective at risk. What can you do to help? —FAO
- Despite progress, 1 in 10 still lack access to clean water. 1 in 3 still lack access to a toilet. What can you do to help bring clean water to communities? —Joint Monitoring Programme, World Health Organization/UNICEF, 2014
- Water is essential to health. 3,900 children die each day due to dirty water or poor hygiene. And 1.8 million people die every year from diarrheal diseases, including cholera, which is akin to having 15 killer tsunamis each year or 12 Boeing 747 crashes every day.
- What’s your water footprint? The average hamburger takes 630 gallons of water to produce (National Geographic). The biggest contributor to our water footprint is our diet, not our morning shower! Our challenge: how to effectively conserve, manage, and distribute the water we have.
- According to the United Nations, water use has grown at more than twice the rate of population increase in the last century. By 2025, an estimated 1.8 billion people will live in areas plagued by water scarcity, with two-thirds of the world’s population living in water-stressed regions as a result of use, growth, and climate change.
- In 2000, the world’s population was 6.2 billion. The UN estimates that by 2050 there will be an additional 3 billion people, with most of the growth in developing countries that already suffer water stress. Thus water demand will increase unless everyone finds ways to conserve and recycle this precious resource.
JUSTICE AND SOLIDARITY QUOTES AND SCRIPTURES

Integrate these quotes and scripture passages in your CRS FoodFast prayers, journals, reflections, decoration, and social media.

QUOTES

• A way has to be found to enable everyone to benefit from the fruits of the earth, and not simply to close the gap between the affluent and those who must be satisfied with the crumbs falling from the table.
  —Pope Francis, Address to Participants in the 38th Conference of the Food and Agriculture Organization of the United Nations (FAO), June 20, 2013

• Never tire of working for a more just world, marked by greater solidarity.
  —Pope Francis, World Youth Day Address at Varginha, Brazil, July 25, 2013

• We are in front of a global scandal of around one billion—one billion people who still suffer from hunger today. We cannot look the other way and pretend this does not exist. The food available in the world is enough to feed everyone.
  —Pope Francis, Statement on the eve of the launch of the Caritas Internationalis Campaign “One Human Family, Food for All”, December 9, 2013

• God destined the earth and all it contains for all people and nations so that all created things would be shared fairly by all humankind under the guidance of justice tempered by charity.
  —Pope Paul VI, Gaudium et spes #69, 1965

• A consistent theme of Catholic social teaching is the option or love of preference for the poor. Today, this preference has to be expressed in worldwide dimensions, embracing the immense numbers of the hungry, the needy, the homeless, those without medical care, and those without hope.
  —On Social Concern [Solicitudo Rei Socialis] #42, Pope John Paul II, 1987

• [Solidarity] is not a feeling of vague compassion or shallow distress at the misfortunes of so many people, both near and far. On the contrary it is a firm and persevering determination to commit oneself to the common good; to the good of all and each individual, because we are all really responsible for all.
  —On Social Concern [Solicitudo Rei Socialis], Pope John Paul II, 1987

• Love for others, and especially for the poor, is made concrete by promoting justice.
  —The Hundredth Year [Centesimus Annus] #58, Pope John Paul II, 1991

• Human persons are willed by God; they are imprinted with God’s image. Their dignity does not come from the work they do, but from the persons they are.
  —The Hundredth Year [Centesimus Annus] #11, Pope John Paul II, 1991

• Look to the future with hope, and set out with renewed vigor to make this new millennium a time of solidarity and peace, of love for life and respect for God’s creation.
  —Pope John Paul II, Pilgrimage to Malta, May 8, 2001

• To fight poverty is to build peace.
  —Pope Benedict XVI, Message for World Day of Peace, January 1, 2009

• If we wish to build true peace, how can we separate or even set at odds, the protection of the environment and the protection of human life, including the life of the unborn? It is in man’s respect for himself that this sense of responsibility for creation is shown.
  —Pope Benedict XVI, address to the Diplomatic Corps, Jan 11, 2010

• Oh, how I wish for a Church that is poor and for the poor!
  —Pope Francis, Vatican, March 16, 2013
• Our mission demands that we should courageously denounce injustice, with charity, prudence and firmness.
  —Justice in the World#57, World Synod of Catholic Bishops, 1971

• No one may claim the name of Christian and be comfortable in the face of hunger, homelessness, insecurity, and injustice found in this country and the world.
  —U.S. Catholic Bishops, Economic Justice for All, #27, 1986

• The guaranteeing of basic justice for all is not an optional expression of largesse but an inescapable duty for the whole of society.
  —U.S. Catholic Bishops, Economic Justice for All, #120, 1986

• The way society responds to the needs of the poor through its public policies is the litmus test of its justice or injustice.
  —Economic Justice for All #123, U.S. Bishops, 1986

• If you are what you should be, you will set the world ablaze.
  —St. Catherine of Siena

• We cannot all do great things, but we can do small things with great love.
  —St. Teresa of Calcutta

• I see in my neighbor the person of Jesus Christ.
  —Saint Gerard Majella

• It is to those who have the most need of us that we ought to show our love more especially.
  —Saint Francis de Sales

• Actions speak louder than words; let your words teach and your actions speak.
  —Saint Anthony of Padua

• We must love our neighbor as being made in the image of God and as an object of His love.
  —Saint Vincent de Paul

• Teach us to give and not to count the cost.
  —St. Ignatius Loyola

• The deepest level of communication is not communication, but communion. It is wordless. It is beyond words, and it is beyond speech, and it is beyond concept. Not that we discover a new unity. We discover an older unity. We are already one. But we imagine that we are not. What we have to discover is our original unity. What we have to become is who we already are.”
  —Thomas Merton

• In the Church, but also in society, a keyword that we need not fear is “solidarity,” that is, knowing how to place what we have at God’s disposal: our humble abilities because [it is] only in the sharing, in the giving of them, that our lives ... will bear fruit.
  —Pope Francis

• We cannot love God unless we love each other, and to love we must know each other. We know Him in the breaking of bread, and we know each other in the breaking of bread, and we are not alone anymore.
  —Dorothy Day

• Everything, even sweeping, scraping vegetables, weeding a garden and waiting on the sick could be a prayer, if it were offered to God.
  —St Martin De Porres
• Each one of you has to be God’s microphone. Each one of you has to be a messenger, a prophet. The Church will always exist as long as there is someone who has been baptized ... You are baptized in your professions, in the fields of workers, in the market. Wherever there is someone who has been baptized, that is where the church is. There is a prophet there. Let us not hide the talent that God gave us on the day of our baptism and let us truly live the beauty and responsibility of being a prophetic people.
  —Blessed Oscar Romero

• If we could change ourselves, the tendencies in the world would also change. As a man changes his own nature, so does the attitude of the world change towards him. This is the divine mystery supreme. A wonderful thing it is and the source of our happiness. We need not wait to see what others do.
  —Mahatma Gandhi

• All things share the same breath—the beast, the tree, the man, the air shares its spirit with all the life it supports.
  —Chief Seattle

• This is the duty of our generation as we enter the twenty-first century—solidarity with the weak, the persecuted, the lonely, the sick, and those in despair.
  —Elie Wiesel

• Faith is taking the first step even when you don’t see the whole staircase.
  —Martin Luther King, Jr.

**SCRIPTURE PASSAGES**

• Open your mouth, decree what is just, defend the needy and the poor!
  —Proverbs 31:9

• Let me sow and another eat, and let my crops be uprooted.
  —Job 31:8

• You have been told, O mortal, what is good, and what the LORD requires of you: Only to do justice and to love goodness, and to walk humbly with your God.
  —Micah 6:8

• Justice will bring about peace; right will produce calm and security.
  —Isaiah 32:17

• For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me.
  —Matthew 25:35

• Blessed are you who hunger now, for you will be satisfied.
  —Luke 6:21

• The hard-working farmer ought to be the first to receive his share of the crops.
  —2 Timothy 2:6

• ...God loves a cheerful giver. Moreover, God is able to make every grace abundant for you, so that in all things, always having all you need, you may have an abundance for every good work. As it is written: “He scatters abroad, he gives to the poor; his righteousness endures forever.”
  —2 Corinthians 9:7-9

• Never again will they hunger; never again will they thirst.
  —Revelations 7:16
CRS FoodFast is all about holding an event that will inspire a desire for change and action in your participants and community. You know your community best, so we invite you to use the following templates to plan your unique event using the resources provided in the many CRS FoodFast manuals.

### 3 Hour or Family Night Schedule Template

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**foodfast.crs.org**

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**10 Hour or Confirmation Retreat**

## Schedule Template

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**COORDINATOR’S MANUAL**

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### 10 Hour or Confirmation Retreat Schedule Template

#### Coordinator’s Manual

**FOODFAST**

[foodfast.crs.org](http://foodfast.crs.org)
## DAY 1

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## 24 Hour or Traditional Retreat Schedule Template

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## 24 Hour or Traditional Retreat Schedule Template

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### Notes

- Reflection
- Prayer Activity
- Learning Activity
- Reflection

### Break/Clean-Up/Packing/Preparation for Liturgy or Prayer Service

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### Coordinator's Manual

[foodfast.crs.org](http://foodfast.crs.org)