



JOIN US TODAY

STRUGGLING HCDSB FAMILIES URGENTLY NEED YOUR HELP TO PURCHASE FOOD & BASIC NECESSITIES

WHAT CAN YOU GIVE UP FOR 24 HOURS?

Cell Phone? Caffeine? Social Media? Sugary Drinks? Something else? You choose!

Our Team Name

3 EASY STEPS:

- 1 JOIN**
- Join your school / parish "24 Hour Fast" team.
- 2 ASK**
- Ask people to sponsor you or to join your team (similar to a "Walk-a-thon")
- 3 FAST (give something up)**
- Fast from your cell phone, caffeine, social media, sugary drinks or something else at home, school or work, from March 27-28.



HCCF.CA

DID YOU KNOW...
10.5% of children in Halton live in Low-Income Households - an estimated 3800 HCDSB Students

Halton Catholic Children's Foundation (HCCF)

