



**JOIN US
TODAY**

March 30-31

**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 30-31.



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)



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HALTON CATHOLIC
children's foundation