

Fast-A-Thon 2025

Fasting for Reflection & Giving!

Join us for a day of fasting, reflection, and giving back! Whether you fast during Ramadan, Lent, or want to experience fasting for the first time, this is an opportunity for reflection as well as standing in solidarity with those facing food insecurity.

Date: Friday 21st March 2025

Time: Fast between 4.00 am - 6.30 pm (between dawn and dusk)

How: Don't eat and/or drink all day. If this isn't possible, do half a fast or just give up your favourite food or drink for the day. You could just donate if you don't want to fast - all donations welcomed.

Why?

- Raise awareness of food insecurity
- Engage in interfaith discussions on the meaning of fasting
- Help fund raise for the Trussell Trust to support UK food banks

All proceeds go to the Trussell Trust to help fight hunger and poverty

About the Trussell Trust

We exist so everyone can be free from hunger.

Last year, our community of food banks distributed 3.1 million emergency food parcels – the most ever in a single year.

We need urgent action on hunger in the UK. People are being pushed to the brink because they don't have enough money to live on. **This can't go on.**

We refuse to stand by while so many of us can't afford to eat, keep warm and pay the bills.

We're ending hunger together. **Will you stand with us?**



Donate by scanning
or click this [LINK](#)

Post your experience and evening meals on
socials using **#OutwoodFastathon2025**