

FOR IMMEDIATE RELEASE

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World Fasting Day

Experience Hunger • End Hunger

worldfastingdays.org

New York, New York – Friday, December 1st, 2017 is World Fasting Day, a time to bring awareness to the hunger epidemic facing the world today. Every day one out of nine people suffer from the global crisis of hunger. The vast majority of the world's hungry people live in developing countries, where 12.9 percent of the population is undernourished. The struggles of hunger faced by the millions around the world are not fully understood by those who don't suffer from this epidemic. World Fasting Day Inc. is fully dedicated to bringing awareness to the global epidemic of hunger as well as to provide hunger relief for those suffering from this tragedy.

Did You Know?

- Over 795 million people in the world do not have enough food to lead a healthy active life.
- Poor nutrition causes nearly half (45%) of deaths in children under five - 3.1 million children each year
- WFP calculates that US\$3.2 billion is needed per year to reach all 66 million hungry school-age children

Anyone can participate in the festivity of World Fasting Day by fasting on December 1st. Our idea, too fast (abstaining from eating & drinking) for one day, to learn about how much our bodies need food and water to thrive. Where participants around the world join together as one and fast in remembrance of those who are unfortunate to have the food and water we often take for granted. We encourage our participants to donate the proceeds that would have been spent on food/drinks for that day to people that might be right next to you, a block away from you or on the other side of the world suffering from hunger.

Who Are We?

World Fasting Day Inc. is an IRS recognized 501(c)(3) charity EIN: 82-1455068. We are a nonprofit charity and global effort aimed exclusively at ending world hunger. Our initiative is to dedicate a day to raising money for the hungry people around the world. Giving us time to understand the values of food and water.

*TOGETHER WE WILL END WORLD HUNGER
FOREVER!*