

FOR IMMEDIATE RELEASE

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Fast of Caring Says, 'Let's NOT Do Lunch'

Waco, Texas - In the most prosperous nation on Earth, few of us experience *real* hunger. As millions of people around the world go hungry every day and billions live on less than \$1 per day, organizations in Waco are teaming up to fight hunger.

McLennan County Hunger Coalition, including Caritas of Waco, World Hunger Relief, Inc., Seeds of Hope Publishers and other food pantries and feeding programs invite everyone to help end hunger as they commemorate World Food Day with a **Fast of Caring**. This **Tuesday, October 16, 2006**, these groups want to "not do lunch." They are asking two things: (1) skip lunch and (2) donate what you would have spent on the meal. This is a simple way to give without taking a dime from our regular budgets.

For those who want to fast together, a program will be presented at Caritas headquarters, 300 S. 15th St. from 12:15 p.m. to 12:45 p.m. This brief, informative program will feature information about local and international hunger, and we will take the opportunity to honor those in our community who are making a difference in combating hunger here and around the world.

The recipient of donations is the McLennan County Hunger Coalition, which comprises local food pantries and hunger organizations in the area. The Fast of Caring builds upon the success of Caritas of Waco's annual Feast of Caring, each Spring, which lifts up local hunger concerns. If you would like to register or designate a contact person for your organization or business, please fill out the enclosed registration form.

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For more information about the Fast of Caring please contact Kenneth Moerbe at

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