Fast Day

It's worth giving up a meal....

Each year, the Chattanooga Community Kitchen asks our community to support the Kitchen's activities by fasting for a meal, a day or a week between September and December and donating the cost to the Community Kitchen.

Your gift to the Chattanooga Community Kitchen means...

- Three nutritious meals a day
- Shelter from the heat and cold
- Shower and laundry facilities
- Clothing, shoes and other personal belongings
- Permanent, stable housing
- Job training and placement
- Foot care services and medical care access
- Love and human contact

Your gift will help the many hungry, homeless and vulnerable men, women and children in our community.

Chattanooga Community Kitchen

HomelessChattanooga.org