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| I'll have a glass of fruit juice in the morning, some vegetable stock in the evening and make sure to keep hydrated but otherwise I won't be eating anything at all. |
| More than [13 million people](http://www.bbc.co.uk/news/uk-25287068) live in poverty in the UK, and [up to 3.5 million of these are children](http://www.bbc.co.uk/news/education-22887005). |
| Fasting has a strong and regular role in bringing the individual to a place where they understand their complicity in an unjust system and where they draw closer to God and to their neighbour. |
| Volunteer Ransford Amoah working at a food bank in Croydon, London |
| A time of study, prayer, my regular work and attempting to highlight the growing crisis of hunger in the UK. |
| Many are now dependent on food aid, relying on a rapidly expanding network of food banks. |
| People are skipping meals to better feed their children and 5,500 people were admitted to hospital in the UK for malnutrition. |
| When Jesus began his ministry of liberation for the poor and dispossessed, he spent 40 days in the wilderness and fasted. |
| Fasting can point the way to a greater compassion and help us demand that something be done to stop this crisis in its tracks. |