

**Fast for Fair Food – Daily Schedule**  
[www.ciw-online.org/fast](http://www.ciw-online.org/fast)

**Sunday, March 4th @ 6:00 pm:** Welcoming dinner in Lakeland with CIW

**Monday, March 5 through Friday, March 9 – Daily Schedule:**

- **7:30-8:00am:** Morning blessing and prayer at Publix corporate headquarters
- **8:00-9:00am:** Solemn public witness at Publix headquarters
- **9:00-10:00am:** Health checks for fasters on-site
- **10:00-11:30am:** Reflection and sharing with fasters and community
- **11:30am-Noon:** Break
- **Noon – 1:30pm:** Public witness at Publix headquarters and words of inspiration
- **1:30-2:30pm:** Messages of solidarity from around the state and country
- **2:30-3:00pm:** Live music!
- **3:00 – 5:00pm:** Community workshops at fast site
  - Monday, March 5 - Historical Context for Fasting
  - Tuesday, March 6 - Justice in Sacred Scriptures
  - Wednesday, March 7 - Food Justice
  - Thursday, March 8 - The Civil Rights Movement
  - Friday, March 9 - CIW Campaign for Fair Food
- **5:00 – 6:30pm:** Solemn public witness at Publix headquarters
- **7:00pm:** Vigils at area Publix supermarkets
  - Monday, March 5 - Southgate Publix (2518 S. Florida Ave)
  - Tuesday, March 6 - Grove Park Publix (1617 US Hwy 98 S.)
  - Wednesday, March 7 - Publix in the Highlands (2125 E. County Rd. 540A)
  - Thursday, March 8 - Lake Miriam Publix (4730 S. Florida Ave.)
  - Friday, March 9 - Publix Corporate Headquarters
- **8:00-10:00pm:** Fasters back at Publix headquarters

**Saturday, March 10: Procession to Publix Headquarters & Culmination of Fast**

- **Noon:** Allies will gather at nearby Publix supermarket for a 3-mile procession to Publix headquarters
- **2:00pm:** Ceremony to break the fast
- **5:00 pm:** First meal after breaking of fast with CIW