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TOF is now a popular programme where Y's Club members all over the world, traditionally give up at least one meal (usually during the month of February) and donate the cost of that meal to the TOF fund which in turn makes the money raised in this way available to projects sponsored by both Y's Clubs and the YMCAs all over the world. Since its inception in 1972 to date, TOF has raised about US\$ 7 million for development projects and disaster relief.

Projects applications are accepted from affiliated clubs (Y's Men, Y Service, Y's Women, Y's Men and Women), YMCAs and recognised YMCA affiliates. If the application is from a YMCA or affiliate, it must be endorsed by an affiliated club, District, Region or Area in which the project is located.

TOF projects must satisfy all of the following criteria:

- Deal directly with needy people and/or those who provide for them
- Improve the recipient's quality of life, directly or indirectly
- Be of the self-help variety
- Have on-going funding or be self-funded after set-up
- Address at least one of the United Nations' [Sustainable Development Goals](#).

Maximum funding per project is set at CHF 15,000. Applications for funding close annually on 15 March.

For more information, visit – see “APPLY” button

<https://www.ysmen.org/our-work/international-support/time-of-fast/>

(Revised 2024)