

### 1. What is Faith Food?

Faith Food is a web based resource aimed at equipping people to become mature practicing Christians while growing healthier physically, mentally, socially and spiritually.. It is food for the soul.

### 2. What we offer

We offer articles to help you put your faith into action as you face real challenges in life, practical ideas on how to go deeper with God and to reach out to others, discussions on lifestyle issues from a Christian perspective, and much more.

We also offer Daily Devotions to guide your quality time with God.

### 4. How can I Keep In Touch

We welcome our readers to keep in touch by sending their comments to [editor@faithfood.net](mailto:editor@faithfood.net)

You can also reach us on:

Facebook: "Faithfood Network"

Twitter: Faith Food Network@wangarimurathe

Text Messages: 0718299443, 0717836820