



Dear Parent:

I want to thank you for supporting your teen's participation in World Vision's 30 Hour Famine. Through the Famine, your son or daughter will play an active role in fighting world hunger and helping save kids' lives.

To help you and your son/daughter get the most out of the 30 Hour Famine, we have provided them with a Student Guide that's filled with information about the event, World Vision's work, and more. In addition I'd like to highlight a few important points you as a parent may want to know.

World Vision is a Christian relief and development organization dedicated to helping children and their communities worldwide reach their full potential by tackling the causes of poverty and injustice. Motivated by our faith in Jesus, we serve the poor as a demonstration of God's unconditional love for all people. We serve the world's poor – regardless of a person's religion, race, ethnicity, or gender. More information about World Vision can be found online at www.worldvision.org.

World Vision's 30 Hour Famine started in the U.S. 17 years ago as a way for junior high, high school and college-age students to help save – and change – children's lives. By going without food for 30 hours and raising money to help needy children, young people gain a deeper awareness of the needs in our world and realize that they can play a vital role in making a difference.

During their 30 hours, students go without food (but can drink plenty of water and juices) to experience true hunger and learn powerful lessons of compassion for those who live with hunger daily. The average, healthy person is able to go without food for 30 hours without any ill effects. Exceptions include children under the age of 12; the elderly; pregnant or nursing women; people with specific medical conditions including diabetes, hypoglycemia or eating disorders. If you have any health-related questions about fasting, we strongly advise you consult your family doctor prior to participation. It is not required that students fast in order to participate in the 30 Hour Famine and your student's leader can help identify alternatives to fasting from food. More information on fasting and the 30 Hour Famine can be found at www.30hourfamine.org.

Lastly, you and your family can impact a needy child's life all year long through **child sponsorship**. By sponsoring a child, you can have a personal relationship with a child whose life you will change. You'll receive background information and a photo of your sponsored child. You'll also receive periodic progress reports and updated photos, and you can even exchange letters and pictures. For a dollar a day – just \$30 a month – you and your family can provide improved health, nutrition and education to a child in need. Visit www.30hourfamine.org/child to sponsor a child today!

On behalf of the children and families worldwide who are being helped, thanks to the commitment of your son/daughter, thank you!

Sincerely,

The 30 Hour Famine team