



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. Here are a few things you 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. 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. 18 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 experience true hunger and learn powerful lessons of compassion for those who live with hunger daily. By gaining a deeper awareness of the needs in our world, your teen will realize that they can play a vital role in making a difference.

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**. When your teen raises funds for the 30 Hour Famine, every \$30 can help feed and care for a child for a month. Even better, \$35 every month can provide holistic care for a child for years to come. Through World Vision's sponsorship program, you can show God's unconditional love to one special child and his or her entire community by providing access to life's basic necessities. In addition to your monthly pledge, you can build a life-changing relationship with your sponsored child by exchanging letters and pictures. Visit www.30hourfamine.org/child to sponsor a child today!

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

Sincerely,

A handwritten signature in cursive script that reads "Pat Rhoads".

Pat Rhoads 30 Hour Famine Manager

P.S. More information on fasting and the 30 Hour Famine can be found at www.30hourfamine.org.