



2021 PARENT INFO

Your child is a world-changer!

Dear parent of a 30 Hour Famine participant:

In the coming weeks, your child will be learning about global hunger and poverty. The 30 Hour Famine gives them a way to engage with these issues and take action to change lives. They're joining God's kingdom work of caring for people in need—the funds they raise will help feed kids around the world who are hungry and equip families to lift themselves out of poverty.

- » This is Kapinga, a 13-year-old from the Democratic Republic of the Congo. Your student will get a peek into her story during the Famine experience. Ask to hear about it!



DON'T MISS OUT!

Text **2021PARENT** to **44888** to make the most of your child's 30 Hour Famine event. We'll send you snippets of what they're experiencing so you can remember to pray for them and their group throughout the weekend.

What is World Vision's 30 Hour Famine?

The Famine is a life-changing experience for youth across the nation.

- » **ENGAGE:** Your student will learn what God has to say about poverty and hunger through weekly Bible studies before and after the Famine weekend. During the Famine, they'll participate in activities, games, and service projects that help deepen their understanding of poverty and grow in their faith. This year, their theme focuses on God's kingdom and how faithfully and generously He shows up for His people.
- » **HUNGER:** With their group, your child will give up food for 30 hours—allowing their eyes (and stomachs!) to be opened to the daily realities of hunger and poverty faced by children and families around the world. Your child's leader will make sure everyone stays hydrated during the fast with plenty of juice and water. If you have any concerns about your child fasting, be sure to check with a doctor first. If fasting from food isn't possible for your child, we have some alternatives your leader can share from their Leader's Guide.
- » **FUNDRAISE:** Every \$40 your student raises helps feed and care for a child in need for one month. World Vision puts these funds to work by equipping families with the tools they need to overcome hunger in their communities. And you can help your child fundraise too—share their fundraising website with your own friends, coworkers, and social networks!
- » **BENEFIT:** Your student will be transformed as they experience hunger firsthand and go through eye-opening activities—like sleeping in a shelter they make with limited supplies. The Famine can also help your student get community service hours. And for student leaders, helping coordinate an event like the Famine looks great on their college application!



What you can do after the Famine

You're helping your child develop a heart for global service and the courage to engage tough topics. Here are some ways you can keep compassion for others alive in your student:

- » **DINE:** Sometime in the week after Famine weekend, plan a family dinner and ask your student to share about their experience.
 - What was their favorite activity and why?
 - How did they feel, emotionally and physically, going without food for 30 hours?
 - What were their expectations beforehand, and what surprised them?
 - What was the most startling thing they learned about global hunger?
- » **VOLUNTEER:** Food banks and soup kitchens are a great place to volunteer as a family, making a difference for your local brothers and sisters in need.
- » **SPONSOR:** Sponsoring a child is a personal way to show God's love to a hungry child just like Kapinga. For \$39 a month, you'll help that child and other vulnerable kids in their community walk tall on the path out of poverty. Go to 30hourfamine.org/sponsorship or call **1.800.7.FAMINE** to get started.



30hourfamine.org
1.800.7.FAMINE (1.800.732.6463)

30 Hour Famine. Students loving God and fighting hunger.

World Vision is a Christian humanitarian organization dedicated to working with children, families, and their communities worldwide to reach their full potential by tackling the causes of poverty and injustice. Motivated by our faith in Jesus Christ, we serve alongside the poor and oppressed as a demonstration of God's unconditional love for all people.