



THE REMARKABLE TRUTH ABOUT  
**ENDING WORLD POVERTY**

1 IN 10 PEOPLE WORLDWIDE STRUGGLES TO LIVE ON LESS THAN  
\$1.90 PER DAY **LEARN HOW GOD CAN USE YOU TO CHANGE THAT!**



**FOOD FOR  
THE HUNGRY**





# It's not OK!

It's not OK that in this age of unprecedented growth in technology and medical knowledge, 18,000 children still die every day, largely from preventable causes. Most are under 5 years old.

Extreme poverty is a brutal tragedy. It robs children of opportunities to grow, to wonder, to discover their gifts, to celebrate life, to live with purpose and dignity.

- ◆ When a child has no access to clean water and proper nutrition, her health is at risk.
- ◆ Lack of access to basic health care can rob a child of the energy to go to school and learn — assuming she survives past age 5.
- ◆ Without an education, a child loses the tools he'll need to succeed as an adult and a parent.
- ◆ Even a small disaster can take everything from a family and put children at greater risk for abuse and exploitation.

In the face of this reality, you may wonder if you can make a difference — you may want to give up trying right now. That's because “is it possible to end poverty” is the wrong question. Ask instead, “What small and simple steps can I take to help one person?”

If you want to make your life count — today and for eternity, this eBook will show you the best path for you to say “Yes!” to God's call to break the cycle of extreme poverty ... one child, one community at a time.

**“I KNOW THAT THE LORD SECURES JUSTICE FOR THE POOR AND UPHOLDS THE CAUSE OF THE NEEDY.”**

— PSALM 140:12

# You can transform an entire community!

Every day, God uses ordinary people — like you — to carry out His work among the poor and needy. With the right approach and dedicated partnerships, vulnerable communities change from struggling to thriving in as short as 10 to 15 years!

It happened in Heroes del Cenepa, a slum area outside Lima, Peru. Families had little access to education, health care and clean water. No electricity. No sewage system. They struggled. Violence and abuse abounded.

Then people like you stepped in. Their prayers and financial gifts enabled experienced Food for the Hungry relief and development professionals to help families identify problems that trapped them in poverty. To develop the most long-lasting solutions to those challenges.

Families learned about health and hygiene, disaster readiness, job skills, building healthy relationships and literacy awareness. They learned that God has good plans for their lives. Leaders learned how to work with the local government to improve community infrastructure.

Eleven years later, the community celebrated the end of its reliance on outside help! The end of extreme poverty in their generation meant the beginning of a vibrant chapter for the future.

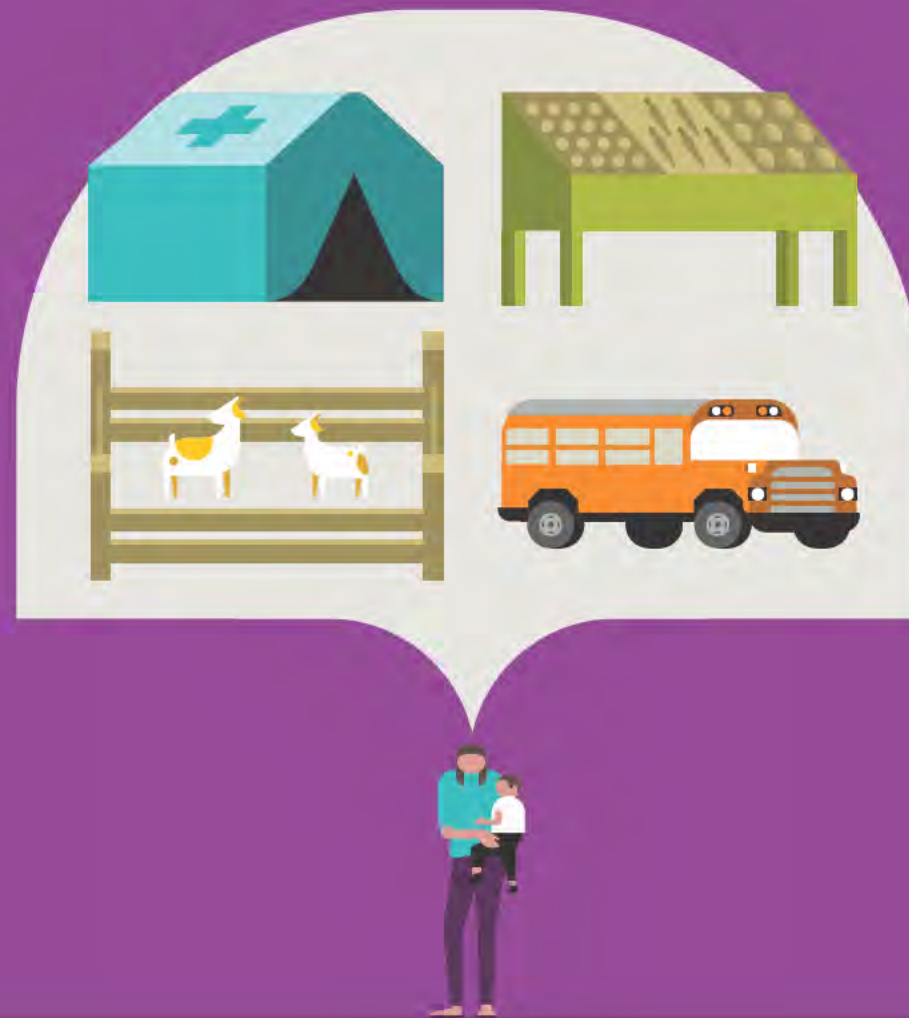
It all started when individuals like you decided to love with the kind of actions talked about in 1 John 3:18.

**But where do you start? Read on.**

**“... LET US NOT LOVE WITH WORDS OR TONGUE BUT WITH ACTIONS AND IN TRUTH.”**

— 1 JOHN 3:18

**Begin with the end in mind.**





**“To pull back the darkness of extreme poverty in a sustainable way, we must inspire and work alongside communities as they chart their path and own their development, with the help of Almighty God.”**

**GARY EDMONDS,** Food for the Hungry President/CEO

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When you know that God is calling you to help end extreme poverty, your first step is to research and partner with an organization proven to deliver truly transformative solutions.

**In your research, look for an organization that begins with the end in mind.**

Instead of doing things for people, you will want to help churches, leaders and families see what they can do for themselves, helping families grow in skills, knowledge and biblical understanding.

**You’re looking for signs of individual and community ownership.**

We at Food for the Hungry think you should seek an organization that enters a community with an exit strategy, or a graduation plan — ideally within 10 to 15 years to transform a generation of kids without creating dependency. Establishing an exit timeline reduces the likelihood of unhealthy reliance on outsiders. It inspires families to assume bigger roles as they transition from one phase to the next.

With an exit plan, the organization with which you partner will be able to help many more vulnerable communities, thus multiplying the impact of your prayers and financial gifts.

Partnering with an organization that creates these strategies helps communities move from surviving to thriving!

**“Poverty is about relationships that don't work, that isolate, that abandon or devalue. Transformation must be about restoring relationships, just and right relationships with God, with self, with community, with the ‘other’ and with the environment.”**

**BRYANT L. MYERS,** *Walking With The Poor: Principles and Practices of Transformational Development*

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The problems that feed the vicious cycle of poverty are interlinked. The best way for you to be effective in ending extreme poverty is to understand that the way forward is through an integrated approach.

An integrated approach to fighting poverty leverages resources to target interrelated problems simultaneously. With a single action, you can be solving multiple problems!

That's why you want to work with an organization that can bring together individual partners, local governments, community leaders and families — and engage their respective strengths.

An integrated approach is a catalyst to sustainable development, beyond the surface, to a heart and mind level.

The most effective organizations are those that help families and communities discover and embrace God's intent for their relationships ... with Him, each other and His creation.

In the end, parents understand that their children are gifts to be cherished, protected and nurtured. Children experience the love of God and discover that they have value. Community leaders embrace their roles as stewards of God-given authority.

Let's take a look at the inter-relationships that must be considered.

# Consider their Plight: Health and Nutrition

Children must grow in health, wisdom and faith to live out the fullness of life that God has planned for them.

But, in the world's hardest places, poor health gets in the way of children's dreams.

It might shock you to know that more than 7,500 children under the age of 5 die every day as a result of poor nutrition – a diet deficient in essential vitamins and minerals. Diarrhea, pneumonia and malaria account for nearly half of all child deaths globally.

## PICTURE YOURSELF IN THIS DESPERATE SITUATION

You hear your children stir as the dawn breaks. Your mind snaps out of sleep to tally your dwindling food supply. Should you feed them their one meal of beans and corn at mid-day? Or before bed, so they don't cry from hunger all night?

While stoking the fire pit on the other side of the room, you make weak tea for breakfast, thinking of the vegetables you saw at the market. Maybe you could learn to grow and cook vegetables. No. You'd need seeds. And chickens would be such a blessing.

Your middle daughter coughs on her pallet. It sounds like the same wheezy rasp her brother had three years ago. Skinny and weak, he didn't survive even one night of high fever, cough and diarrhea. A tear streaks your cheek as you feel hope slip away.

Can you go through it with another child? You must find help today.

**"JESUS GREW IN WISDOM AND IN STATURE AND IN FAVOR WITH GOD AND ALL THE PEOPLE."**

— LUKE 2:52



CAN YOUR HEALTH AND  
NUTRITION PARTNER DO **THIS?**



**“Nutrition-sensitive programs draw on complementary sectors such as agriculture, health, social protection, early child development, education, and water and sanitation to affect the underlying determinants of nutrition, including poverty; food insecurity; scarcity of access to adequate care resources; and to health, water and sanitation services.”**

**MARIE RUEL AND HAROLD ALDERMAN,** Maternal and Child Nutrition Study Group, Lancet magazine, June 2013.

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It's not OK that 7,500 youngsters die every day because their parents are too poor to feed them properly! When you choose the right health and nutrition partner, you can help prevent these tragic deaths.

Poor children's health has long-term consequences. Malnourished children are less likely to go to school and complete their education and more likely to struggle academically. As adults, they are more likely to stay poor and die sooner.

## Look for an organization with these kinds of interventions:

- ◆ Teaching mothers how to keep their children healthy
- ◆ Enabling mothers to grow nutritious food
- ◆ Deworming children periodically
- ◆ Improving sanitation in communities, by building latrines and hand washing stations near latrines, at schools and health centers
- ◆ Showing families how to purify water for drinking to reduce intestinal diseases
- ◆ Offering farmers better-quality tools and seeds to produce improved crops
- ◆ Providing health education for pregnant women and mothers of young children
- ◆ Upgrading health services and facilities.

# Blessed to be a blessing

“There are experiences in life that not only broaden your view of the world but also afford you an opportunity to touch and be touched by the people of God. Experiences meant to provide vision. And to prepare you for a new journey.”

**MICHAEL AND JOANN NOTHUM,** Owners, Landworks Property Management & Development

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Tazeb Asresie faithfully followed the child-rearing customs of her Ethiopian village — gave birth at home, restricted her newborn's diet to butter and bitter drinks, trusted the traditional healer instead of a doctor.

Her first child's physical and mental development was so slow that he didn't walk until age 3. The next two children didn't fare much better. All were sickly.

When Tazeb heard that a group of mothers met regularly to learn ways to keep their children healthy, she eagerly joined them.

Caring Food for the Hungry staff taught the mothers in her group how to include protein and vegetables into their children's diet. They helped her build a family latrine and hand washing station using local materials. Her family enjoyed singing a song to remind them to wash properly and for how long.

## Blessed to be a blessing (Continued)

Tazeb gave birth to her fourth baby at a health facility and breastfed for six months before switching to a healthy porridge of protein and vegetables. She took her kids to the doctor when they were ill.

All of her children are healthier now, but Tazeb is especially proud that the youngest started walking at age 1 – sooner than any of the others.

She knows she was blessed and now wants to bless others. She leads a group of mothers, teaching them the same household practices that help her own children thrive.

# Consider their Plight: Education

Worldwide, an estimated 250 million children are not learning basic reading and math skills. That's roughly one out of every nine children who exist!

And it's not only because extremely poor communities don't have schools; it's also because in places where there is access to education, the quality of learning is dismal.

Quality education beginning in early childhood has immense benefits. Children develop their physical, intellectual, social and emotional skills, as well as language and behavioral competencies.

Sadly, in places mired in poverty, quality education is a distant reality.

## PUT YOURSELF IN THE SHOES OF A DESPERATE PARENT.

You never went to school. You can barely read and write. You struggle to put food on the table.

Your parents had walked this path before you. Now, you're living it. And you're afraid your children would fall into the same trap.

To stand a chance in life, you know your children must go to school. But you need them to help provide the family with food and water.

The only school in your community is crowded and run-down. Teaching materials and resources are outdated at best. Your child has to bring her own chair to school, and share a single textbook! Teachers are scarce and ill-equipped for the job.

Hungry, tired and unmotivated to learn, your child loses interest in school.

**"AN INTELLIGENT HEART ACQUIRES KNOWLEDGE, AND THE EAR OF THE WISE SEEKS KNOWLEDGE."**

— PROVERBS 18:15



CAN YOUR EDUCATION  
PARTNER DO **THIS?**



“A 63-country study by the International Food Policy Research Institute (IFPRI) found that more productive farming as a result of female education accounted for 43 percent of the decline in malnutrition achieved between 1970 and 1995.”

**EXPLAINING CHILD MALNUTRITION IN DEVELOPING COUNTRIES** by L. Smith and L. Haddad, in the International Food Policy Research Institute Research Report No.111.

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It's not OK that 250 million people around the world are illiterate! Illiteracy brings hopelessness and sentences people to a life of poverty

It is linked to unemployment, long-term illnesses, violence and social discrimination.

In developing countries, girls take a back seat when it comes to education. Did you know that worldwide, almost two-thirds of illiterate adults are women?

Many of these are mothers. They can't read or write. They can't help their children with homework. Their earning potential is low, in turn affecting their children's health and nutrition. They are vulnerable to abuse and exploitation.

**Organizations that are effective in battling illiteracy attack the problem at the community level. When you partner with an organization that integrates education into its programs, you help:**

- ◆ Build new schools
- ◆ Renovate classrooms
- ◆ Start after-school tutoring classes
- ◆ Provide new and relevant learning materials and supplies
- ◆ Train teachers
- ◆ Build school libraries and sanitation facilities
- ◆ Raise awareness about the value of education
- ◆ Rescue entire families from a life of crushing poverty!

# Turning dreams into reality

“Sponsoring a child is something that we often hear as a responsibility ...but to me it’s a privilege. I feel we’re the lucky ones to support someone who is the least of these, who is first in the kingdom of heaven.”

**TIFFANY ARBUCKLE-LEE,** Christian artist and child sponsor

Growing up in Trishal, Bangladesh, Nazmul Hosson dreamed of working for the government. He had little hope for the education needed to turn his dream into reality.

A farmer, his father was barely able to provide the basic needs of his family of eight. His mother, a housewife, did the best she could in spite of the family’s day-to-day struggle with poverty.

Nazmul nearly had to drop out of school because of his family’s financial hardship.

Then the family heard of a way to unlock the chains of poverty.

A caring person from the other side of the world made it possible for Nazmul to finish school, through a Food for the Hungry program called child sponsorship. His exam fees were paid, along with annual health check-ups and regular home visits to help the family overcome obstacles.

## Turning dreams into reality (Continued)

His mother was able to join a community learning and savings group, where she received training in adult literacy and money management. Her group saved money together. She took out loans from the group to fund all of her children's educations.

Nazmul is now living his dream! He is a student of the Department of Population Sciences of University of Dhaka, one of the finest universities in Bangladesh. He knows his education will transform his prospects for the future, and his own children won't have to suffer as he did.

To the sponsor who helped make his dream a reality, Nazmul says, "I will always be thankful.

**"A PERSON CAN DO NOTHING BETTER THAN TO EAT AND DRINK AND FIND SATISFACTION IN THEIR OWN TOIL"**

— ECCLESIASTES 2:24

# Consider their Plight: Livelihoods

Livelihood security unlocks poverty. But most families in extremely poor communities don't have a stable and sustainable means of making a living. The majority are subsistence farmers. In Africa, 90 percent of agricultural production is derived from small farms.

Farming families are often trapped in a deadly gap – five long months when there's no food to sustain them until the next harvest.

Worldwide, one in eight people go to bed hungry every night because they don't make enough money!

## IMAGINE YOURSELF IN THIS AWFUL SCENARIO.

You own or rent less than five acres of land. The soil you cultivate is dry and arid. You don't have access to water, and you can't afford to buy fertilizers and good seeds.

You don't have cows and oxen to help you. Your only tools are your own hands, sticks and hoes.

Your entire body aches when you finally lay down on your pallet at night. You get up the next day and do it again. And again – always worried that armed conflict will once more destroy your community, the natural resources and your crops.

In spite of your hard work, your harvest is barely enough to keep your family alive. When the food is gone, all that's left are the seeds for the next planting.

Do you eat them to stay alive now? Can you survive until the next planting if you don't? If you have no seeds by then, you'll have no harvest. What will happen to your children?

And then you hear about an organization that helps farmers like you.





CAN YOUR LIVELIHOODS  
PARTNER DO **THIS?**



**“When we do for those in need what they could be gaining from their own initiative may well be the kindest way to destroy people.”**

**ROBERT D. LUPTON,** *Toxic Charity: How Churches and Charities Hurt Those They Help*

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It's not OK that one in eight people around the world goes to bed hungry every night because they don't make enough money! They need a livelihood that gives them dignity as well as food.

To fight poverty, livelihood solutions must be sustainable. Families need support to generate new incomes sources and improve their economic well-being. When parents have secure income, they have the means to create a safe, stable and nurturing environment for their children.

However, livelihood development is not a one-size-fits-all strategy.

In farming communities, farmers must get training on better agricultural practices and techniques. In other communities, parents are better served by teaching them the basics of entrepreneurship, such as starting their own small-scale handicrafts or embroidery business.

In some communities, economic activities that focus on retail or livestock raising can generate more income for families.

## That's why when looking to partner with a livelihoods champion, consider an organization that delivers these winning results:

- ◆ Communities work together toward a common goal
- ◆ Farmers get what they need to produce and sell more crops
- ◆ Families grow their own nutritious vegetable gardens
- ◆ Parents learn business skills and start new industries
- ◆ Mothers learn to save together and spend money responsibly
- ◆ Families protect natural resources
- ◆ Kids grow up healthier and stronger

## Finding hope in a cow

“This is the best money my family spends every month. It provides a chance to come out of poverty. It’s an honor, and it’s humbling to know I can make a difference and it starts with just one person.”

**RYAN GOMENDI**, child sponsor, Billings, Montana

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In Burundi’s village of Nyakarama, a household of six is a model family to the community ... thanks to the prayers and financial support of people on the other side of the world.

Supporters enabled caring Food for the Hungry development professionals to guide Mukunzi Claver and his wife, Kayobera Pascasie, as they worked to improve their way of life.

The couple now practices good hygiene and nutrition. They use good farming tools. Their children go to school.

But Claver needed more help with improving his income. The development workers reached out to donors – and were able to provide Claver with a cow, along with training on livestock care and product marketing.

## Finding hope in a cow (Continued)

Soon, the cow started producing as much as eight liters of milk each day – more than enough for Claver's family. He sells the excess milk at the market and brings home a good profit.

After a month, his children's health improved because of the addition of fresh milk to their diet.

Claver also used the cow's manure to fertilize his crops. As a result, his harvest improved six-fold! Again, there was more than enough for his family, so he sold the surplus and earned additional cash.

Now, Claver can afford to buy school materials for his children, plus soap, cooking oil and other necessities for the entire household.

"I thank God for support that has changed the life of my family," Claver says.

# Consider their Plight: Disasters

The world's poorest people live a fragile life. Even a small problem can threaten their lives and livelihoods. So imagine when major disasters such as earthquakes, tsunamis, typhoons, droughts, epidemics or civil wars hit them.

## THERE'S NO NIGHTMARE WORSE THAN THIS.

It's past midnight. You finally put your head to rest after a grueling day. You take a glance at your two small children, both curled up on a skimpy mat on the floor.

It's been raining intermittently for a few days now, but it's not unusual during this time of the year. There's nothing to worry about.

A few hours into your sleep, you are awakened by the sound of howling wind. As you scurry to gather your children, water starts gushing into your house. Frantic, you scoop up your crying children into your arms — only to be swallowed, seconds later, by rampaging waves. Your youngest child loses your grip and drifts away, searing his desperate cry into your brain: "Mama!" There's nothing you can do.

The typhoon is gone now, but your grief lingers and overwhelms you. Your surviving child is traumatized. Then you hear that a caring organization is helping people like you find hope and stability in the midst of chaos.

**"A PERSON CAN DO NOTHING BETTER THAN TO EAT AND DRINK AND FIND SATISFACTION IN THEIR OWN TOIL"**

— ECCLESIASTES 2:24



CAN YOUR DISASTER RESPONSE  
PARTNER DO **THIS?**



**“Building schools is not enough for a sustainable and long-term development gain, schools exposed to natural hazard must be disaster resistant, and people using them need to prepare for disaster.”**

**UNITED NATIONS DEVELOPMENT PROGRAM,** *A Global Report Reducing Disaster Risk: A Challenge for Development, 2004*

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In the aftermath of a disaster, the hard work begins — that of saving lives and the long journey toward rebuilding communities.

Children are most vulnerable to trauma, disease and exploitation in the wake of a crisis. Their safety and health should be foremost.

And because it's not OK for families to lose everything when disasters strike, communities need a disaster plan. It's their customized road map to emergency prevention and effective response. With a good plan, families can minimize the impact of adversity in their lives, especially on their children.

**God can use your compassionate heart to bring immediate and long-term solutions to families caught in tragic calamities. Look for a partner that has a proven record in:**

- ◆ Providing life-saving emergency supplies to surviving families and children
- ◆ Building child-friendly spaces where children can safely learn and play
- ◆ Keeping children safe from exploitation
- ◆ Providing trained counselors to help children recover from emotional trauma
- ◆ Helping communities develop their own disaster risk reduction plan
- ◆ Equipping families to protect the natural resources
- ◆ Rehabilitating infrastructure and livelihoods
- ◆ Sharing biblical truths and values to overcome unhealthy beliefs and practices

# Giving hope

“That’s what it means to be unashamed: going to the hard places, doing the hard things because we truly want to live out what we believe ... It’s our job to care, that’s why we are here.”

**LECRAE**, Christian rapper, songwriter, record producer and actor

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Super Typhoon Haiyan slammed the Philippines in 2013, killing at least 6,300 people and leaving millions of survivors without homes and livelihoods.

“I was indeed very hopeless,” says Nicasio Froilan, a fisherman, husband and father of five children. “All of our belongings were washed out.”

Amid the devastation, Food for the Hungry quickly responded to provide hardest-hit communities with life-saving emergency supplies.

Shortly after the typhoon subsided, Food for the Hungry opened a cash-for-work opportunity and hired Nicasio and other community members to remove the debris off the streets. This paved the way to recovery and provided families with cash to meet immediate needs.

## Giving hope (Continued)

But it didn't end there. In the months that followed, the organization embarked on an integrated rebuilding effort — working with leaders, local governments, churches and private partners — to help families re-establish their lives and livelihoods.

Nicasio was among the many fishermen who received a new boat and fishing gear. Without these fishing tools, Nicasio might have been forced to leave his family to search for work in the city.

"I won't forget the day when this boat was handed over to me," he says. "Our life is now getting better. I am hopeful we won't starve."



## Debunking the Myths About Ending Poverty

Let's face it. The kind of abject poverty that we've been talking about in this eBook can seem overwhelming. After all, you're just one person. What kind of a difference can you make?

That's what Food for the Hungry founder, Larry Ward, asked. God's answer to Larry's listening heart: You can help them – one person at a time.

One of the hurdles you might encounter is widely held myths that discourage people from answering.

It's time to debunk those myths.



# MYTH

People are poor because they're lazy.

## ♦ DEBUNKED

If you've been to a developing country and visited with rural folks, you know that they're some of the most hardworking people in the world. They work non-stop from sunup to sundown, tilling the land, fetching water, selling goods in the market, doing hard labor, working odd jobs.

# MYTH

It's best to give money directly to the people.

## ◆ DEBUNKED

It may surprise you that the world's most vulnerable people don't necessarily think that cash assistance is the answer to their poverty. More than getting help in the short run, families want long-term solutions that can transform their children's future.

# MYTH

It's each government's job to help their own people.

## ➤ DEBUNKED

Governments have a biblical mandate to care for the poor in their land. They are to protect the people and promote justice, equality and prosperity. In the hardest places around the world, governments are not equipped to do their jobs. They could use the help of organizations that are focused on fighting poverty.

# MYTH

The Bible says the poor will always be with us, so ending poverty is not possible.

## ➤ DEBUNKED

When Jesus made this statement, He was quoting an Old Testament passage that commanded the Israelites to show compassion and care for the poor. If the way we apply this scripture to our lives is not taking action because trying to end poverty is pointless, then we are interpreting scripture in a way that moves us away from God's command.

# MYTH

A charity's efficiency is told **ONLY** in overhead rates.

## ➤ **DEBUNKED**

When you join the fight against poverty, it's important to align with an organization that biblically stewards donors' gifts. It means your charity maximizes your donations toward achieving its mission without sacrificing vital investments, like oversight and accountability, that are critical to delivering the best impact on the communities it serves. In the end, what really counts is if the organization with which you choose to partner is making a difference.



## CHARACTERISTICS OF AN EFFECTIVE POVERTY-FIGHTING CHARITY

In fighting world poverty, you need a trusted partner that employs the best approaches and delivers the most long-lasting impact.

# A charity worth your support has an exit strategy.

They don't stay indefinitely and create a culture of dependency. Instead, they build the capacities of leaders and families so they can continue to create a better world for their children and take ownership of their development.

# A charity worth your support walks alongside the poor.

They enter a community as an active partner in improving the well-being of children. They build relationships. They equip and empower leaders and families to figure out problems, create solutions and participate in all aspects of transformation.



# **A charity worth your support adopts an integrated and collaborative approach.**

They leverage the strengths of various sectors and groups in the community to address the underlying issues that hold children and families back from living to their full potential.

## **A charity worth your support stewards donors' gifts wisely.**

They are transparent and accountable to their supporters and to the ultimate beneficiaries of donors' gifts – the most vulnerable children. They have solid financial procedures to ensure projects deliver the greatest impact to those who need them most.

# **A charity worth your support is focused on helping children thrive.**

They promote change at the community level, honoring the dignity of people to overcome their challenges when given the right kind of help.



## PEOPLE WHO MADE A DIFFERENCE

Life is busy. It can feel like there's so much unfinished work, and adding one more thing to a full plate just doesn't make sense. But, people like you — busy with work, kids or hobbies — are making a difference. Here are examples of real people taking bold steps to end poverty. In the process overcoming the poverty in their own hearts as well.

## SWEAT HAWGS

Sweat Hawgs is a team of men and women that partners with the Christian relief and development organization, Food for the Hungry, to bring help and hope to vulnerable communities in the Dominican Republic. Now on its fourth year of serving the village of Placer Bonito, Sweat Hawgs has helped tackle some of the huge needs in this community. This includes construction projects such as building latrines, keyhole gardens, storage for crops, and an aquaduct system for irrigation and filtering drinking water.

“Through this holistic strategy, emphasis is placed on sustainable and reproducible projects that equip the community with the knowledge they can use far beyond when we transition out of the community,” says team leader Doug Geist.

Doug says in working with the most vulnerable, he and his team have learned about grace and forgiveness, the immense value of prayer and relationships, and trusting God’s plan and provision.

# CHERRY HILLS CHRISTIAN SCHOOL

As the spiritual activities coordinator for Cherry Hills Christian Middle School in the metro-Denver area, Donna Nelson decided to use Christmas to help students experience the joy of making a difference for children living in extreme poverty.

She did her research and decided to partner with Food for the Hungry to sponsor children in Guatemala, Kenya and Burundi. Every time a child got sponsored, the sponsored child's photo was hung on a "Hope Tree."

But the learning didn't stop with photos. Students played an interactive online game that taught the startling statistics about poverty. The game challenged them to make the same kinds of hard choices that millions around the world make every day. Would they use their money for immunizations? Food? School uniforms?

Donna also challenged the children to spend only \$1.25 at the grocery store to buy everything their family would eat in a day and report back on their outcomes.

"The kids in our school see that the kids around the world are just like them. They have also seen how they can make a difference in the lives of those living in extreme poverty."

## LAUREN YOST

Lauren Yost is a 15-year-old student from Pennsylvania. She, with her parents, is also a child sponsor with Food for the Hungry.

“It always sounded fun to write to a kid in a different country and tell them about God’s love, but I didn’t think I could afford it,” Lauren says.

So she gave up her smartphone data plan and sponsored a boy named Erick. She has written and received several letters from Erick.

“It’s so cool to interact with someone from a different country and talk about what we like and dislike and about our futures and of course about God,” Lauren says.

Lauren’s decision has inspired two of her friends to sponsor children also.

“There are so many places in the Bible about going into the world and preaching the Good News,” Lauren says. “I lean on God to get me through my tough days. How can those kids lean on Jesus if they don’t know him?” She says child sponsorship will change them and you.

## TIFFANY ARBUCKLE-LEE (PLUMB)

Tiffany Arbuckle-Lee, otherwise known as Plumb, is a Christian singer-songwriter. She sponsors a child in Guatemala in partnership with Food for the Hungry.

Before sponsoring a child, Tiffany thought poverty was mainly material. Her trip to visit her sponsored child opened her eyes to the more complex issue of poverty.

She learned how beliefs and behaviors could trap people into poverty. And she saw how the organization's staff inspired hope and helped families to do things differently. Things like growing their own food and proper care of their babies.

Tiffany remembers the excitement of her sponsored child, Kevin, upon meeting her family. "It was a big deal to him ... as if he'd won the lottery. But to me, it's a privilege. I'm the lucky one."

Tiffany says she now understands child sponsorship on a whole new level. It's all about good stewardship of God's blessings, with rewards that are beyond measure. One of which is knowing that someone halfway around the world is thinking about you and praying for you.

"It's one of the most important things we've done as a family," says Tiffany



# How Food for the Hungry can help you answer God's call to end poverty.

**"Food for the Hungry knows how to stretch a dollar."**

**BOB MORTER,** Former owner and CEO of NTP Distribution, Inc.

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**"The Food for the Hungry/Mozambique Child Survival Project is perhaps one of the world's best examples so far of what can be achieved at low cost to improve the health of children in high-mortality, low-resource settings."**

**DR. HENRY PERRY MD, PHD,** MPH of Johns Hopkins University, lead evaluator of FH's Mozambique Child Survival Project

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The work and stories you've read in this eBook come from the archives of FH. We'd be honored to become your poverty solutions partner.

Our mission begins with God: "God called and we responded until physical and spiritual hungers ended worldwide."

It is God's plan to care for the poor and needy. And He cares about our response.

## (Continued)

He didn't think it was OK that the poor lived without hope.

He initiated the work, and by His grace, He invited us to participate.

In responding to God's call, we work alongside leaders and families – and churches, where allowed – each one playing a role toward putting children and families first, creating for them a world brimming with hope and opportunities so they can live to the fullest.

Our approach to development is transformative – focusing on improving all aspects of life. We take on an integrated approach to change, knowing that there is no one formula for progress. We encourage the participation of communities and various sectors to uncover the root causes of poverty and design sustainable solutions that target the big problem by addressing the underlying issues.

Our approach is focused on the most vulnerable children – the leaders of tomorrow – living in some of the world's hardest places. It takes the entire local community and outside help collaborating to protect “the least of these” and ensure they live out their potential.

From end to end, we are committed to improving communities so children can thrive as God intends.

And if you join with us and make that bold step to help end extreme poverty, you can make an indelible mark on the lives of the poor – for the here and now and even for eternity.

**“Thank you for changing my life. And thank you for changing the life of my community forever.”**

**AMALIA TOC,** Former sponsored child with Food for the Hungry.



**WATCH  
AMALIA'S  
STORY**

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