



One Meal • One Day

TIPS & IDEAS FOR RAISING FUNDS

"BE HUNGRY" GUIDE

WELCOME TO ONE MEAL ONE DAY! Thank you for skipping a meal and raising funds to help children in extreme poverty. We are grateful for your heart for children in need!

“*Feed the hungry and help those in trouble. Then your light will shine out from the darkness, and the darkness around you will be as bright as noon.*”

—ISAIAH 58:10, NLT

ABOUT GLOBAL HUNGER

Most of us have never experienced what it's like to be hungry. Not dull-pain-in-your-stomach kind of hungry, but REAL hunger. The kind that causes swelling in your abdomen, reduces your body's ability to heal, causes your skin to change color and your hair to fall out.

Sadly, 100 million children do know what it's like. They are underweight and at risk from the long-term effects of malnourishment. In fact, 2.6 million children die from hunger-related causes every year.

Source: wfp.org, bread.org

WHAT CAN YOU DO ABOUT IT?

RAISE FUNDS

Start telling your friends, family and co-workers about this life-saving campaign now and ask for donations. You can accept donations two ways:

- **Collect cash/checks:** Use the envelopes provided in your kit to spread the word and invite people to donate. Checks should be payable to Compassion International, with OMOD on the memo line.
- **Collect donations online:** Visit www.firstgiving.com/onemealoneday to set up your fundraising page. Share your page with friends and family so they can quickly and easily donate online.

SKIP A MEAL, CHANGE A CHILD'S WORLD. AND YOURS!

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LET'S GET STARTED!

ONE MONTH OUT:

- **Set a fundraising goal.** How much do you want to raise? Be realistic, but also visionary! You can make a big difference!

- **Get resourced.** Check out the online resources at onemealoneday.com/resources. Here's a quick overview of what's available online:

- Child Photos & Child Stories: Share these in your fundraising activities and on social media to put a face to the issue of extreme poverty.
- Sample Media Release: If you get a big group to skip a meal together, use this template to share your group's plans with local newspapers and radio stations.
- Sample Emails: Customize and send these emails to gain support.
- Sample Social Media Posts: Use these ideas to update your followers on how you are helping children in poverty!

- **Plan your event.** What fundraising activities will you do before the event? Here are some ideas to get you started:

- **Create a pledge wall.**

With approval from your employer or pastor, spread the word about your One Meal One Day involvement at work or church and distribute the OMOD fundraising envelopes. Encourage people to fill in the blanks on the envelopes, stating what they will do to help children in extreme poverty. Participants can tear off the pledge panels and post them on a wall in an approved space—preferably with a lot of visibility! Donations submitted in envelopes should be returned to you.

- **Hold a beans and rice dinner party.**

Instead of serving a more traditional meal, serve something closer to what children in poverty would eat and ask for donations per plate. This is a great way to raise awareness of daily life for children around the world.

- **Get a local restaurant involved.**

Ask a local restaurant to sponsor your OMOD event or to match your fundraising efforts. They may also be willing to donate a certain percentage of their sales on the day you skip a meal. In return, ask everyone to visit the restaurant on the day, and make sure you thank them publicly for their generosity.

- **Create and sell a One Meal One Day cookbook.**

Collect favorite recipes from your church or workplace to create a One Meal One Day cookbook that you can sell to raise money. Add a page in the front of the book that talks about OMOD and how a small sacrifice can make a big impact in the lives of children in poverty. You can even add a few photos of children, available at onemealoneday.com/resources.

- **Hold a sweets party.**

There aren't many people who can turn down coffee and a sweet snack during the afternoon slump. Ask local bakeries and grocery stores to donate desserts – or bake them yourself – to sell one afternoon at work. Post signs well in advance to ensure your coworkers have their donations ready. But make sure you ask permission from your employer first! [Note: this idea would also work as a Sunday fundraiser at church!]

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THREE WEEKS OUT:

- **Start fundraising.** Time to put your fundraising ideas into action! Customize and send the sample fundraising email to your friends and family to get started. If you set up an online fundraising page, include the link in your email and share it on social media. Distribute the fundraising envelopes and give every donor a sticker. If you need more supplies, visit onemealoneday.com/supplies.
- **Share it.** Visit onemealoneday.com to share the OMOD video on Facebook, Twitter, or on your blog. Sample social media posts are available online, as well as child photos and stories. If you have a large group skipping a meal together, use the sample media release to contact local newspapers and radio stations about your plans.

THE DAY OF:

- **Spend time in prayer.** Wake up early and spend time reading scripture and praying about your OMOD experience. Remember to update Twitter and Facebook and to blog about the event throughout the day.
- **Skip a meal and collect any last minute funds.** Capture stories, photos and videos to document and share your experience.

AFTER THE EVENT:

- **IMPORTANT:** Please assemble the following and promptly send to Compassion International:
 - **Funds:** Collect and open all fundraising envelopes, remove donations, record information on your Donation Tracker and securely dispose of empty envelopes.
Please mail checks only. For any cash collected, please remit as a money order or cashier's check. If you are unable to do so, you may staple the cash to your Donation Tracker; please ensure the cash donations match your records. Donors who give cash will not receive a receipt from Compassion International.
 - **Donation Tracker:** This records all the donations you collected. Please transfer all information provided on the fundraising envelopes to the Donation Tracker. Empty envelopes may be destroyed.
 - **Fund Submission Form:** This helps us quickly enter your donation details.
- **Celebrate!** You have made an incredible impact on children in poverty through One Meal One Day. Thank you!
- **Let us hear from you.** Email us with your suggestions, feedback and OMOD stories at onemealoneday@compassion.com.

SEND US YOUR PHOTOS OR VIDEOS!

Capture your One Meal One Day experience. Share photos and videos with us at facebook.com/OneMealOneDay.

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