

One Meal • One Day

**SPREAD THE WORD
QUICKLY WITH EMAIL**

SAMPLE EMAILS

YOU'VE PROBABLY HEARD the phrase “communication is key.” It’s true! You may be surprised at how many people want to get involved in One Meal One Day; they just need to know about it! You could start by contacting your friends, family, coworkers, and members of your church family. Maybe even ask your church leader to include a note about One Meal One Day in your church bulletin, and contact local restaurants or businesses about getting involved.

Sending emails is a great way to spread out your fundraising net to all your contacts. Here you will find two sample emails to get you started – just customize with your own details!

1 FUNDRAISING EMAIL TO FRIENDS AND FAMILY

Dear <Name>,

I’m skipping a meal on <insert date> and invite you to skip it with me!

It’s all part of an event called One Meal One Day – a nationwide initiative of Compassion International to help meet the urgent nutritional needs of children in extreme poverty. The idea is to skip one meal and then donate the money that you would have spent on that meal to Compassion. I am also fundraising, with a goal to raise \$<insert target amount> before <insert date>. All donations will help children registered in Compassion’s programs whose extraordinary needs exceed the capacity of Compassion’s regular activities.

Please, join me in participating in One Meal One Day. Anyone can help raise awareness and fundraise – even if they choose not to skip the meal. To make a donation, make checks payable to “Compassion International” with “OMOD” on the memo line and mail them to me at <insert mailing address>. If you would like more information about One Meal One Day, feel free to contact me at <insert email> or <insert phone> or visit onemealoneday.org.

Thank you!

<Insert name>

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

One Meal • One Day

SPREAD THE WORD QUICKLY WITH EMAIL

2 FUNDRAISING EMAIL TO LOCAL RESTAURANTS

Dear *<Name/Owner/Manager>*,

On *<insert date>*, I will be participating in One Meal One Day. It's a nationwide initiative of Compassion International to help meet the urgent nutritional needs of children in extreme poverty.

To support this event, I will be skipping one meal and donating the money that I would have spent on that meal to Compassion. I am also fundraising, which is why I am contacting you today.

Would your restaurant be willing to sponsor me by making a donation? Alternatively, you could match my other fundraising efforts or even donate a certain percentage of your sales for one day.

Your involvement with One Meal One Day would make a big difference in the lives of children in poverty. I am really motivated to make a significant impact for this worthy cause, and would be excited to have your restaurant join me in making it a success.

If you're interested in becoming involved or would like more information, feel free to contact me at *<insert email>* or *<insert phone>*. You can also visit onemealoneday.org to learn more about this meaningful, national campaign.

Thank you!

<Insert name>

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