

One Meal • One Day

TIPS & IDEAS FOR RAISING FUNDS WITH YOUR YOUTH GROUP

YOUTH LEADER'S GUIDE

Be prepared: this experience will impact your students! Of course, it will also help children in extreme poverty. It's a win-win!

“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 creates 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

LET'S DO SOMETHING ABOUT IT!

THIS WEEK:

- **Set the date for your One Meal One Day experience.** Work backward to decide when to start the 4-week youth group curriculum. The first three weeks of the series takes place before your event, and the fourth week takes place after it. *(The curriculum is available at onemealoneday.com/YouthResources.)*
- **Decide what your event will look like.** Will your youth group skip dinner together? Or will they skip lunch at school that day and then use your youth group time in the evening as a “break-the-fast” event?

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

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THIS WEEK: [continued from previous page]

- **Set a fundraising goal.** This will give your group something to aim for. How much does your group want to raise? Be realistic, but also visionary! Your youth group can make a big difference!
- **Establish your fundraising process.** We suggest students distribute the One Meal One Day fundraising envelopes as an easy way to gather donations from friends and family. After collecting the envelopes, students open them up, record the donations on their Donation Tracker, securely dispose of the envelopes and turn in their funds and Donation Tracker to one point person – typically the youth pastor. That leader will send the youth group’s money to Compassion.
- **Tell your pastor.** Let your church pastor and/or leadership team know about your youth group’s plans to participate in One Meal One Day. *(A sample email is available at onemealoneday.com/YouthResources.)*

ONE MONTH OUT:

- **Get resourced.** Check out the online resources at onemealoneday.com/YouthResources. Here’s a quick overview:
 - **Message Series:** This curriculum was developed to help your youth group dig into God’s Word and understand how each of us can play a key role in God’s plan here on Earth. Don’t miss out on this resource!
 - **Student Success Guide:** Make copies and give one to each member of your group.
 - **Donation Tracker:** This is included in the Student Success Guide, but it’s useful to have a few extras on hand for students who need another copy.
 - **Sample Media Release:** Use this template to share your group’s plans with local newspapers and radio stations.
 - **Sample Social Media Posts:** Spread the word with these ideas for Facebook and Twitter.
 - **Email Templates:** Customize these starter emails to raise funds and spread the word about your youth group’s adventure!
 - **Child Photos & Child Stories:** Share these in your fundraising activities, on social media, and with your church to put a face to the issue of extreme poverty.
 - **Fund Submission Form:** Complete and return 1 copy of this form with your group’s collective donations to Compassion after your event.

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ONE MONTH OUT: [continued from previous page]

- **Plan your event.** Brainstorm fundraising activities to do before your event. Here are some ideas to get you started:
 - **Create a pledge wall.**

With approval from your senior pastor, have students announce the youth group's participation in One Meal One Day during the main service. Fundraising envelopes can be distributed to church attenders; 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 students.
 - **Fill donation envelopes.**

Set up any number of brown paper lunch bags on a table in a visible area of your church. Number the bags from 1 up to however many bags you have, with \$ in front. The bags should read \$1, \$2, etc. Ask church members to make a donation with that amount of money in it. If you have 144 bags, for example, and every one gets filled, you have raised \$10,800!
 - **Hold a beans and rice dinner party.**

Instead of serving a more traditional meal, serve something closer to what children in poverty eat and charge a reasonable price per plate. This is a great way to raise awareness of extreme poverty.
 - **Set up a service board.**

Set up a bulletin board in your church that advertises odd jobs that your youth are willing to do for donations. They could include cutting grass, raking leaves, or walking dogs. Encourage church members to post other jobs that they would like done. Youth just sign up to do the task for the donation.
 - **Get a local restaurant involved.**

Offer the labor of your youth group at a local restaurant! Trade table clearing services for a donation. Or see if the restaurant will pick a date and designate a percentage of sales to One Meal One Day. [A sample email for restaurants is available at onemealoneday.com/YouthResources.] Make sure you promote the generosity of partnering restaurants within your church!
 - **Bag groceries.**

Ask a grocery store or market in your area to allow your youth group to bag groceries for a few hours on a weekend. Any donations offered can support your One Meal One Day campaign. It's a great way to serve your community, raise funds and get the word out about skipping a meal so a child doesn't have to!
- **Communicate.** Inform parents of students in your group about your plans for One Meal One Day. [Sample emails are available at onemealoneday.com/YouthResources.] If a large number of students will be skipping a meal at the same school, consider contacting the school's principal so the food service staff can plan accordingly.

OPTIONAL EXTRA: Plan to host a rally. You could do this the night before your students skip a meal or on the day of your event. A rally is a great way to partner with other churches and exhibit the unity of the Christian community.

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THREE WEEKS OUT:

- **Start fundraising.** Time to put your fundraising ideas into action! Each student should be equipped with:
 - Fundraising Envelopes
 - A “Donation Tracker” to Record Donations
 - A “Student Success Guide”
 - “Hungry for Change” Stickers
 - “Let’s Talk Hunger” Sheets (note: reproduce these sheets and give students copies to hand-out to donors who want more information)
- **Share your group’s online fundraising information.** If you already set up an online fundraising page (<http://www.firstgiving.com/onemealoneday>), send students the URL for your group’s unique page. Tell students to click on the “start fundraising” button so they can set up their own personal pages that support your group. They can send their unique URL to friends and family with their request for support!
- **Share it.** Encourage your group to visit onemealoneday.org and share the OMOD video on their Facebook pages, through Twitter, or on their blogs. Sample social media posts are available online, as well as child photos and stories. Also, use the sample media release to contact local newspapers and radio stations to let the wider community know about your group’s plans to skip a meal.

OPTIONAL EXTRA: Take your students to volunteer at a soup kitchen to prepare them for skipping a meal.

ONE WEEK OUT:

- **Reinforce the plan.** Make sure your students are clear about where and when your group will be experiencing One Meal One Day. Get students to amp up their fundraising efforts and remind them about your group’s fundraising goal; track your progress toward reaching it.

OPTIONAL EXTRA: Is your group creative? Get together to make t-shirts that you can all wear on the day of your event.

THE DAY BEFORE:

- **Inspire participants.** Send out a mass text or e-mail reminding your students and leaders that they are making a difference! If they are skipping lunch, suggest that they pick up trash for their classmates in the cafeteria. Alternately, they could gather as a group to worship and pray for hungry children.

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THE DAY OF:

- **Wake 'em up!** Text or e-mail your students first thing in the morning to encourage them as they skip a meal together today. Remind them to update Twitter and Facebook and to blog about what they're doing. Spread the word!
- **Skip a meal and collect all the funds your group raised.** Have students capture stories, photos and videos to help them share what happened throughout their experience.

AFTER THE EVENT:

- **Step 1:** Every student should collect and open all of their fundraising envelopes, remove donations, record all information on their personal Donation Tracker and securely dispose of empty envelopes.
- **Step 2:** Each student should submit their cash, checks and one Donation Tracker to the OMOD point person.
- **Step 3:** The OMOD leader needs to deposit all cash donations to your church's account and write one check to Compassion International with OMOD on the memo line.
- **Step 4:** The OMOD leader should fill out one Fund Submission form for the whole youth group, and send it back to Compassion along with all Donation Trackers and funds.
- **Celebrate!** Your group has made an incredible impact on children in poverty through One Meal One Day. Thank you!
- **Let us hear from you.** Email us your suggestions, feedback and OMOD stories to onemealoneday@compassion.com

DOWN THE ROAD:

- **Check out www.createcompassion.org.** There you'll find more experiences and opportunities designed to disciple your students.
- **Sponsor a child.** You could even sponsor a child together as a group. Visit compassion.com/OMODsponsor.

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