

One Meal • One Day

**TELL PEOPLE WHAT
YOUR YOUTH
GROUP IS DOING**

SAMPLE EMAILS

YOU'VE PROBABLY HEARD the phrase “communication is key.” It’s true! Share your youth group’s plans for One Meal One Day with parents, your church leadership and even school administrators. Then ask your students to spread the word among their friends and family members.

Here you will find six sample emails to get you and your students started – just customize with your own details!

1 INFORMATIONAL EMAIL TO YOUR CHURCH LEADERS & KEY VOLUNTEERS

Dear *<insert church name>* friends,

On *<insert date>*, our students will be participating in One Meal One Day. It is a nationwide initiative of Compassion International that allows our youth group to pull together and help children living in extreme poverty in Jesus’ name.

To participate, we will skip one meal on *<insert date>* and donate the money we would have spent on that meal to Compassion. We will also be fundraising over the coming weeks so we can create an even bigger impact.

The One Meal One Day experience includes a 4-week curriculum series that reveals God’s heart for the poor and encourages every student to think about his/her role in God’s plan here on Earth. I am really excited about taking this journey with our youth.

I would love to shoot around some ideas for integrating this campaign throughout our church. Our students could lead the charge, which would also be a great way to help them develop their Christian leadership skills.

If you have thoughts or would like to discuss, contact me at *<email>* or *<phone>*.

Thank you,

<Name>

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

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2 INFORMATIONAL EMAIL TO YOUTH GROUP PARENTS

Dear Parents of <Church Youth Group>,

On <insert date>, many of our students will be participating in One Meal One Day. It is a nationwide initiative of Compassion International that allows our youth group to pull together and help children living in extreme poverty in Jesus' name.

To participate, most students will be skipping one meal and donating the money they would have spent on that meal to Compassion. However, we only encourage those who are medically able to skip the meal. We ask that you be aware of your child's health in determining if he/she is healthy enough to fast for one meal. If he/she is not able to skip a meal, there are still ways to be involved in this event, such as packing a modest lunch or making a donation.

Here are a few other things to know about One Meal One Day:

- Our group will be fundraising over the coming weeks, with a goal to raise \$<insert target amount> before <insert date>.
- All donations will help children registered in Compassion's programs whose extraordinary nutritional needs exceed the capacity of Compassion's core services.
- Students are encouraged to get their friends and family to participate. Anyone can help raise awareness, recruit friends, and participate in our fundraising efforts – even if they choose not to skip the meal.

It is my hope that as our students participate, their eyes will be opened to a world that is larger than themselves and they will walk away with a desire to continue to help others in the name of Jesus. Please join us and help make this event a success by being an extra voice of encouragement in your student's life.

Thank you,

<Name>

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3 INFORMATIONAL EMAIL TO SCHOOL PRINCIPALS

Dear Principal *<insert last name here>*,

On *<insert date>*, many students from *<insert church name>* will be participating in One Meal One Day. It is a nationwide, student-led initiative of Compassion International that will allow our students to pull together and make a difference in the fight against extreme poverty.

To participate in One Meal One Day, students will be skipping one meal and donating the money they would have spent on that meal to Compassion. Most students will likely choose lunch for their meal to skip, so you may notice certain students are not eating during their lunch hour on *<insert date>*. I wanted to inform you ahead of time so that you would be aware. It is my hope that as our students participate, they will gain a better understanding of what children in poverty experience on a daily basis.

Our students are extremely excited for this event, and I appreciate your support. If you have any questions, please feel free to contact me at *<email>* or *<phone>*.

Thank you,

<Name>

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4 FUNDRAISING EMAIL (OR BULLETIN NOTE) TO MEMBERS OF YOUR CHURCH

Dear *<insert church name>* friends,

On *<insert date>*, our youth group will be skipping a meal. That's right. We'll be fasting for one meal.

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 you would have spent on that meal to Compassion.

This experience will open our students' eyes to a world that is larger than themselves as they think about what role they can play in God's plan here on Earth.

Why are we sharing this with you?

We are also fundraising for this event, with a goal to raise \$*<insert target amount>* before *<insert date>*. *<Insert details of any fundraising activities you have planned and ways to donate.>* Please make checks payable to "Compassion International" with "OMOD" on the memo line.

Our students are extremely excited for this event, and we hope that you, our church family, will help make it a success. If you're interested in becoming further involved or would like more information, feel free to contact me at *<email>* or *<phone>*.

Thank you,

<Name>

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5 FUNDRAISING EMAIL TO LOCAL RESTAURANTS

Dear *<Name/Owner/Manager>*,

On *<insert date>*, our youth group from *<insert church name>* will be participating in One Meal One Day. It's a nationwide, student-led initiative of Compassion International to help meet the urgent nutritional needs of children in extreme poverty.

As we fundraise to help children around the world, we are hoping your restaurant could help out. Here are a few ideas:

- Let us bus your tables: On a weekend or during a dinner shift, our youth group could bus all the tables in your restaurant. In return, you could make a donation toward our youth group's fundraising efforts.
- Percentage of sales: You could pick a date and designate a percentage of your sales to help children in extreme poverty. Tell us the date and we'll announce it to our church to maximize your traffic!
- Sponsor us: We would be grateful for a donation! Again, we'll spread the word to make sure the families in our church know about your generosity!

Your involvement with One Meal One Day would make a big difference in the lives of children in poverty. The youth group of *<insert church name>* is extremely excited for this event, and it would be great to have you join us in making it a success.

If you're interested in becoming involved or would like more information, feel free to contact me at *<email>* or *<phone>*.

Thank you!

<Insert Name>

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6 FUNDRAISING EMAIL TO FRIENDS AND FAMILY

Dear <Name>,

I'm really excited about skipping a meal on <insert date>!

The reason? One Meal One Day. It's a nationwide initiative of Compassion International to help meet the urgent nutritional needs of children in extreme poverty. I will skip one meal and then donate the money I would have spent on that meal to Compassion.

I'd like you to get involved, too! My youth group and I are fundraising with a goal to raise \$<insert target amount> before <insert date>. Could you make a donation? All funds will help children registered in Compassion's programs whose extraordinary nutritional needs exceed the capacity of Compassion's core services.

To donate to One Meal One Day, please write a check, payable to "Compassion International" with "OMOD" on the memo line. You can mail it to me at <insert mailing address>. If you would like more information about One Meal One Day, feel free to contact me at <email> or <phone>.

Thank you for thinking about helping children in poverty!

<Name>

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