

FEED MY
STARVING
CHILDREN



Blessed are those who are generous,
because they feed the poor.
- Proverbs 22:9



Bible Study

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All Scripture from New Revised Standard Version.

All statistics current as of July 2008. Sources footnoted and listed on page 27.

Feed My Starving Children

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Unit 1

Perspectives

Goals of Unit 1...

- To present group members' perspectives on the faces of world hunger.
- To introduce group members to the faces of world hunger (statistics).
- To introduce group members to God's views on world hunger (Scripture).

Terms you should know...

Hunger

A lack of food in the stomach (*Source: World Food Program*)

Starvation

State of extreme hunger, deprived nourishment
(*Source: Merriam-Webster Dictionary*)

Under-nourishment

Status of people whose food intake does not include enough calories (energy) to meet minimum physiological needs for an active life (*Source: World Food Program*)

Malnutrition

Characterized by inadequate intake of protein, energy and micronutrients and frequent infections and diseases such as measles and diarrhea (*Source: World Food Program*)

Developing countries

Often used to describe the world's poorest countries, in terms of standards of living; also known as "emerging economies"
(*Source: The Economist*)



**The earth is the Lord's
and all that is in it,
the world,
and those who live in it.**

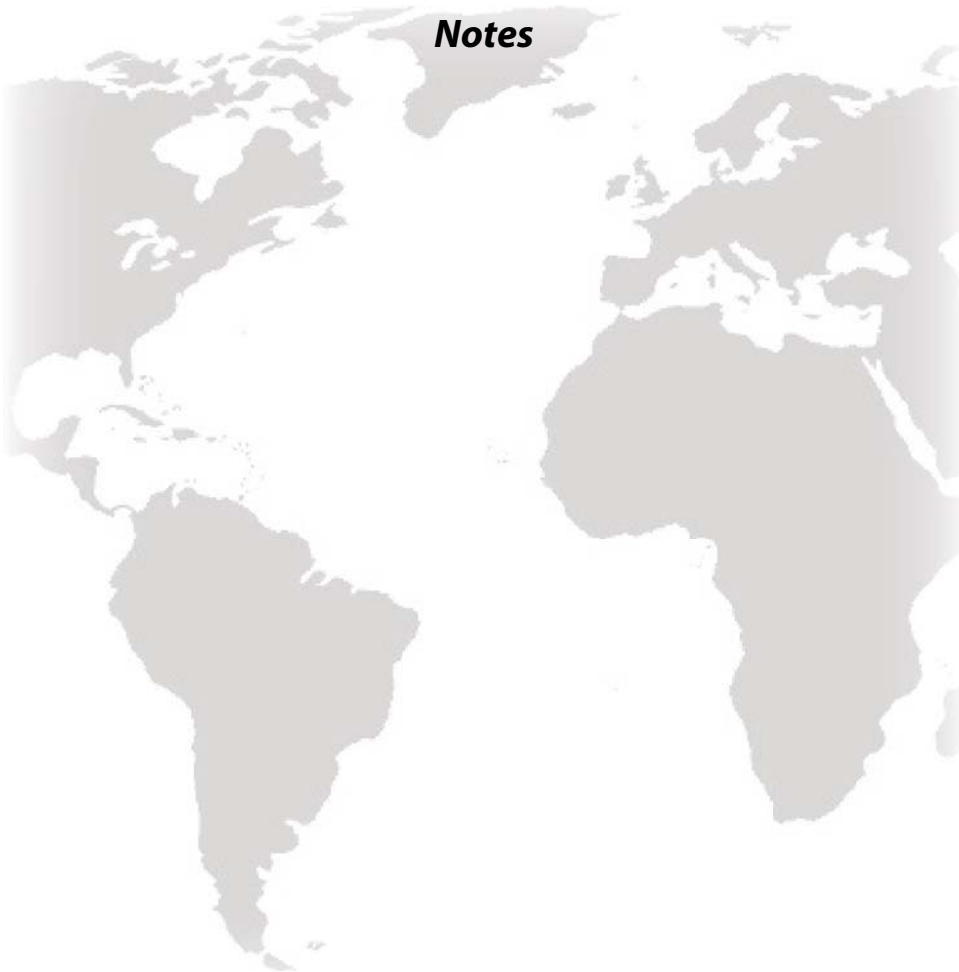
Psalm 24:1



Group activity: Discussion Questions

Try to respond without looking at the statistics on page 3.

1. When you picture a person who is *starving*, what does he/she look like?
 - a. How old is this person?
 - b. Where does this person live (neighborhood, country, etc.)?
 - c. What is his/her family situation (siblings, parents, children, etc.)?
 - d. How are you different from this person?
 - e. What do you have in common with this person?
2. Why are people starving?
3. Why do you think starvation continue to be an issue in the world?

Notes**Statistics: the world's hungry...**

- The world has more than **850 million hungry people**. That is the entire population of Minnesota, multiplied by 164 — or the entire population of the United States, multiplied by almost 3. The world's hungry are of all ages and places, but above all, **children, women, and rural communities** are most affected by world hunger.
- The percentage of hungry people is highest (*per capita*) in **Africa**— particularly in the east, central, and southern regions.
- Of the world's **820 million chronically hungry people** (enough to fill the Metrodome in Minneapolis 12,813 times over),
 - 524 million are in Asia and the Pacific (212 million of these people are in India alone)
 - 206 million are in Sub-Saharan Africa
 - 52 million are in Latin America and the Caribbean
 - 38 million are in the Near East and North Africa¹

Response...

1. What do you think about these statistics? How do you feel when you read them?
2. How is your image of a starving person the same or different after reading these statistics?
3. Respond again to the question, "Why do you think starvation continues to be an issue in the world?"

Notes

Biblical Reflections

Matthew 22:36-40

The greatest commandment

“Teacher, which commandment in the law is the greatest?” [Jesus] said to him, “You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the greatest and first commandment. And a second is like it: ‘You shall love your neighbor as yourself.’”

1. Who do you consider to be your “neighbor?”
 2. Who do you think Jesus considers to be your “neighbor?”
-

Luke 10:25-37

Parable of the Good Samaritan

“Which of these three, do you think, was a neighbor to the man who fell into the hands of the robbers?” He said, “The one who showed him mercy.” Jesus said to him, “Go and do likewise.” (vv. 36-37)

1. Now who do you think Jesus considers to be your “neighbor?”
 2. [Read Matthew 22:36-40 again.] How does the Parable of the Good Samaritan make you rethink the “Greatest Commandment” passage?
 3. How can you be a “neighbor” to someone you will never meet? Specifically, how can you be a “neighbor” to a starving child who lives thousands of miles away from you?
-

Ephesians 2:10

From death to life

For we are what [God] has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.

1. What is our “purpose” in God’s eyes?
 2. What are “good works” in God’s eyes?
 3. How can we live these words through our “way of life?”
-

Verse for additional reflection...

Acts 17:29

Notes

Feed My Starving Children
Feature



Feeding program in Zimbabwe leads to school attendance increase

For children around the world, Feed My Starving Children (FMSC) meals provide more than just physical nourishment.

They provide opportunities.

At the Shabula School in southern Zimbabwe, a 2006 shipment of FMSC food led to a leap in student attendance from 60 percent to 90 percent.

Isak Pretorius, Executive Director of FMSC mission partner Joint Aid Management, witnessed signs of hope among students of the Shabula School during a recent visit to feeding programs in Zimbabwe.

“I was taking pictures and found myself forgetting about the camera,” Pretorius said, “and just watching the children’s faces as they came one by one to receive their daily meal. Their faces lit up as they reached out to take their bowl full of the great-smelling, nutritious food.”

Pretorius emphasized the profound impact of this food.

“You truly are touching and changing lives of children in desperate need, forgotten by so many yet remembered by God,” Pretorius said.

Response...

1. How is God *present* in this story? How is God *glorified* in this story?
2. How were FMSC volunteers “neighbors” to the students of the Shabula School in Zimbabwe? [Matthew 22:36-40, Luke 10:36-37]
3. How does distributing food to these students classify as “good works?” [Ephesians 2:10]
4. How does this story change your response to the statistics listed on page 3?

Unit 2

Distribution of Resources

Goals of Unit 2...

- To illustrate the ways God has blessed this Creation.
- To inform group members about the ways resources are distributed around the world.
- To introduce group members to the ways God intends resources to be distributed.
- To challenge group members to consider the ways God calls us to share our resources.

Words to live by...

Lord, make me an instrument of Thy peace;
 where there is hatred, let me sow love;
 where there is injury, pardon;
 where there is doubt, faith;
 where there is despaire, hope;
 where there is darkness, light;
 and where there is sadness, joy.

O Divine Master,
 grant that I may not so much seek to be consoled as to console
 to be understood, as to understand;
 to be loved, as to love;
 for it is in giving that we receive,
 it is in pardoning that we are pardoned,
 and it is in dying that we are born to Eternal Life.

Amen.

Prayer of St. Francis



**Taking the five loaves and the two fish, he looked up to heaven,
 and blessed and broke the loaves, and gave them to his disciples to set before the people;
 and he divided the two fish among them all. And all ate and were filled.**

Mark 6:41-42

Group activity: An Unbalanced World⁶

(abbreviated from original version)

Supplies needed:

- 1 loaf of bread
- 1 world map (to locate countries discussed)

Instructions for leader:

- Divide participants into three groups (based on the percentages below) to represent high-, middle- and low-income countries.
- State that the three groups represent wealthy, middle-income and poor countries.
- Read the short group description for each income group (see below).
- Allow the groups to share only if they choose.

High-income ("Developed") Countries

- 15 percent of participants
- 90 percent of bread

- Description: About one in six people worldwide live in high-income countries that include places such as the United States, Japan and Australia. Many people get more to eat than they need.

Middle-income Countries

- 25 percent of participants
- 8 percent of bread

- Description: About one in four people worldwide lives in middle-income countries. These include places such as Albania, Thailand and Guyana. Many people do not get enough to eat.

Low-income ("Developing") Countries

- 60 percent of participants
- 2 percent of bread

- Description: More than half the people in the world live in low-income countries like Haiti, Bangladesh and Mozambique. Nearly 800 million people in developing countries are malnourished.

Discussion questions:

1. For the high-income group, how did it feel to have so much food compared to your neighboring countries?
2. For the low-income countries, how did it feel to have so many people and so little food?
3. What can we do to bring about a more equitable wealth distribution in the world?

Statistics: the world's resources...

- In the world, the average person consumes 2,800 calories per day:
 - A person in a developed country averages 3,300 calories, while
 - A person in a developing country averages 2,600 calories.²
 - (This is a difference of more than 10 slices of bread.)
- Emergencies (floods, tsunamis, earthquakes, etc.) account for less than 8 percent of world hunger. The ongoing hungry are
 - Babies whose mothers cannot produce enough milk,
 - Elderly persons with no relatives to care for them,
 - Unemployed inhabitants of urban slums,
 - Landless farmers tilling other people's fields,
 - Orphans of AIDS, and
 - The sick.¹
- A real-world example of unfair distribution: Colombia is the world's 3rd largest supplier of bananas,² yet **49.2% of Colombians live below the Colombian poverty line**, while 12% of Americans live below the American poverty line.³

Response...

1. How do these numbers relate to your daily life?
2. What do these numbers tell you about the causes of poverty and hunger?
3. Respond again to the question, "Why does starvation continue to be an issue in the world?"

Notes

Biblical Reflections

Luke 12:41-48

Faithful or unfaithful servant

... From everyone to whom much has been given, much will be required; and from the one to whom much has been entrusted, even more will be demanded.
(v.48)

1. How has God blessed us in this world?
2. In today's world, who qualifies as those "to whom much has been given?"
3. Why does God say this is a "demand," not just a "guideline" or an "option?"
4. After hearing statistics about world hunger, how would you define our call as those "to whom much has been given?"
5. In what ways might other people around the world also be considered those "to whom much has been given?" How can these people live up to this verse's call to share?

2 Corinthians 8:9, 12-15

Encouragement to be generous

For you know the generous act of our Lord Jesus Christ, that though he was rich, yet for your sakes he became poor, so that by his poverty you might become rich...

For if the eagerness is there, the gift is acceptable according to what one has—not according to what one does not have. I do not mean that there should be relief for others and pressure on you, but it is a question of a fair balance between your present abundance and their need, so that their abundance may be for your need, in order that there may be a fair balance. As it is written, "The one who had much did not have too much, and the one who had little did not have too little."

1. How did Jesus relate to the poor?
2. In today's world, how can we be like Jesus in this way?
3. Does this passage relieve any "pressure" from the words in Luke 12:48? Why or why not?
4. How would you define "balance" as it is used in this passage?

Notes

Biblical Reflections (continued)

2 Corinthians 9:7-9

Collection at Jerusalem

Each of you must give as you have made up your mind, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to provide you with every blessing in abundance, so that by always having enough of everything, you may share abundantly in every good work. As it is written, "He scatters abroad, he gives to the poor; his righteousness endures forever."

1. What do you think of when you hear these words used in this passage?
blessing *abundance* *balance*
enough *scatter* *righteousness*
2. How is God a "cheerful giver?" How can you be a "cheerful giver?"
3. How are people in other parts of the world also "cheerful givers?"

Verses for additional reflection...

Mark 8:8-9

Luke 18:22-25

Notes

Feed My Starving Children
Feature



Twin Cities churches multiply donations to feed God's starving children

Feed My Starving Children (FMSC) benefited from a competition within the Minneapolis Area Synod of the Evangelical Lutheran Church in America (ELCA).

In the fall of 2007, Synod leaders gave each of the Synod's Conferences \$1,000—with the challenge of multiplying the funds.

With its money, the Southwest Conference purchased 1,000 tubes of FMSC-sponsored Mini M&M's—to be filled with quarters to donate to the FMSC feeding program—and divided the tubes among its 18 congregations.

River of Joy Lutheran Church, a 40-member start-up church, received only five tubes. The church's pastor sold each tube for \$100 and purchased 500 more tubes with the funds.

He challenged his congregation members to disperse the tubes among family members, neighbors, and friends. All 500 tubes were dispersed, and collections totalled nearly \$7,000 for FMSC.

Response...

1. How is God *present* in this story? How is God *glorified* in this story?
2. How were these people "cheerful givers?" [2 Corinthians 9:7-9]
3. How will this "cheerful giving" affect God's children? How will it affect God's kingdom?
4. How do these words relate to this story? [2 Corinthians 9:7-9]

blessing *abundance* *balance*
enough *scatter* *righteousness*

Unit 3

Hunger and Illness

Goals of Unit 3...

- To show the relationship between hunger and other illnesses such as diarrhea, malaria, and malnourishment.
- To consider the "Golden Rule" in the context of fighting world hunger.
- To introduce group members to God's call to serve the hungry *and* sick.

Words to live by...

Lord, whose love in humble service
 bore the weight of human need,
 who upon the cross, forsaken,
 worked your mercy's perfect deed;
 we, your servants, bring the worship
 not of voice alone, but heart,
 consecrating to your purpose
 every gift which you impart.

Still your children wander homeless,
 still the hungry cry for bread.
 Still the captives long for freedom,
 still in grief we mourn our dead.
 As you, Lord, in deep compassion,
 healed the sick and freed the soul,
 by your Spirit send your power
 to our world to make it whole.

Albert F. Bayley

"Lord, whose love in humble service"



**If you offer your food to the hungry
 and satisfy the needs of the afflicted,
 then your light shall rise in the darkness
 and your gloom be like the noonday.**

Isaiah 58:10

Group activity: "The Web of Hunger"

(Activity source: Kim Rathjen, Immanuel Lutheran Church - Eden Prairie, MN)

Supplies needed:

- Ball of yarn

Instructions for leader:

- Ask participants to stand in a circle.
- Instruct one person to call out "hunger" and toss the ball of yarn to someone across the circle, holding on to the end of the yarn.
- Instruct the remaining participants to catch the yarn and call out another justice issue (i.e., disease, unemployment, medical care) before tossing the ball around the circle. Issues can be repeated. The yarn should eventually create a "web" inside the circle.
- Decide when to finish. Then ask those who said a particular issue – i.e., "unemployment" – to drop their yarn, asking question #1 below as each issue leaves the web.

Discussion questions:

1. [during activity] How does this issue – i.e., unemployment – affect these other issues?
2. [after activity] How do some of these issues cause the other issues?
3. What would the world look like without hunger?

Notes

Statistics: the world's hungry and sick...

- Around **684,000** child deaths worldwide could be prevented by increasing access to **vitamin A and zinc**. That is more than the entire population of Alaska.
- **Iron deficiency**, the most common form of malnutrition, **impairs the mental development** of 40-60% of children in developing countries.
- Though antiretroviral drugs are essential in prolonging the life of someone living with HIV, they are ineffective without **nutritious food**.²

Response...

1. Which items in *your* diet provide your body with necessary nutrients? Are these foods available in developing countries?
2. What do these numbers tell you about the causes of hunger? What do these numbers tell you about the effects of hunger?
3. How can you change these numbers?

Notes

Biblical Reflections

James 2:15-17

Faith without works is dead

If a brother or sister is naked and lacks daily food, and one of you says to them, "Go in peace; keep warm and eat your fill," and yet you do not supply their bodily needs, what is the good of that?

1. What are the basic "bodily needs" of the people mentioned in this unit's statistics?
 2. How does hunger relate to other bodily needs?
 3. According to this passage, what must be the first step in ministry around the world, especially ministry among the hungry?
-

Luke 6:30-31

Love for enemies

Give to everyone who begs from you; and if anyone takes away your goods, do not ask for them again. Do to others as you would have them do to you.

1. How is the call of this passage different from how we usually approach "beggars?"
 2. How do you know what to give someone even if he or she does not ask for it?
 3. How is this form of the "Golden Rule" different from the version in Matthew 22:36-40 (discussed in Unit I)?
-

Deuteronomy 15:11

Sabbatical year laws

Since there will never cease to be some in need on the earth, I therefore command you, "Open your hand to the poor and needy neighbor in your land."

1. What do you think God meant by saying, "There will never cease to be some in need on the earth?" How might this statement *discourage* people from serving the poor and needy?
 2. How would you define the term "your land" as it is used in this passage?
 3. [Read John 12:2-8.] How is this passage similar to Deuteronomy 15:11? How does Jesus's presence change the meaning of Deuteronomy 15:11?
-

Verses for additional reflection...

John 12:2-8

Acts 3:6

Acts 5:16

Notes

Feed My Starving Children
Feature



**FMSC meals
provide physical
healing, hope**



Thanks to Feed My Starving Children (FMSC) meals, thousands of children around the world experience healing in body and spirit. Ronel Dieudonne is one of those children.

In 2006, 8-year-old Ronel was abandoned at Real Hope for Haiti, an orphanage in rural Haiti. His parents had recently died, and his 16-year-old sister was overwhelmed with the responsibility of raising him.

Suffering from malnourishment, scabies, and congenital syphilis, Ronel weighed only 24 pounds (*see picture, above left*). After eating FMSC meals for just a few months, his weight nearly doubled to 46 pounds (*above center*).

By the spring of 2008 (*above right*), he was “healthy and ornery!,” according to staff of Real Hope for Haiti, and was awaiting adoption. “In the mean time,” the staff wrote, “we continue to give him good food and love.”

Response...

1. How is God *present* in this story? How is God *glorified* in this story?
2. How did FMSC volunteers address Ronel’s “bodily needs?” [James 2: 15-17]
3. What types of things can Ronel now do that he could not do before his “bodily needs” were addressed?
4. After reading about Ronel, how does your reaction to Deuteronomy 15:11 change?

Unit 4

Fighting Hunger and Being Christ for the World

Goals of Unit 4...

- To consider how we can see Christ in “the least of these.”
- To begin discerning how we, as individuals and as communities, are called to serve within the body of Christ.

Words to live by...

“Where is bread?” the great crowd murmured—
Thousands strong, yet all in need.
“Where is bread?” your people wondered,
Faced with such a crowd to feed.
Who, Lord Jesus, could have guessed it?
One small boy brought food to share.
Taking what he gave, you blessed it;
All were fed, with much to spare.

“Where is bread?” the call is rising;
Millions cry who must be fed.
God, your answer seems surprising:
“You, my Church, you give them bread.”
Bread to fill each hungry spirit,
Bread for hungry stomachs, too!
Give us bread and help us share it.
Richly blest, may we serve you.

Carolyn Winfrey Gillette
“Where is Bread?”



**Let each of you look not to your own interests,
but to the interests of others.**

Philippians 2:4



Group activity: The Gift of Life and Hope

Feed My Starving Children video

Notes

Statistics: the world's hungry and sick...

- At current trends the number of **chronically hungry people** worldwide is growing by an average of **4 million people per year**.¹ *That would be like adding the population of Los Angeles to the list of chronically hungry people every year.*
- In **Zimbabwe**, the average person lives on \$340 per year, or just around **93 cents per day**.⁴ *(In the United States, 93 cents would buy less than 1 fast-food sandwich or 5 meals from Feed My Starving Children.)*
- In **Haiti**, **22% of children** under age 5 are underweight. *(In the United States, 2% of children under age 5 are underweight.)*⁵

Response...

1. If you lived on 93 cents per day, what would you be able to purchase?
2. When you picture a 3-year-old child, what is s/he doing? Would that child be able to do that activity if s/he were severely underweight?
3. How can you change these numbers?

Notes

Biblical Reflections

Matthew 25:34-40

Judgment of the nations

“For I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.”

Then the righteous will answer him, “Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?” And the king will answer them, “Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.”

1. Why does Jesus choose to speak about “the least of these” in this passage?
 2. How does this passage affect who you see when you think of starving children?
 3. How can we remember Christ in everyone? How can we remember Christ specifically in starving children?
 4. How does this passage affect how you think about Jesus and what he did for us? What can we do for Jesus?
-

1 John 2:6

Christ our advocate

Whoever says, “I abide in him,” ought to walk just as he walked.

1. What does it mean to “abide” in Jesus?
 2. How does this passage relate to the “least of these” passage [Matthew 25:34-40]?
 3. How can we follow Jesus’s “walk” in today’s world?
-

Romans 12:4-8

The new life in Christ

For as in one body we have many members, and not all the members have the same function, so we, who are many, are one body in Christ, and individually we are members one of another. We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; ministry, in ministering; the teacher, in teaching; the exhorter, in exhortation; the giver, in generosity; the leader, in diligence; the compassionate, in cheerfulness.

1. How can we determine our individual purpose as *part of* the body of Christ?
2. How can we work with others to form the *whole* body of Christ?
3. How does this passage relate to fighting world hunger?

Notes

Feed My Starving Children
Feature



Filipino boy takes first steps thanks to FMSC meals

The benefits of Feed My Starving Children (FMSC) meals often extend beyond numbers on a scale.

For Eldon, a five-year-old boy in the Philippines, FMSC meals allowed him to walk for the first time in his life.

A combination of Typhoid fever and Dengue fever had prevented Eldon from using his legs, forcing him to crawl using only his hands.

However, after eating one cup of FMSC food per day, Eldon's muscle and skeletal strength dramatically increased.

Jerry Krosnowski, chairman of Minnesota-based FMSC partner Risen Savior Missions, met Eldon in February of 2007, just two months after Eldon had begun his steady FMSC diet.

"You should have seen darling little Eldon when I brought out more of the FMSC packages of food," Krosnowski said. "He walked across the room by his own power to grasp it and began to smile and kiss the bag of food."

Krosnowski acknowledged the humble source of these hope-giving meals:

"Little Eldon can walk now all because of all the FMSC volunteers who care enough to do all the work they do."

Response...

1. How is God *present* in this story? How is God *glorified* in this story?
2. How can we continue to relate to the "least of these" in the Philippines? [Matthew 25:34-40]
3. How can we "walk" like Jesus among children like Eldon who are halfway across the world? [1 John 2:6]
4. How does Christ bless members of His body? [Romans 12:4-8]
5. As the body of Christ, what are the roles of FMSC's mission partners in the Philippines? What are the roles of FMSC volunteers? [Romans 12:4-8]

Unit 5

What Next?

Goals of Unit 5...

- To begin processing the food-packing experience.
- To apply previous Bible study discussions to the food-packing experience.
- To propel group members to continually see God's blessings, to heed God's call to serve children in every walk of life, and to consider how heeding that call should change our daily lives.

Words to live by...

I, the Lord of sea and sky,
I have heard my people cry.
All who dwell in dark and sin,
My hand will save.

I, who made the stars of night,
I will make their darkness bright.
Who will bear my light to them?
Whom shall I send?

Here I am, Lord. Is it I, Lord?
I have heard you calling in the night.
I will go, Lord, if you lead me.
I will hold your people in my heart.

Finest bread I will provide,
'Til their hearts be satisfied.
I will give my life to them.
Whom shall I send?

Albert F. Bayley
"Here I Am, Lord"



How does God's love abide in anyone who has the world's goods and sees a brother or sister in need and yet refuses help?

Little children, let us love, not in word or speech, but in truth and action.

1 John 3:17-18

Biblical Reflections

1 Samuel 3:4

Samuel's calling

Then the Lord called, "Samuel! Samuel!" and he said, "Here I am!"

1. How did you say "Here I am" to God today?
 2. How can you say "Here I am" to God tomorrow? next week? next year? every day?
-

1 John 4:9-12

God is love

God's love was revealed among us in this way: God sent his only Son into the world so that we might live through him. In this is love, not that we loved God but that he loved us and sent his Son to be the atoning sacrifice for our sins. Beloved, since God loved us so much, we also ought to love one another. No one has ever seen God; if we love one another, God lives in us, and his love is perfected in us.

1. How does God show love to us?
 2. How can we "perfect" God's love?
 3. How can we see God in today's world?
 4. How can God live in us?
-

Luke 6:20

Blessings and woes

Then he looked up at his disciples and said:

"Blessed are you who are poor, for yours is the kingdom of God."

1. How did you feel part of the kingdom of God today?
2. How did you feel blessed today? How did you bless others today?
3. How will God continue to bless you? How will God bless others through you?

Notes

1. World Food Program of the United Nations

Facts & Figures

Frequently Asked Questions

<http://www.wfp.org>

2. Food and Agriculture Organization of the United Nations

State of Food and Agriculture 2007

<http://www.fao.org>

3. Central Intelligence Agency (CIA)

World Factbook

<http://www.cia.gov>

4. World Bank

Country Statistical Information Database

<http://www.worldbank.org>

5. United Nations Children's Education Fund (UNICEF)

State of the World's Children 2008

<http://www.unicef.org>

6. Bread for the World

An Unbalanced World: A Distribution Exercise

<http://www.bread.org>

About Feed My Starving Children

The unique aspects of Feed My Starving Children (FMSC):

1. **Food mixture was formulated** by Minnesota food scientists to address the needs of children suffering from malnourishment
2. **Volunteers** package 100% of the food
3. **Christian and humanitarian relief organizations** partner with FMSC to deliver the food to children around the world

The Food:

- **Ingredients:** Each FMSC meal provides the key nutrients a child needs to survive and thrive:
 1. **Rice** - the most widely accepted grain around the world
 2. **Extruded soy nuggets** - maximum protein at a low cost
 3. **20 vitamins & minerals** (*vegetarian powder*) - nutrition & flavor
 4. **Dehydrated vegetables** - nutrition & flavor
- **Preparation:** Just add boiling water.
- **Cost:** Each meal costs only 19 cents to produce.

The Volunteers:

- **Volunteers** hand-pack these life-saving meals
- **More than half** of FMSC volunteers are under age 18
- **Volunteer process** - packing bags of food in an assembly line: measuring ingredients, pouring ingredients into bags, weighing bags, sealing bags, boxing food to be shipped
- **Registration** for volunteer shifts is online at www.fmsc.org, "Volunteer"

...more about FMSC

The Feeding Partners:

- **Children in more than 60 countries** receive FMSC food
- **Worldwide Christian and humanitarian relief organizations** partner with FMSC and distribute FMSC food to children in various community settings including schools, clinics, orphanages, refugee camps, and feeding programs

The Donations:

- **Financial contributions** allow FMSC to purchase ingredients
- **94%** of total donations to FMSC goes directly to the feeding program
- **Each meal** costs only 19 cents to produce, so donations of all amounts go a long way in the fight against world hunger

The Locations:

- **Permanent sites:** Coon Rapids, MN; Chanhassen, MN; Eagan, MN; Aurora, IL
- **Off-site Packing:** nation-wide

To learn more about Feed My Starving Children, call 763.504.2919 or visit www.fmsc.org.

For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life. Ephesians 2:10

Whoever says, 'I abide in him,' ought to walk just as he walked. 1 John 2:6 • Then the Lord called, 'Samuel! Samuel!' and he said, 'Here I am!' 1 Samuel 3:4

Since there will never cease to be some in need on the earth, I therefore command you, 'open your hand to the poor and needy neighbor in your land.' Isaiah 58:10



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Coon Rapids, MN 55433
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Whoever says, 'I abide in him,' ought to walk just as he walked. 1 John 2:6 • Then the Lord called, 'Samuel! Samuel!' and he said, 'Here I am!' 1 Samuel 3:4