



30 HOUR FAMINE 2025

— Transformation Awaits —

PARENT INFO 2025

World Vision's 30 Hour Famine

Dear parent or guardian,

In the coming weeks, your child will be learning about global hunger and injustices in the world as they grow in God's perspective on poverty. *The 30 Hour Famine gives them a way to engage in these issues and take action against them in a safe and nurturing environment.*

During the Famine, your child will fast for 30 hours—creating a bridge between their own lives and the lives of millions struggling with hunger every day. They will learn about a young

girl named Mahana who struggles with poverty and hunger in Niger. They'll also participate in activities, play games, perform service projects, and rejoice knowing that they're doing the work Jesus calls us to do by caring for people in need.

Fundraising for the Famine is a vital part of the experience as the funds raised will help feed kids around the world and equip families to lift themselves out of poverty. Their [*Student's Guide*](#) is full of ideas to help them meet goals—your support and encouragement will elevate their participation that much more.



Hydration is key. Your child's leader will make sure everyone stays hydrated during the fast with plenty of juice and water. If you have any concerns about your child fasting, be sure to check with a doctor first.

Every
\$40
raised

Every \$40 your child raises helps feed and care for a child in need for one month.

World Vision puts these funds to work by providing families with the tools they need to overcome hunger in their communities. And you can help your child fundraise too—share their fundraising website with your own friends, coworkers, and social networks!

Join them in their journey!

You're helping your child develop a heart for global service and the courage to engage tough topics. Visit 30hourfamine.org to make the most of your child's 30 Hour Famine.

The Famine can also help your child get community service hours. And for student leaders, helping coordinate an event like the Famine looks great on their college application!

Create a lasting impact together.

An intense experience like the 30 Hour Famine can be transformative for your child. After the Famine, ask about their learnings, reflect on your own lives together, and find ways to keep compassion for others alive and evolving. Here are a few ideas:

1 Plan a family dinner.

Regroup one week after the Famine and ask your child to share their experience.

- » What was their favorite activity and why?
- » How did they feel, emotionally and physically, going without food for 30 hours?
- » What were their expectations beforehand, and what surprised them?
- » What was the most startling thing they learned about global hunger?

2 Volunteer as a family.

Food banks and soup kitchens are a great place to volunteer as a family while making a difference for your local brothers and sisters in need. Find a food bank [here](#) or learn more about volunteering at a [World Vision storehouse](#).

3 Move your feet together.

Want to get active as a family while helping end the clean water crisis? Join a local team for the Global 6K or start your own. Learn more at worldvision6k.org!

4 Sponsor a child.

Sponsoring a child is a personal way to show God's love to a hungry child. For **\$39 a month**, you'll help that child and other vulnerable kids in their community walk tall on the path out of poverty. In fact, because of our community-focused approach, **when you sponsor one child, four more children benefit, too.** Go to 30hourfamine.worldvision.org/sponsorship or call **1-800-7-FAMINE (1-800-732-6463)** to get started.

Sincerely,
Your 30 Hour Famine Planning Team