



Consent Form

(please print)

Dear Parent/Legal Guardian,

Your son/daughter has shown an interest in participating in World Vision's 30 Hour Famine. Participation means that your son/daughter will:

- Sign up 30 Hour Famine sponsors and collect money to help those around the world who suffer from hunger, poverty, and a lack of hope.
- Miss three main meals by fasting for 30 hours.
- Drink only water and juice during those 30 hours.
- Turn in the Famine Student Guide and money raised to his or her Famine leader during the Famine event.

If your son/daughter is not physically capable of fasting for 30 hours, he or she can still participate in a modified fast. Please contact me if you would like to discuss this option. Before I issue a Famine Student Guide to your child, I would like your acknowledgment that you support his or her participation.

Thank you.

Kay Spence, Sue Doubleday, Gary Garrison
Group Leader (please print)

Messiah Lutheran Youth Group
Name of Group (please print)



I have no objection to my child, _____,
participating in World Vision's 30 Hour Famine.

Signature of Parent/Legal Guardian

World Vision is a Christian relief and development organization dedicated to helping children and their communities worldwide reach their full potential by tackling the causes of poverty.

Fasting is a physical benefit for most people. Exceptions are children under 12 years of age, the elderly, diabetics, those pregnant or nursing, and others who have had recent surgeries or have other specific medical problems. Most youth will have no problems completing the 30 Hour Famine; however, modifications can be made as necessary. If you have any health-related questions about your child's participation in the Famine, please consult your doctor.

For more information on fasting, you can request a "Facts on Fasting" sheet from your Famine group leader. You can also obtain this sheet by calling **1-800-7-FAMINE** or finding it at www.30hourfamine.org. Please do not send this consent form to World Vision.

Note to Leaders: Although parental consent is not a requirement of the 30 Hour Famine, some organizers have found it helpful to let parents know that their kids are participating. This form is a suggestion of what you might want to send to parents. If you wish to use it, please feel free to photocopy it.