

Peas and Carrots

Operation Hungry Child, Inc.

Letter from the Director

Spring 2010
Volume 1, Issue 3

"Believers are givers."

I read this statement in a USA Today article as part of a special section titled "Sharing in the USA." This particular article referred to those who give to their house of worship. Even the downturn in the economy has not diminished the faithful that consistently give 10% of their income.

However, the more I read in this section about charitable giving, I realized that in general, Americans do give – either of their time or money – to charitable causes. In fact, in one reported poll, 8 out of 10 Americans donated money or volunteered time to a charity in 2008. I was very encouraged by this. After all, I believe it is our duty as good citizens to help when we can.

Operation Hungry Child finds specific programs and initiatives that directly benefit at-risk children. I am pleased to announce OHC is the initial sponsor of the Backpack Buddies program in Wayne County, GA. As part of our partnership with The Boys & Girls Clubs of America we are helping to ensure that children have quality food to eat over the weekend – a time when many go hungry. Backpack Buddies is a national program that provides nutrition for children in food-insecure homes by backpack distribution. Through your generous donations we are able to follow in



the footsteps of counties all across the nation fighting this battle in the war on hunger.

Our two-fold mission is to raise money and to raise awareness. You can help! Join our Facebook fan page. And, as always, please let us know if there is a cause you would like OHC to consider funding.

Sincerely,



Lindsey Brooks Buck
Executive Director

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9,080 Cans
Collected

Are you really starving? By Joe Buck

The human body is an amazing piece of equipment. It is designed to be quite durable, able to withstand a great deal of wear and tear. Sometimes the body may be pushed beyond its ability to recover by what we ingest or fail to ingest. The human body can adapt to excesses for a while, whether that is an excess of consumption or starvation. We see excesses in food consumption while 25% of U.S. children do not get enough to eat, and the number of those around the world without adequate food is staggering. A new awareness of what it is to go hungry would be beneficial in addressing this hunger dilemma.

Around the world fasting is often done as a spiritual discipline, and it can be intimidating to some if they have never tried it. Many different religions incorporate fasting into their

religious practices. Several Christian denominations use fasting as a part of the preparation for feast or celebration days like the Lenten preparation for Easter. The Jewish faith uses fasting as a means to prepare for Rosh Hashanah, the day of atonement. Muslims around the world participate in a month-long fast called Ramadan. Eastern Asian religions also incorporate fasting as preparation to experience deities in extraordinary ways.

"Fasting allows for recognition of the scarcity of food around the world. To fast is a privilege."

So often, people find excuses to avoid fasting, but the reality is fasting comes in many forms and is available to everyone. One could give up a certain food they know to be bad for them for a certain period of time. Or a break

from solid foods in favor of natural fruit and vegetable juices could be utilized. One can certainly give up solid food for a day or most of a day as well. The key is limiting the intake of something you usually eat.

While helpful to supporting the body's ability to maintain itself, fasting allows for recognition of the scarcity of food around the world. To fast is a privilege, because it is a voluntary abstinence from food. So many people around the world do not have food to eat, or, if they do, it is either unhealthy or there is not enough of it. Fasting provides a means to appreciate the privilege of having food readily available, and it connects one with so many in need. Fasting can empower one to recognize hunger around the world and to do something about it. Give it a try; it will be a blessing to you and others.

Spenser Makes National Television Debut on CNN

In March, SpenserNation was featured on CNN's "Leaders with Heart" series to highlight Spenser and Mom's community involvement across America.

CNN came to Marshpoint Elementary on March 2, as Spenser visited the students to conclude a food drive benefitting America's Second Harvest of Coastal Georgia and read *Spenser's Savannah* to the students. Marshpoint raised over 3,000 cans of food and \$500 for Second Harvest.

The students did a wonderful job welcoming Spenser as they went as far as building a dog house with canned goods in the school's atrium. Approximately 800 children heard author Melanie Brooks read *Spenser's*

Savannah, while CNN's cameraman, John, filmed from all angles.

After completing a successful school visit, the CNN crew visited SpenserNation headquarters to interview Melanie. The segment aired on



"You guys work very hard to give back to the community."

Pamela Dembo, CNN

March 31 and April 3 on Robin Meade's Morning Express.

The Marshpoint students also donated \$5 per book purchased to Second Harvest. Spenser and Mom were very thankful for the hospitality they received – Mom was even asked to sign the "Author's Wall."

CNN's "Leaders with Heart" profiles community leaders who give from their heart back to the people of the community. SpenserNation was contacted about featuring Melanie and were thrilled and honored to take part in the CNN series.

The 60-second segment can be seen at

<http://www.youtube.com/watch?v=0NYJXAaXak>

It has been a busy few months for SpenserNation. Spenser and Mom have traveled to Portland and St. Louis promoting their books while also getting ready to launch their 4th and 5th books later this year. SpenserNation has been featured in *Paula Deen Cooking* and *Savannah Magazine*. They have also appeared on local TV shows in Savannah, St. Louis and Portland to promote their children's book series.



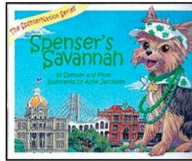
Spenser next to a Mt. Hood marker while visiting Portland

TAG ALONG WITH SPENSER

Look for the special collection of children's books, the SpenserNation series. They share the journey of Spenser, a small, friendly dog as he learns the history behind some of America's most beloved cities. With his mother, he visits the special landmarks, explores the geography of the area, and tells stories behind each city's unique culture. Spenser and his mother also make sure to stop at the local food banks to teach the importance of fighting hunger.

The folks behind the books at SpenserNation work hard to raise awareness and money to fight childhood hunger across the country. They also donate books to schools, libraries, and bookstores.

Spenser is a charming character that captures the attention of children to teach important lessons. These books would be a great addition to your child's library! Look for *Spenser's Savannah*, *Spenser Goes to St. Louis*, and *Spenser Goes to Portland*. And, look for Spenser's latest books on his visits to El Paso and Philadelphia later in 2010. For more information, visit spensernation.com.



We LOVE to hear from YOU

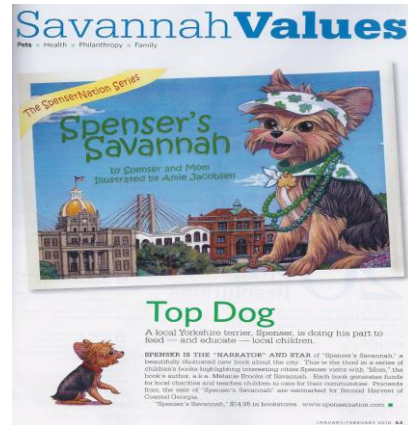
Do you have a question for Paula?

Send questions and comments to Paula Deen Magazine, Attn: Dear Paula, 1900 International Park Drive, Suite 50, Birmingham, AL 35293 or email your questions to info@pauladeenmagazine.com, subject: Dear Paula. Letters may be edited for length or clarity before publishing.

14 March/April 2010 | Cooking with Paula Deen

Paula Deen Cooking

Look for Spenser in the kid's section of **Delta Sky Magazine** in May!



Savannah Magazine

Spenser books are available through our online store, www.spensertown.com or by calling our customer service department at 800-247-6553 or at any of the major online stores: Amazon, Barnes and Noble, and Borders. Books are now available at all area bookstores in the cities featured in the books.

Thanks to our donors!

Donations reflect yearly giving from Spring 2009 to Spring 2010



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- Passman Family Foundation



- Melanie Brooks

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Ending childhood hunger,
one city at a time.

Three Ways to Contribute

FACEBOOK DONATIONS

Use your **FACEBOOK** page to raise money for Operation Hungry Child. There are several different **FACEBOOK** applications you can use to raise money for non-profit agencies.



If you need help doing this, email Lindsey at lbuck@operationhungrychild.com.



OHC CREDIT CARD

We now have an Operation Hungry Child Visa Platinum credit card available from Capital One. A percentage of every dollar put on the card goes directly to OHC.

Consider using this card when buying groceries to support OHC and remind you of hungry children each time you buy food.

To apply for the card, go to:
www.cardlabconnect.com/OperationHungryChild

DIRECT DONATIONS TO OHC

Operation Hungry Child Giving Tiers



\$1-\$100



\$101-\$200



\$201-\$500



\$501-\$1,000



+ \$1,001