

# PROMISE KIDS

Children of Promise INTERNATIONAL



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## What's for Lunch??

What are your favorite foods? Pizza. Spaghetti. How about ice cream? Have you ever thought about what kids in other countries eat? Some kids eat like you but others eat some really different foods. In India, they eat goat meat and a dish called curry. In Guatemala they eat tortillas alot. In Venezuela, a food called arepa (corn meal) is eaten. In Costa Rica the kids eat mostly rice and beans. Kids in Mexico eat tacos, burritos, and soups. In the Congo, they eat fufu (it's like stiff cream of wheat), bean soup, and rice.

Is all this talk about food making you hungry? Now think about this, many kids in these countries only eat one meal a day; some do not even eat that much.



This young girl in India is waiting in line to get her meal. Tired of carrying her dinner pot, she decided to carry it on her head.



These two pigeons are looking for their lunch.

### KID'S CHALLENGE

Take the challenge and send the money you save to Children of Promise. Make a difference in another kids life.

- ★ Every day 10,000 people die because they do not have enough to eat. Give 15 cents for each meal you eat today.
- ★ Hungry people are often homeless people. Give 3 cents for each hour of sleep you will have in a comfortable bed tonight.
- ★ In many countries, children are fortunate to receive one meal a day. Try to "fast" food tonight. Cut out pictures of hamburgers, French fries, and drinks from magazines. Write the price of each item from the picture. Fast one meal and contribute the cost of those items.

For I was hungry, and you gave Me something to eat; I was thirsty, and you gave Me something to drink...  
Matthew 25:35



Boys in Kenya eating lunch.



### MIND MIXERS

Fill in the blanks with the highlighted letters.

\_\_\_\_\_ and \_\_\_\_\_ in the sight of our God and Father is this: to visit \_\_\_\_\_ and \_\_\_\_\_ in their distress, and to keep oneself unstained by the world. James 1:27



A young boy in India getting his lunch.