

For Youth

Did you know 852 million people in the world go hungry every day? The figure is staggering, but the good news is that you can do something about it. Welcome to Chores for Change!

The person in charge of your group has explained why Chores for Change is important. You're going to be part of the solution to world hunger by working in your own community. First, you need to decide what type of volunteer work you'd like to do. Work in a soup kitchen? Collect cans for a food drive? Sort through donated food? It's up to you!

When you enroll in Chores for Change, you agree to:

- Decide on the service activity that's right for you.

- Set a goal for the amount of sponsors and money you're going to collect.

- Go out and get sponsors to pledge money for each unit of time you volunteer.

- Keep track of your volunteer time. When the program ends, add up all the time you've worked and go collect the money.

- Give pledge money to your leader, who will send it in to Heifer International.

This booklet provides some guidance and ideas about three key areas: choosing service activities, logging volunteer hours and collecting sponsorships. After you've read it, you'll have a good idea about what you need to do.

Choosing Service Activities

You can help in your community by working with a local hunger-relief organization. If you don't know of one, do some research on the Web or at the library. You can even look for volunteer opportunities in the phone book. America's Second Harvest may also be able to help. This intricate network of more than 200 food

banks and food rescue organizations helps match up potential volunteers with local hunger-relief charities through its website. Check out this URL: <http://secondharvest.volunteermatch.org/>

Associations, schools, and corporations often run food drives, and you can volunteer to work with them. It could be a civic group (ask your youth leader about local clubs like Rotary, Kiwanis, Lions, or Elks), youth organization (YMCA, YWCA, scouting troops, Boys and Girls Clubs), or your neighborhood association.

Or start your own food drive! The University of Maine extension service has a helpful guide on how to organize a community food drive. Visit this site for more information: <http://www.umext.maine.edu/onlinepubs/htmlpubs/food4me/4305.htm>

Some other ideas from America's Second Harvest include:

- Sort coupons, shop for sale foods, and find favorite family recipes to match donated foods.
- Help decorate grocery bags or boxes used at local food banks. This makes sorting foods for those with special dietary needs (diabetic, low-salt, kosher, etc.) more interesting and gives the recipients a special, homemade gift.
- Pick up cases of donated toothbrushes, razors, soaps, shampoos, etc; sort them at home and return prepared "gift-bags" to the food bank.
- Help sort salvaged food.

Logging Volunteer Hours

Keep track of the amount of time you work, because that will determine how much your sponsors will pay. You ask the sponsor to pledge a certain amount for each hour you work, like \$1 an hour. Then you keep track of your time and go back and collect. So if you worked for 20 hours at a food bank, you'd go back and ask that sponsor to give \$20 to Heifer.

There are a few important things to remember:

- Get an adult to verify the hours you work. If you work on a food drive, make sure the food drive coordinator will sign off on your time. Everyone in the group should have the same kind of time sheet for an adult to sign. That way, everyone knows you have an accurate measurement. Your sponsors will want to know that you really did the work!

- Agree on a maximum amount with each sponsor. If someone agrees to sponsor you for \$1 an hour but doesn't realize you are going to work on Chores for Change all summer long, the sponsor may not be willing or able to pay for all 500 hours you've worked!

- Make sure everyone is playing by the same rules. How your group decides to do Chores for Change doesn't matter; making sure everyone participates the same way does. If anyone seems to use different measurements, make sure your group leader straightens it out.

Collecting Sponsorships

Q: So where do I get my sponsors?

A: Everywhere!

Look on your sponsor envelope. Part of it is a form for you to use with your sponsors. There are places for their names, the amounts they pledge per hour, the number of hours you work, and the total amount of money individual sponsors agree to donate. Fill out the first two columns when they agree to sponsor you and the remaining information before you go collect the money.

Here are just a few of the places you're likely to find sponsors:

- Ask friends and family
- Ask people who are in clubs or on teams with you
- Ask parents of friends
- Ask people who work with your parents
- Set up a booth at the school cafeteria
- If you can get permission from the manager, go to local stores or malls and ask shoppers

You need to be prepared to answer any questions your potential sponsors may have. Here is a brief roundup of the questions you are likely to hear most:

Q: Whose program is this?

A: It is a program of Heifer International, an international organization that works with communities to end hunger and poverty and to care for the earth.

Mention that the pledge helps provide a gift of livestock and training for struggling families. Be sure to explain about training the family and “passing on the gift.” Heifer’s approach is inspiring and might increase those pledges! Tell the potential sponsor what local organization (school, church, etc.) is administering the program.

Q: How much should I pledge?

A: However much is comfortable.

Tell sponsors how many hours you expect to work so they know how much money they are committing. Explain to them that they can set a maximum amount.

Q: What are you going to do to earn the money?

A: I’m going to do what I can in my community to help solve world hunger and poverty everywhere.

Explain which service activities you plan to do with your local hunger-relief organization.

Q: How do I know that you actually do the work?

A: I’ll get it in writing.

Show them the time card your group has decided to use. Point out where an adult is going to verify that you worked the time.

Q: What will my money buy?

A: Cows, goats, bees, chickens, rabbits....

Make sure you understand the way Heifer works and can explain about the animals purchased for needy communities. Use the Making a Difference section of this booklet to help.

Q: When will you collect the money and when will it get to Heifer?

A: I'll be calling on you again soon.

Tell sponsors the date your group and Leader decided upon.

Summary

Here's a recap of what you need to do:

1. Read this booklet.
2. Fill out your enrollment form and turn it in to your group Leader.
3. Pick a local hunger-relief organization where you'll work.
4. Identify the activities you'll do.
5. Set a goal for sponsorships.
6. Collect your sponsors.
7. Do the work, keeping track of your time and getting an adult to sign off on your hours each time you work.
8. Encourage each other and report on your experiences.
9. Collect the pledge money.
10. Decide what animal(s) the group wants to give and send the donations to Heifer!

Service Log

Student Name: _____ Grade: _____

School: _____ Service Time Goal: _____

Date of Service	Name of the Organization	Description of the Service Activity	Amount of Time Spent in Service	Verification Signature from Adult



Chores for Change



*Your young friend _____
is ready to change the world and end global hunger and poverty.*

And it's possible!

Heifer International developed Chores for Change to give students a way to set off a chain reaction of positive change around the world.

Youth ask sponsors to help them raise money to buy gifts of livestock for impoverished families.

The idea is simple and it works. Instead of providing families in need with a non-renewable source of food, Heifer International provides a "living loan" of an animal and the training to take care of it.

The family "repays" the living loan by "passing on the gift" of one or more of their animal's offspring to another family in need. And that family passes on more offspring... and so on...and so on. Just one gift animal can eventually transform an entire community!

Heifer International has been around for more than 60 years and has helped 8.5 million struggling families in 125 countries lift themselves out of poverty and move closer to self-reliance. Yes, this solution really works!

We hope you support this child's efforts to "seize the day" by joining other children who are changing the world.

***Note:** Please make your check payable to **Heifer International: Chores for Change**.
The Chores for Change leader will collect all pledges and send them to Heifer.
You will receive a receipt by mail.*

To learn more, visit www.HeiferEd.org/getit/chores-for-change