



FOOD FOR THE POOR, INC.

6401 Lyons Road, Coconut Creek, FL 33073 • (954) 427-2222 • Fax: (954) 570-7654

"As often as you did it to one of the least of My brothers and sisters, you did it to Me." Matt. 25:40

www.foodforthe poor.org

Dear Friend in Christ,

This Thanksgiving, you and I might use a colander or basket to prepare or serve food. But starving children in Haiti sometimes use them as instruments *to catch food*.

Living in a shack surrounded by swamp waters, Roman Vilbrun's young children descend into polluted waters each day to hunt for tiny crabs to eat. The family has no other source of food.

With baskets and strainers in hand, Roman's malnourished little ones spend hours gathering a meager amount of crabs that offer little nutrition. Because of this unhealthy diet, the children regularly suffer from intestinal parasites, including worms. But with no other options, Roman is forced to feed the crabs to all her children, including her 2-year-old daughter.



This is why I am writing to you today. No child should have to hunt for food to survive. Not when we have the resources to help provide lifesaving food.

Since her husband's death, Roman attempts to sustain her children alone within the swamps of Rue du Fort Prolonge, Haiti — the poorest country in our hemisphere. The impoverished mother lacks a regular source of food or income. And she's beginning to have even less hope.

"God, you see me here. Please help me. My body walks... but my spirit is dead," Roman prays. At night, the distraught mother's tears often lead to long, heart-wrenching cries.

"My tears have been my food day and night..." (Psalm 42:4a)

I am begging you to share your blessings with starving families like Roman's — families who desperately pray for a way to ease their children's hunger.

For many of us, Thanksgiving Day involves an abundance of food. But for Roman's children, the holiday will be spent scouring swamp waters for any source of nutrition. Sadly, cases like the Vilbrun's are not rare in the countries served by Food For The Poor. Across the Caribbean and Latin America, all-encompassing poverty suffocates entire families and villages.

Every day, Food For The Poor receives more and more requests for food. The holiday season offers a tremendous opportunity to thank God for our blessings by sharing with those in desperate need. Please help us deliver lifesaving food to those who need it most.

"This, rather, is the fasting that I wish... Sharing your bread with the hungry..." (Isaiah 58:6a–7a)

(over, please)

A week before we met Roman, her 6-year-old son, Peggie, almost died. On a Sunday morning, Roman left her children at home and ventured out looking for work. When she returned, she found Peggie vomiting worms.

“Mommy, Mommy, I feel the worms crawling up my heart,” Peggie cried.

Peggie was in critical condition for an entire week, and Roman had no means of helping her son. “God, I don’t have money,” Roman prayerfully lamented. “I don’t have medicine. I can’t take him to a hospital. He is in Your hands.” All Roman could do was hold her ailing son across her lap and cry.

Fortunately, Peggie’s body eventually rid itself of the worms. “God, thank you,” Roman prayed. But the worried mother lives in constant fear for her children, knowing that each day they must eat and drink from the same water that almost took her son’s life. Every night in their dark hut, Roman lights a match and inspects Peggie’s nose and mouth to check for worms.

No child should suffer like this. No mother should have to constantly fear for her child’s life. We must share our nutritious food with starving little ones.

In touching our hearts, God asks us to help answer the prayers of destitute families like Roman’s by sending much-needed food. We are asked to share the blessings God has given us with our brothers and sisters in need.

The only times Roman’s family has a little food is if a neighbor is gracious enough to share. This Thanksgiving, please be a neighbor to families like hers by helping to offer them something to eat. *Suffering children can’t wait a moment longer.*

This holiday season, I beg you to keep suffering families like Roman’s in your thoughts and prayers. Please, send a gift today. And may God bless you for sharing your daily bread.

A servant of the poor,



Robin G. Mahfood

P.S. Please remember starving children like Roman’s this holiday season. Hungry little ones like these must rely on the kindness of strangers to provide their daily bread. Please, send your loving gift for food today. May God bless you for your generosity in feeding suffering children.

