I have the audacity to believe that people everywhere can have three meals a day for their bodies, education and culture for their minds, and dignity, quality, and freedom for their spirits. I believe that what self-centered men have torn down, other-centered men can build up.  
--Martin Luther King Jr

**China: World's Third Largest Food Donor**

Is giving a natural extension of receiving? China seems to have an inspiring answer to that question! In 2005, the same year it stopped receiving food aid from the World Food Program, China emerged as the world's third largest food aid donor. According to the latest annual Food Aid Monitor from INTERFAIS, the International Food Aid Information System, China accounted for more than half of the rise in overall food aid donations in 2005, with a whopping 260 percent increase compared to the previous year. This article has more information on current global food needs and measures being taken to meet them.

**Be The Change:**

Take a moment to reflect on a gift you have received -- and how you can now pay-it-forward.