

# Be a Hero for a Better World

## Eleanor Roosevelt (1884-1962)

Eleanor Roosevelt was the niece of President Theodore Roosevelt and the wife of President Franklin Delano Roosevelt, but she made a name for herself, becoming one of the most admired people of the 20th century. Although she came from a life of privilege, she had a difficult childhood -- she was made to feel like an "ugly duckling," and was orphaned by the time she was ten. She married her distant cousin, Franklin D. Roosevelt, but his promising political career was jeopardized when he was stricken with polio and was paralyzed from the waist down. When he became president in 1933, Mrs. Roosevelt took an active role as First Lady, traveling across the nation and around the world to gather information and promote her husband's policies.

Eleanor Roosevelt was involved in the formation of the United Nations, and after her husband died in 1945, President Harry Truman appointed her to the US Delegation to the UN. She chaired the committee that drafted the Universal Declaration of Human Rights. President John F. Kennedy again appointed her to the US Delegation to the UN, and asked her to advise the newly created Peace Corps and chair the President's Commission on the Status of Women.



"The freedom of man, I contend,  
is the freedom to eat."

Eleanor Roosevelt's dedication to human rights, equality, tolerance and world peace earned her many awards and honors, as well as recognition as "The First Lady of the World."

Eleanor Roosevelt was born on October 11, 1884 in New York, New York

### Be A Hero For A Better World!

1. Find out more about this hero
2. Pledge to help end hunger (iaahp.net)
3. Hold an event to raise awareness about the problem of world hunger
4. Contribute to an organization working to end hunger

EndHungerBook.com

### Organizations Helping End Hunger

- Alliance To End Hunger (alliancetoendhunger.org)
- America's Second Harvest (secondharvest.org)
- End Hunger Network (endhunger.com)
- Food For All (foodforall.org)
- The Hunger Site (hungersite.org)
- Oxfam America (oxfamamerica.org)
- World Hunger Year (worldhungeryear.org)
- UN Food & Agriculture Organization (fao.org)
- UN World Food Programme (wfp.org)

For more information: [www.betterworldheroes.com/roosevelt-eleanor.htm](http://www.betterworldheroes.com/roosevelt-eleanor.htm)

BetterWorldHeroes.com

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