



mary's
meals

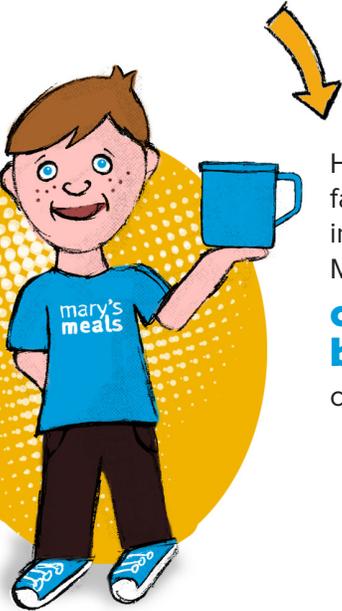
**FILL
MUGS**
TO FIGHT HUNGER

Activity pack

marysmeals.ca

The Fill Mugs story

Peter from Toronto wants to help children in poor communities that do not have enough to eat.



He makes his favourite mug into a special Mary's Meals **collection box** and starts collecting coins.



When Peter's **mug is full**, he counts his coins and sends his donation to Mary's Meals.

Every 13 cents

Peter collects provides a school meal for a hungry child.



Hope from Malawi used to be too hungry to go to school ... but now she eats Mary's Meals and never misses a lesson!



Her mom, Gladys, helps to cook and serve the **meals**. Now Hope can concentrate in class and do well at school.

Education

helps children like Hope to free themselves from poverty...



... and give their own children a **better life** too!



Peter and Hope

live in different places, but they are both part of the Mary's Meals family.

How to take part

- Print out your Fill Mugs kit and turn your mug into a collection cup. Don't have a printer? Check out our tips for creating your own label!
- Save, earn or search for coins to fill up your mug
- Count the contents of your mug and send your donation to Mary's Meals
- Get to know some of the children who receive Mary's Meals in school by reading their stories on our website marysmeals.ca

Decorate your mug

Why not decorate your collection mug? You can color in the label below, cut it out and stick it to your favourite mug (ask an adult for help). Or use your imagination and decorate your mug yourself!



We'd love to see your decorated mugs!
Why not take a photo of your finished collection cup and post it on social media?
Remember to use the hashtag [#FillMugs](#)



Hope in the classroom

The meals you are helping to provide mean children like Hope can go to school to learn and play with their friends. Can you draw Hope and her friends in her classroom or the playground?



How many meals can you give?

You can work out how many meals you can give children with the money you have collected. Just count up your coins and do the math below.

$$\underline{\hspace{2cm}} \div 13 = \underline{\hspace{2cm}}$$

**Amount collected
(cents)**

**The number of
meals I can give.**

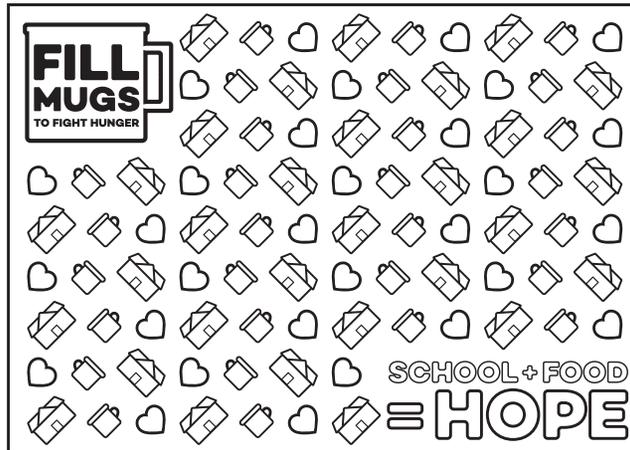


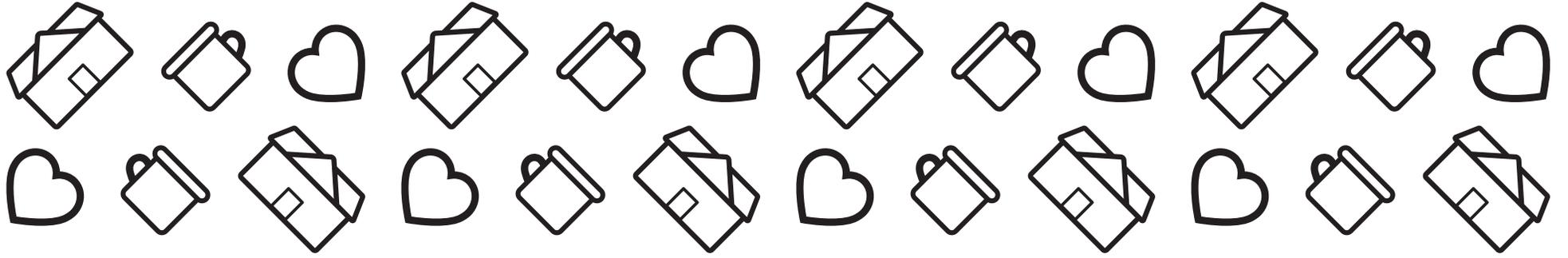
Each meal, served in a place of education, costs just 13 cents.

Fill your windows

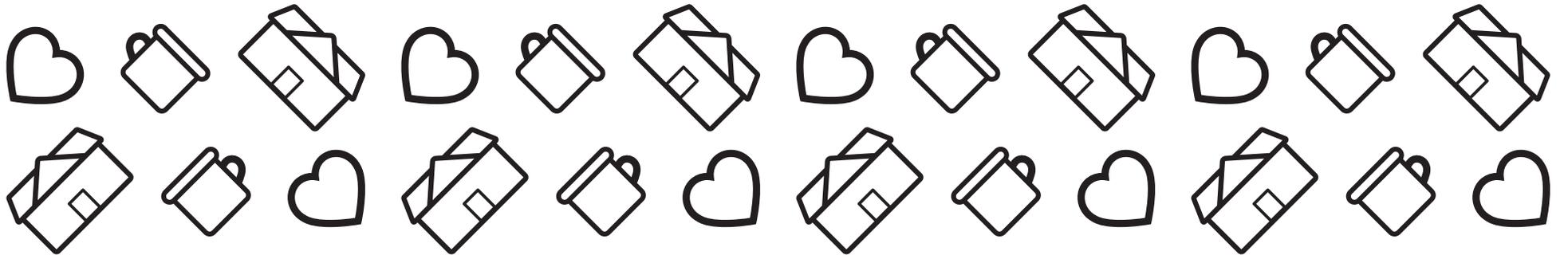
Spread some joy in your community by coloring in one, or more, of our fill mugs posters and displaying them in your window to let people know how you're supporting Mary's Meals from the safety of your home. If you don't have a printer, why not design a poster of your own?

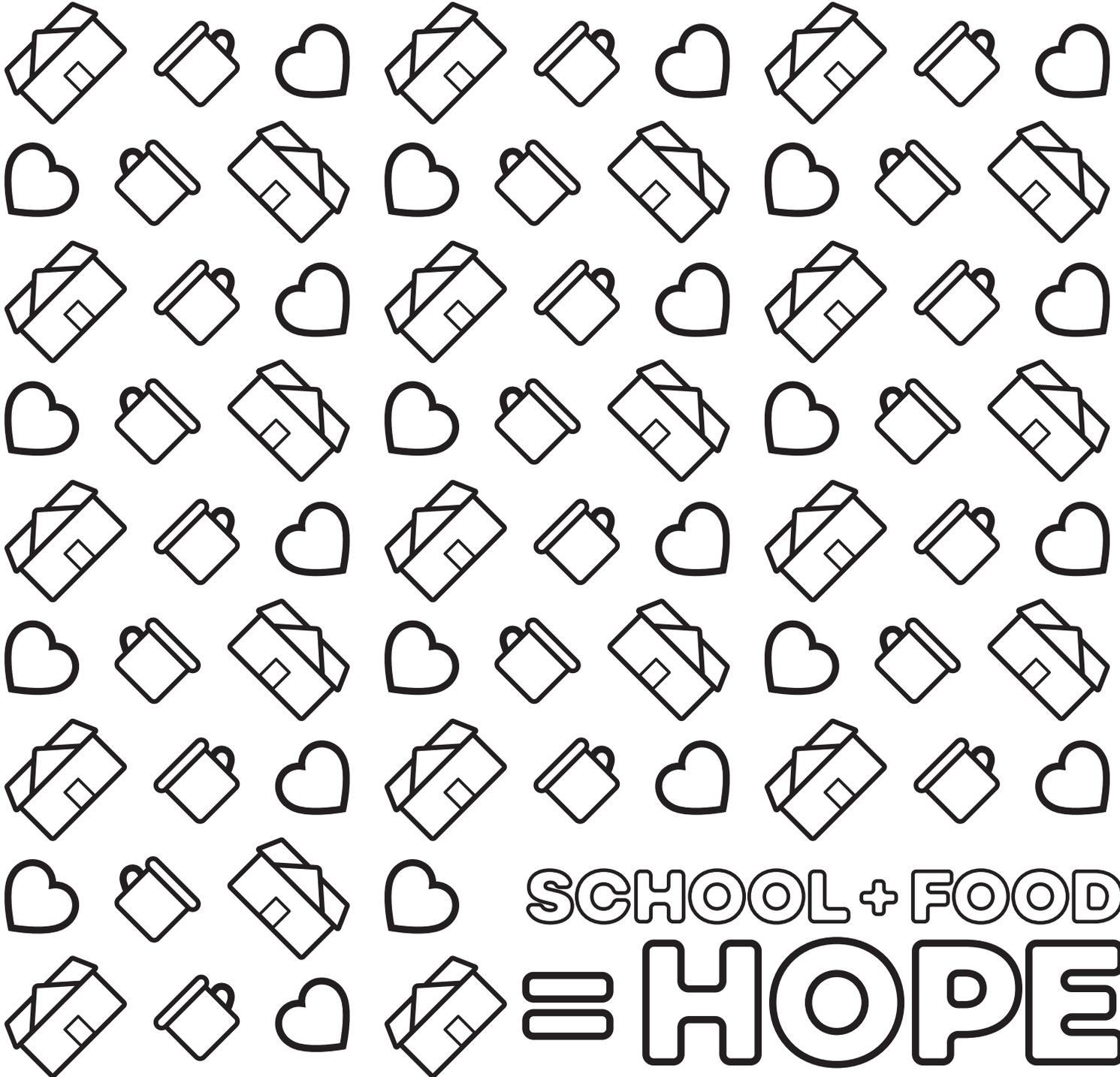
#FillMugs





I AM FILLING
MUGS FOR
MARY'S MEALS





SCHOOL + FOOD
= HOPE

