

Autumnal Activity Guide to Change Children's Lives



Autumn is the season of gratitude for the blessings of sustenance and for sharing those blessings with family and friends. While celebrating the harvest, Mary's Meals is inviting you to take a moment to reflect on the impact of food in your life and the significance that is gained when people come together in community to eat, laugh, and connect.

"Food brings people together on many different levels. It's nourishment of the soul and body; it's truly love." - **Giada De Laurentiis**

This fall, please help us extend that love to the easily forgotten children of the world as they face acute food insecurity on an unprecedented scale.

Thanksgiving – October 9th

Make your holiday more meaningful this year. Feed yourself, feed a child

World Food Day – October 16th

Host a porridge party with our porridge kit

Superheroes October 23rd – 31st

Be a superhero!
Create your own super suit!

Halloween – October 31st

Collect money on your porch or while you trick or treat

For ideas and resources: Visit marysmeals.ca/foodislove

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." - **John F. Kennedy**

Join The Story

It is with the generous support of our donors that we can continue to be a source of optimism for families around the world. One way you can become a part of the tidal wave of hope we are creating is to join The Story.

The Story is a group of monthly givers who are determined to end global hunger, by providing hungry children with life-changing meals in their place of learning.

Supporting Mary's Meals in this way gives us the confidence to plan future expansions and to grow the global movement - safe in the knowledge that you are right there beside us as we strive to reach the next hungry child.

"I don't remember exactly how I came across Mary's Meals, but I'm so glad I did! I was immediately drawn to the simplicity of the mission and being able to help children directly.

Life can get really busy, so being a monthly giver makes it easier for me to support Mary's Meals.

I am so proud to support Mary's Meals because they help hungry children all over the world. By providing meals in schools, they promote education and help build a better future for children and their communities."

Emily, Toronto (5 year The Story member)

Simple Thanksgiving fundraising ideas

A place at the table

As you decorate your holiday table for thanksgiving dinner, set an extra place to symbolize where a child in need may sit. Donate the cost of that plate to Mary's Meals and use the empty seat to tell our story to family and friends.

Feed a family

As you are shopping for your Thanksgiving Day meal, total the amount of your purchase and donate a matching amount to Mary's Meals.

Small change for supper

Ask each invited guest to bring a donation (amount of their choosing) to symbolically pay for the cost of their meal.

Social media challenge

Set up a fundraising page through Facebook and invite friends near and far to share a fond thanksgiving memory and donate in honour of a hungry child.



10-year-old Miranda transformed from a malnourished youngster to an energetic girl with Mary's Meals school feeding program in Zambia.

With a sparkle in her eye and a shy smile, Miranda looks like most healthy ten-year-olds - energetic, healthy, and full of fun. And yet her mom tells us it was a very different story before Mary's Meals started feeding in her school.

"Before Miranda started receiving the porridge from Mary's Meals, she wasn't looking good," says her mom, Besta. "Miranda was very weak. She was diagnosed with malnutrition. I had difficulties in finding food and I face a lot of challenges when it comes to paying for the school fees for my four children."

Now with mom volunteering in the Mary's Meals kitchen, Miranda and her friends are guaranteed a cup of porridge every day at school. Miranda says: "I feel good about being at school. I like reading, writing, and learning. I like the porridge. I always pay attention in class after eating the porridge and don't think about what's going on at home."

Miranda's mom is a farmer, growing maize, groundnuts, potatoes and beans. However, her work as a Mary's Meals cook gives her more satisfaction than she could have imagined. She says: "I feel good when the children are given porridge." And as for Miranda, she has a new-found spark that has brought her mom great comfort. Besta says: "Now, she has more energy. Her body has changed and she's looking healthy."

I want to be part of the story

Return this form with a signed cheque payable to "Mary's Meals Canada" or valid credit card information: Mary's Meals Canada PO Box 76144 Millrise RPO Calgary, AB T2Y 2Z9

Name:		Address:	
City:	Province:	Postal code:	
Phone: Home <input type="checkbox"/> Cell <input type="checkbox"/>		Email:	
Amount:	Credit card #:	Expiry:	

Did you know?

You can donate to Mary's Meals with a gift of securities or leave a legacy bequeathal in your will. For more information, please call us at **1-855-702-0330** or contact us online: **info@marysmeals.ca**