

a simple solution to world hunger



Hosting a time of prayer or Holy Hour

Our work is built on a foundation of prayer, and as a result we continually see the providence of God in incredible ways.

We have created a special range of resources to support your time of prayer or Holy Hour, including a selection of prayers.

You will also find stories from the communities we feed where your support is helping to bring hope to hungry children and their families.

Thank you for taking the time to pray for the work of Mary's Meals. If you need anything further, please do not hesitate to email info@marysmeals.ca or call 1-855-702-0330.

If you are hosting a time of prayer virtually, and particularly if you are hosting this on Facebook Live, please share the following wording with the live stream:

Pray In May for Mary's Meals. #PrayForMarysMeals



Resources you may find useful

Prayers for Mary's Meals for Catholic churches

Prayers for Mary's Meals for other Christian churches

Praying with children

Stories from the communities we feed

Digital background



"I love Mary's Meals porridge; it is very nutritious and it contains the vitamins which are needed for our brains.

"I thank God for the sponsors of the school feeding program, may they continue providing porridge until I complete my education and become a doctor."

Precious, Zambia

"The porridge we have been eating at school has been helping us have strength.

We usually do not have breakfast at home, so the porridge helps us to concentrate in class and we do not have to worry about hunger."

Bukuru, Malawi





"I pray Mary's Meals continues to serve school meals so all children attend school and become educated and independent."

Edna, volunteer cook, Malawi

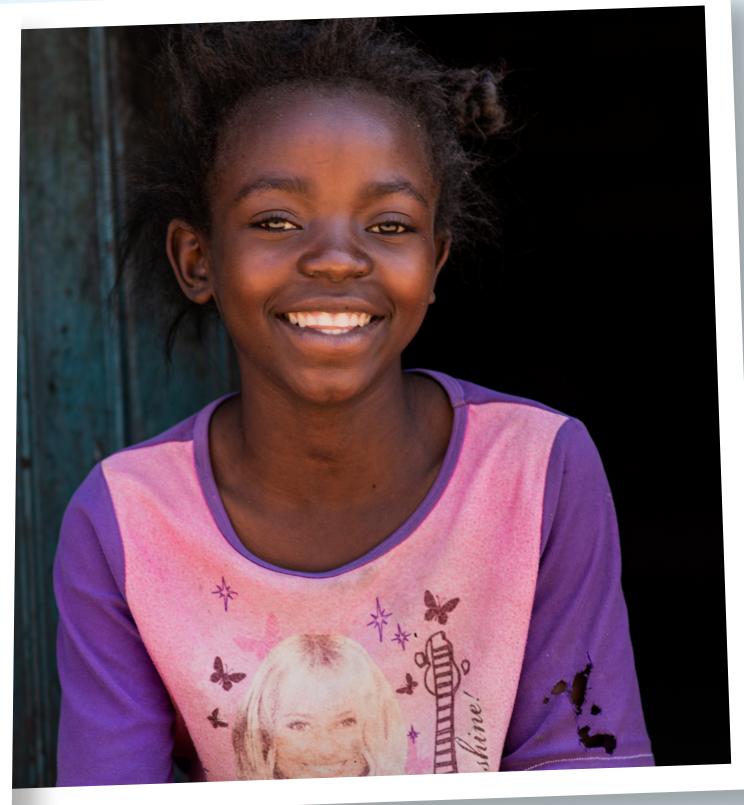
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#prayinmay







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