



**October 16<sup>th</sup>**

# World Food Day


**Celebrate World Food Day at your school, office, church or club and raise funds to feed hungry children with Mary's Meals.**



# The **impact** of our work

**90%**   
of teachers said that school attendance has improved

 **90%**  
of children feel happy in schools where Mary's Meals are served

After the introduction of Mary's Meals, the proportion of hungry children fell by **71%** 

 **91%**  
of teachers said that children's marks in class have improved

Research findings from our impact assessments in Malawi, Zambia and Liberia.  
For more information visit [marysmeals.ca](http://marysmeals.ca)

# Why we celebrate the power of porridge

Mary's Meals provides one good meal every school day for hungry children living in 18 countries around the world. The promise of these meals attracts children to the classroom, where they can gain an education and grow up well-nourished and well-educated to become the men and women who will lift their communities out of poverty.

In Malawi, Zambia and Zimbabwe we serve the little ones steaming mugs of vitamin-enriched porridge, helping them to learn and grow. We know that porridge has the power to change lives.

For Simeon from Malawi, the nutritious porridge he receives from Mary's Meals is a lifeline. Even when there is nothing to eat at home, the 10-year-old is guaranteed a filling and nutritious meal each day at school. He says:

**"Porridge takes away my hunger. When I come to school hungry, it gives me strength. I concentrate better in class when I have eaten."**



Simeon

Daily school meals fill Simeon's empty stomach, helping him to gain a precious education and follow his dreams.

"School is important because it helps you make your future," he says. "My favorite subjects are English, math and Chichewa. I want to be a doctor when I finish school, so I can help sick people."

The world is facing an unparalleled hunger crisis and in the communities Mary's Meals serves the situation is critical. Over the past three years, conflict, COVID-19, and climate concerns have converged to create world hunger on an unprecedented scale. The situation has been made worse by the supply chain issues brought about by the war in the Ukraine and by the spiraling costs of living worldwide.

Mary's Meals brings together people from all walks of life to reach the most vulnerable children - at risk of being forgotten - with life-saving meals. They firmly believe this is possible - even the current climate - because of their love for the hungry child and their confidence in the innate goodness of people.



## How to host a World Food Day event

1. Set a date! World Food Day is on October 16th but you can hold a World Food Day event any time in October.
2. Think about your menu. You should serve up some type of porridge or oatmeal, similar to what children who eat Mary's Meals enjoy every day in Malawi, Zambia and Zimbabwe. See below for an easy crock pot recipe for oatmeal that can be cooked in large quantities.
3. Using the enclosed information, share the story of Mary's Meals with your group and explain why we celebrate World Food Day. You might serve porridge as the only food for lunch that day, and have everyone consider how they would feel if that was potentially their only meal in a day.
4. Encourage everyone to bring a donation to Mary's Meals. Funds raised at your World Food Day event will make a huge difference to the children who rely on our daily mug of porridge. See next page for ways to donate. It costs just \$31.70 to feed a child for an entire year with Mary's Meals – that's just 16 cents per meal!

Thank you for your support. We hope you have a great time celebrating while you learn!

## Apple Oatmeal Recipe for the Classroom

**Makes approx 24 (1/3 cup servings), perfect for mid-morning snack!**

**You will need:**

Crock pot, wooden spoon, serving containers, spoons, timer

**Ingredients:**

2 one-liter containers of apple juice  
5 cups of quick oats  
1 cup water  
Optional: 1 tbsp vanilla  
1 tbsp cinnamon

**Method:**

You will want to start cooking 60-90 mins before serving time.

Combine ingredients, stir well, cover with lid and turn crock pot on HIGH for 60 mins. After one hour on HIGH stir and check consistency. Usually no further time is required so set on low or keep warm until ready to serve.

**Suggested toppings:**

Cinnamon, brown sugar, maple syrup, apple slices, berries, sprinkles, chocolate chips



## Ways to Give

### Set up a fundraising page

Visit [marysmeals.ca/fundraising/start](https://marysmeals.ca/fundraising/start).

### Donate by cheque

Send cheques payable to Mary's Meals Canada along with a cover letter confirming your name and address to Mary's Meals Canada, PO Box 76144, Millrise RPO, Calgary, AB, T2Y 2Z9.

### Donate online

Make your donations using a credit card at [marysmeals.ca/donate](https://marysmeals.ca/donate).

### Donate by e-transfer

You can send an e-transfer directly to [finance.canada@marysmeals.org](mailto:finance.canada@marysmeals.org). If you choose to send funds by e-transfer, please email separately (using the same email address) to confirm your name and address and the donation amount.



**93% of donations are spent  
on our charitable activities**



It costs just **\$31.70**  
to feed a child with Mary's Meals  
for a whole school year.



# Perfect Porridge recipes

Our friends from Mary's Meals UK have shared these delicious porridge recipes with us. You might want use them to prepare treats for your Porridge Party, or give out samples so people can try them at home.



## Charlotte Oates' Strawberry, Maple and Pistachio Overnight Oats

Charlotte Oates writes the food blog Charlotte's Lively Kitchen – a place where she shares her personal cookbook with recipes and cooking tips for everyone to try.

Ingredients (serves 1)

- 50g porridge oats (rolled or steel cut)
- 120ml almond milk or cows' milk
- 2 tsp maple syrup
- 1 tbsp deshelled pistachio nuts (either chopped or whole)
- 1 handful strawberries

### Method

1. The night before you want to eat them, put the oats in a bowl and cover with the almond milk. Cover the bowl and leave in the fridge overnight.
2. In the morning, slice a handful of strawberries.
3. Remove the oats from the fridge and mix in the sliced strawberries, pistachio nuts and maple syrup – alternatively don't just mix them in, arrange them beautifully and take a quick picture for social media.
4. Serve!

## Sophie Thompson's Porridge Bars

Sophie Thompson is an English actress who has worked in television, film and theatre. Five-times Olivier Award nominee, she won the 1999 Olivier Award for Best Actress in a Musical for the London revival of Into the Woods. She has appeared in films including Four Weddings and a Funeral, Emma, and Harry Potter and the Deathly Harrows – Part 1. Sophie won Celebrity Masterchef in 2014.

Ingredients

- 250g porridge oats
- 125g butter (salted is best!)
- 150g agave syrup
- 80g currants
- Vanilla essence
- Sea salt

### Method

1. Turn on your oven to 180°C.
2. Put your oats into an oven tray and into warm oven to gently brown for approximately 20 minutes. Check and shuffle around now and again to brown.
3. Remove from the oven and sprinkle with salt.
4. Melt the butter and agave syrup together and stir in the oats with the currants and generous splash of vanilla essence.
5. Press your mixture into an approximately 10 x 8 inch buttered oven tin.
6. Cook in the middle of the oven until lightly golden for approximately 12 minutes.
7. Whilst still warm, score into bar sizes.
8. When nearly cool, spatula out from tin and don't be afraid to press and cajole to encourage the bars to stick together.





# Little acts of love

In the 18 countries where we serve Mary's Meals, loving volunteers arrive at schools early in the morning to prepare the food. Mayamiko Nanhantani, from Malawi, leaves her home at 2am so she can help to clean the kitchen, fetch water, light the fires and begin to cook. It's hard work, but Mayamiko does it all for her two children and the other children living in her community.

She believes the porridge she helps to serve is what keeps the little ones in school: "The children are able to come to school now. The porridge motivates and encourages them to come. There isn't enough food at home, but when the children come to school they receive porridge and they have enough energy to do well in class."

Mayamiko is positive about the future and determined to provide for her children in whatever way she can.

She explains: "It's important that the children are educated so that they are able to be employed and can become independent in the future."

By hosting a Porridge Party event and inviting staff and students to make a donation, you can help us continue to reach hungry children with life-changing meals.

Volunteer Judy from Lethbridge hosted a World Food Day event and says everyone had a good time and was so supportive!

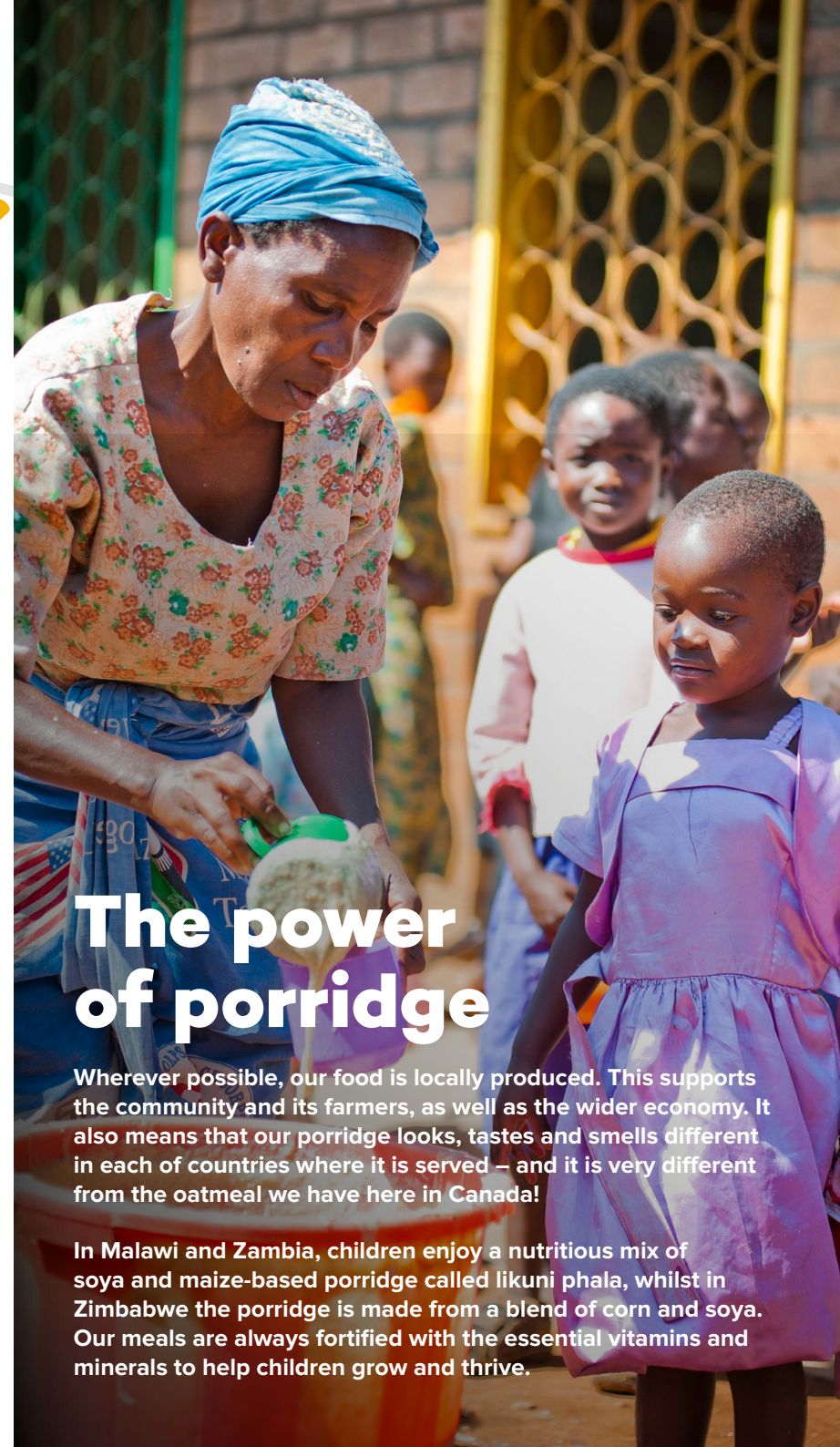
Her event was a huge success, raising awareness about the work of Mary's Meals, while raising enough money to feed 39 children for a whole school year!



Mayamiko



Judy



## The power of porridge

Wherever possible, our food is locally produced. This supports the community and its farmers, as well as the wider economy. It also means that our porridge looks, tastes and smells different in each of countries where it is served – and it is very different from the oatmeal we have here in Canada!

In Malawi and Zambia, children enjoy a nutritious mix of soya and maize-based porridge called likuni phala, whilst in Zimbabwe the porridge is made from a blend of corn and soya. Our meals are always fortified with the essential vitamins and minerals to help children grow and thrive.

Our work to feed hungry children is made possible by many thousands of dedicated volunteers around the globe who carry out lots of little acts of love on behalf of Mary's Meals.

We are looking for Youth Ambassadors across Canada to grow our grassroots movement of motivated young people and to help us reach more children who are waiting for Mary's Meals.

Please visit our Youth Ambassador page for more information:  
[marysmeals.ca/createyourmovement](https://marysmeals.ca/createyourmovement)



mary's  
meals

a simple solution  
to world hunger



Thank you for hosting a  
**World Food Day event** at your  
school, work, church or club!



Visit [marysmeals.ca](http://marysmeals.ca) for more information and inspiration.

If you have any questions, or would like further support for your World Food Day event, please email [info@marysmeals.ca](mailto:info@marysmeals.ca) or call us at 1-855-702-0330.