

MARY'S MEALS

Fundraising guide

for schools



mary's
meals

a simple solution
to world hunger

WHAT IS MARY'S MEALS?

Mary's Meals is a charity that does something very simple. It provides a daily meal for children that live in some of the poorest communities in the world when they come to school.

Our work started when our founder, Magnus, met a 14-year-old boy called Edward in Malawi during a terrible famine in 2002. Magnus asked Edward what his dreams were for his future. **Edward replied:**

“To have enough food to eat and to go to school one day.”

Many children in countries like Malawi can't go to school because they do not have enough to eat and have to work to buy food instead. Without an education, millions of children – like Edward – are unable to achieve their dreams.

But thanks to Edward's words, Mary's Meals was born! Magnus decided to help children who were too hungry to come to school by providing a daily meal in between classes. That meant they could stop worrying about earning money or finding food and concentrate on learning.

We would love your school to join us and help those children to build better lives. It only costs 11¢ to provide one of the special school meals that are helping so many hungry children, so it doesn't take much to make a real difference!



“It's not nice when we have no food at home and I often feel very weak. I feel good when I have the porridge at school. The porridge makes me happy.”

Believe, 11, Malawi



“If I work hard in school, I can realize my dream. My dream is to be a pilot.”

Enoch, 12, Malawi



“The food has encouraged my mama to send me to school, because she knows I can eat.”

Konah, 14, Liberia



Mary's Meals began feeding around **200 primary school children** in Malawi in 2002.

The offer of a daily meal encourages hungry children to come to school, where they receive a nutritious cup of porridge and the education they need to realize their dreams.

Volunteers from the community surrounding each school take turns to cook and serve the daily meals. This low-cost, community-based approach has allowed Mary's Meals to expand, reaching children on five continents.

Today, **Mary's Meals provides more than 1.3 million children** with a daily meal every day they attend school. Our vision is that every child receives a daily meal in their place of education.

There are currently 64 million more children like Edward who are out of school because of poverty and hunger.



CAN MY SCHOOL JOIN THIS MISSION?

There are so many ways to help Mary's Meals. Telling our story or fundraising for our vital work are great ways to contribute to our mission and show children who receive Mary's Meals that their dreams matter.

Here are some ideas from other schools that have helped Mary's Meals, but there really are so many different things you can do, so feel free to be creative!



DO

Organize a blue shirt day or host a World Porridge Day event.

CREATE

Bake cakes to sell at school or have an arts and crafts stall.

EXERCISE

Host a sponsored run, swim, cycle, or football match.

WATCH

Hold a screening of our film, Generation Hope.



ORDER A SCREENING PACK OR FUNDRAISING KIT

Email info@marysmeals.ca to find out more.



Students at **Provencher School** in Winnipeg held a pyjama day for Mary's Meals, which included a porridge smiles competition to see who could create the happiest-looking bowl of porridge.

Grade 3 students at **École Notre Dame School** decided to hold a pancake breakfast on Shrove Tuesday to feed hungry children. They provided pancakes for more than 400 students in exchange for donations!



Students at **Northmount School** in Toronto celebrated World Porridge Day by making and serving porridge to families that came into school early for the hearty breakfast, in solidarity with children who are served Mary's Meals in Malawi. Proceeds of the porridge sales went towards the school's fundraising to Sponsor A School in Malawi.



WHAT WILL OUR MONEY DO?

Mary's Meals works hard to keep costs low, with at least **93% of donations** being spent on our charitable activities. It costs just **\$22** to feed a child every day for an entire school year!



So, every gift – no matter how small – goes a long way to helping the world's poorest children **realize their potential.**



WILL SUPPORTING MARY'S MEALS BENEFIT US?

Fundraising for Mary's Meals is an amazing way to bring people together. Whether it's a class, a year group, or an entire school, fundraising gives everyone a great reason to work together – and an empowering feeling of being able to help!

Mary's Meals is about supporting children and helping them to receive an education, and we believe that children and young people all over the world can contribute to this important work. Supporting Mary's Meals at a young age fosters an awareness of global issues of hunger and poverty and encourages compassion, while fundraising activities facilitate team work and initiative.

"I think it's a beautiful thing that this work that has grown in an unbelievable way around the world was ignited by the words of a child. It wasn't some development expert or us in an office back in Scotland. It was the words of a child."

Magnus MacFarlane-Barrow,
Founder and Global Chief Executive

**WE HAVE LOTS MORE RESOURCES,
SUCH AS FLYERS AND POSTERS,
AVAILABLE ON OUR WEBSITE:**



www.marysmeals.ca/get-involved/fundraising/fundraising-resources



Why not tell your local newspaper about your fundraising activities? We can provide sample press releases and photograph guidelines and we'd love to hear about what you're up to! info@marysmeals.ca

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