



Bringing hope to a hungry world

Mary's Meals sets up school feeding programs in some of the world's poorest communities where poverty and hunger prevent children from gaining an education.

Our idea is a simple one that works:

- We provide a daily meal in a place of learning to attract chronically hungry children into the classroom where they receive the education that can be their route out of poverty.
- In schools where children receive Mary's Meals, there is a rise in enrolment, attendance, and attainment.
- We are a global movement of people, mostly volunteers, from all walks of life, united by our belief that no child in this world of plenty should endure a day without a meal. Together, we are helping transform the lives of hundreds of thousands of impoverished children.

With 64 million children still out of school and many more chronically hungry, our work is only just beginning.

We are committed to keeping our running costs low. From every \$1, we spend at least 93 cents on our charitable activities.

Mary's Meals Canada hopes to raise \$250,000 in Alberta in 2020. Our fundraising costs will not exceed 7% of the amount raised.

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



Little acts of love



Mary's Meals was born in 2002, when our founder, Magnus MacFarlane-Barrow, visited Malawi during a famine and met a mother named Emma, who was dying from AIDS. When he asked her eldest son, Edward, what his dreams were in life, he replied simply...

"I want to have enough food to eat and to go to school one day."

These words from Edward ignited our mission – and from humble beginnings feeding just 200 children at a school in Malawi, we now reach more than 1.6 million children across 18 countries every school day.

It is thanks to the efforts of supporters around the world that we are able to keep our promise to these children, who today sit inside a classroom with full stomachs, gaining the education that can be their path to a brighter future.

Most of our work is done by an army of volunteers, who carry out lots of little acts of love on behalf of Mary's Meals.

Our work is named after Mary, the mother of Jesus, who brought up her own child in poverty. We consist of, respect, and reach out to people of all faiths and none.

"If you cannot feed a hundred people, then feed just one."
Saint Teresa of Calcutta

mary's
meals

Join our global family

Please complete this form and return to:

Mary's Meals Canada, PO Box 76144, Millrise RPO, Calgary, AB, T2Y 2Z0

Full name:

Home address:

City:

Province:

Postal code:

Tel no:

Email address:

We can't do this without you

We would like to keep you informed about our latest news, fundraising appeals, other ways to get involved, and how your support is bringing hope to hungry children every school day.

We promise to keep your information safe and secure and we will never give it to other organisations to use for their own purposes. You are free to unsubscribe at any time, which you can do by emailing info@marysmeals.ca or change your preferences by calling 1-855-702-0330. You need to be 16 or over to join our mailing list, but please contact us for other exciting ways for under-16s to get involved.

IMPORTANT: How should we contact you?

I would like to receive updates from Mary's Meals:

By post ☐ Yes ☐ No (please tick one)

By email* ☐ Yes ☐ No (please tick one)

*This helps us keep our costs down

Your privacy

By completing this form, you are agreeing to comply with our Terms and Conditions which, together with our Privacy Policy and Cookie Policy, governs how we store and process your data. Please visit www.marysmeals.ca for more information.

Your details will only be used by Mary's Meals Canada and Mary's Meals International (and suppliers working on our behalf) to provide the service you have requested.

Ways to donate

Online: www.marysmeals.ca

By post: Please send any cheques or money orders, made payable to:

"Mary's Meals Canada", to Mary's Meals,
PO Box 76144, Millrise RPO, Calgary, AB, T2Y 2Z0.

By phone: 1-855-702-0330.

Thank you for your support.



Our vision

Our vision is that every child receives one daily meal in their place of education, and that all those who have more than they need, share with those who lack even the most basic things.



Get in touch

Contact: Jill Mowser

Tel: 1-855-702-0330

Email: info@marysmeals.ca

Mary's Meals Canada,
PO Box 76144, Millrise RPO,
Calgary, AB, T2Y 2Z0

We are federally incorporated
and registered in Alberta.

Thank you
for your
promises.



mary's
meals

a simple solution
to world hunger

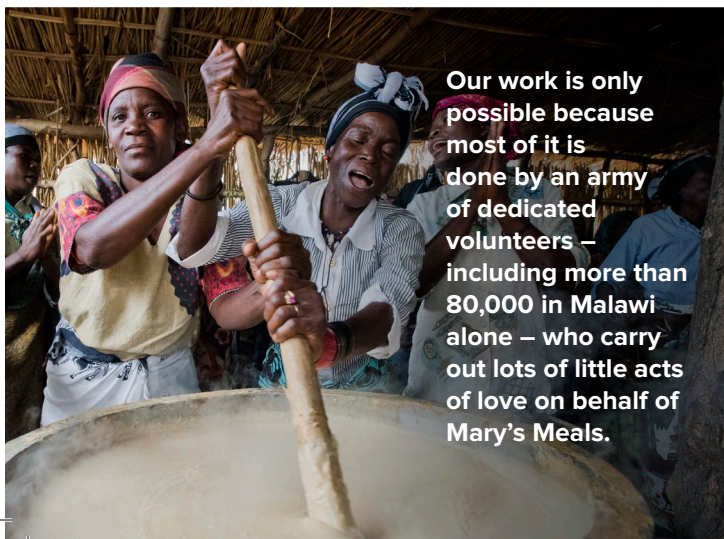
Registered Charity:
845360536RR0001

Our mission

Our mission is to enable people to offer their money, goods, skills, time, or prayer, and through this involvement, provide the most effective help to those suffering the effects of extreme poverty in the world's poorest communities.

Find us online

www.marysmeals.ca



Our work is only possible because most of it is done by an army of dedicated volunteers – including more than 80,000 in Malawi alone – who carry out lots of little acts of love on behalf of Mary's Meals.



mary's
meals

a simple solution
to world hunger

It costs just **\$26.40**
to feed a child for a
whole school year.