



The power of porridge

A quirky introduction to the life-changing
work of Mary's Meals for schools.




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

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."



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."





How to throw a Porridge Party

1. Set a date! Why not host a Porridge Party as a great way to introduce this topic to others in your school? You could include a project group, your class, or even your entire school.
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 information on page two, share the story of Mary's Meals with your students/classmates and explain the difference that porridge is making to more than 2 million children every school 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 Porridge Party will make a huge difference to the children who rely on our daily mug of porridge. See page four 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

How to send in your donations

Set up a fundraising page

Visit marysmeals.ca/fundraising/start to get started.

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.

Donate by e-transfer

You can send an e-transfer directly to 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.

Clear Water Academy hosts an annual 'Oatmeal and Wear Blue Day,' when pupils and staff dress in blue, eat porridge and collect donations in support of our work.

They have fun choosing different toppings for their oatmeal and learning more about the difference their donations will make to children who receive Mary's Meals!



Mayamiko



Clear Water Academy

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**



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.

mary's
meals

a simple solution
to world hunger



Thank you for hosting a **Porridge Party** at your school!



Visit marysmeals.ca for more information and inspiration.
If you have any questions, or would like further support for your Porridge Party,
please email info@marysmeals.ca or call us at 1-855-702-0330.

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