



mary's  
meals

Bring hope to hungry children

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:

## What we do

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.

It's a simple idea that works. In partnership with local communities, we provide daily meals for hungry children in a place of education, bringing them into the classroom where they can find a route out of poverty.

Our school feeding programs reach children in 20 countries – Benin, Ecuador, Ethiopia, Haiti, India, Kenya, Liberia, Lebanon, Madagascar, Malawi, Myanmar, Niger, Romania, South Sudan, Syria, Thailand, Uganda, Yemen, Zambia, and Zimbabwe.

With 58 million primary school-age children currently out of school globally and many more attending classes too hungry to learn, 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.**



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

## Working together for change

Most of our work is done by tens of thousands of volunteers around the world. It is thanks to their generous commitment that we can feed more than **2 MILLION** children every school day, helping them to learn, thrive and work towards a brighter future.



Mary's Meals is a global movement of people from all walks of life, united by the belief that no child in this world of plenty should endure a day without a meal. We believe that everyone can play a part in this mission.

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.

**Mary's Meals Canada hopes to raise \$350,000 in Alberta in 2022. Our fundraising costs will not exceed 7% of the amount raised.**



**"If you cannot feed a hundred people, then feed just one."**

Saint Teresa of Calcutta

### 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](mailto: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](http://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](http://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.



## 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  
[marysmeals.ca](http://marysmeals.ca)



## Get in touch

Contact: Jill Mowser

Tel: 1-855-702-0330

Email: [info@marysmeals.ca](mailto:info@marysmeals.ca)

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

We are federally incorporated  
and registered in Alberta.

Registered Charity: 845360536RR0001

All figures used were correct  
the time of printing.



mary's  
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a simple solution  
to world hunger

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**Food changes  
the story.**

