



## Join the story

'The Story' is a group of monthly givers who are determined to end global hunger, by providing hungry children with life-changing meals in a place of learning. [www.marysmeals.ca/thestory](http://www.marysmeals.ca/thestory)

mary's meals | Ways to give

### Make a donation

Online (one-time or monthly): [marysmeals.ca](http://marysmeals.ca)  
By phone: 1-855-702-0330  
E-transfer: [finance.canada@marysmeals.org](mailto:finance.canada@marysmeals.org)  
Monthly giving via direct debit: Contact [info@marysmeals.ca](mailto:info@marysmeals.ca)

Return this form with a signed cheque payable to "Mary's Meals Canada" or valid credit card information.

**Mary's Meals Canada PO Box 76144 Millrise RPO  
Calgary, AB T2Y 2Z9**

Name:	
Address:	
City:	Province:
Postal code:	Phone: Home <input type="checkbox"/> Cell <input type="checkbox"/>
Email:	
Credit card #:	
Expiry:	Amount:
One time payment <input type="checkbox"/> Monthly gift <input type="checkbox"/>	

## 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 18 countries – Benin, Ecuador, Ethiopia, Haiti, India, Kenya, Liberia, Lebanon, Madagascar, Malawi, Myanmar, Niger, South Sudan, Syria, Thailand, Yemen, Zambia, and Zimbabwe.

With 67 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.

## 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 **2.4 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 2023. Our fundraising costs will not exceed 7% of the amount raised.**



It costs just  
**\$31.70**  
to feed a child for  
a whole school year.

**"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.

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

No thank you  By mail  By email

You can donate to Mary's Meals with a gift of securities or leave a legacy bequeathal in your will. For more information, please call us at 1-855-702-0330 or **contact us online.**



## 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,  
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Calgary, AB, T2Y 2Z9

We are federally incorporated and registered in Alberta.

Registered Charity: 845360536RR0001

All figures used were correct at the time of printing.



mary's  
meals

a simple solution  
to world hunger

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**Food changes  
the story.**