



Mary's meals

a simple solution to world hunger



Thank you for joining our World Porridge Day celebrations in October!

Why porridge?

Mary's Meals feeds more than 1.5 million children in 18 countries every day at school.

This October, we're celebrating the life-changing power of porridge, which is served in classrooms across Liberia, Malawi, Zambia and Zimbabwe. Each nutritious mug of Mary's Meals porridge served helps hungry children make the most of their education by giving them the energy to concentrate and learn.

Host a Porridge Party this October

You can have a Porridge Party at home, school or work. World Porridge Day is October 10, but you can have your party any time in October. Invite friends, family and colleagues and serve up bowls of yummy porridge in return for a donation to Mary's Meals. Your guests will feel fantastic knowing each gift of \$1.85 will provide a child with meals in school for a month through Mary's Meals.

How Porridge Smiles bring real joy and hope

Eveless, 12, receives Mary's Meals at Gumeni Primary School in Chileka, Malawi. Her school is in a rural area, where staff used to see many more children from the local villages displaying signs of malnutrition. But since Mary's Meals arrived in 2012, the teachers have noticed the overall health of the pupils has improved.

Eveless says the phala (porridge) provided by Mary's Meals has made a big difference to her and her fellow pupils. She explains: *"If there was no phala many kids would've been weak at school. Phala makes me full. It gives me nutrients and makes me healthy. It makes me strong."*

Eating Mary's Meals every school day helps Eveless have the strength to study and succeed at school, and to help around the house and play with her friends.



Top Tips for hosting a successful World Porridge Day celebration

1. Invite guests to enjoy a typical meal like Mary's Meals serves to children every day, and choose a convenient time, for example, at breakfast just before school, lunchtime at work, or have a movie night on a Friday night (you could show one of our films).
2. Keep the porridge simple, offer a few toppings and let your guests be as creative as they like.
3. Give a short talk from the heart about why you support Mary's Meals, and/or show Child 31 or Generation Hope, or you can search up "From Hunger to Hope" on YouTube, featuring actor Gerard Butler (4 minutes).
4. To make the event fun, play a "get to know you" game (or "get to know Mary's Meals"), or offer a prize for the guest who can create the most delicious porridge.
5. Use our handy sign-up sheet to invite your guests to join our global family by inviting them to sign up for our monthly emails (then please return the sheet to us).
6. Use our donation forms for collecting info from guests who wish to receive a tax receipt.
7. You and your guests can post your porridge selfies on social media using the hashtag #PorridgeSmiles. Tag @marysmeals on Facebook, Twitter and Instagram and we'll reply with a story from one of the children we feed.
8. Questions or need help? Email info@marysmeals.ca or call 855-702-0330 and we'll be happy to help with your plans!

Above all, have fun and thank your guests for the opportunity to share Mary's Meals with them!

1-855-702-0330

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