



# SCHOOL + FOOD = HOPE

By providing a daily meal in a place of education, Mary's Meals brings chronically hungry children to the classroom where they can gain a basic education that offers an escape route from poverty.

More than 1.2 million children receive Mary's Meals every school day, across four continents. However, with 61 million children out of school, and many more still too hungry to learn, our work is just beginning.

We keep our running costs low, with at least 93% of donations being spent on our charitable activities.

Mary's Meals is named after and dedicated to Our Lady, the mother of Jesus.

**"I thank God for giving us this work to do for His little ones... and I pray that He might move many more people to take part in this mission so that all those hungry children might soon be fed."**

Magnus MacFarlane-Barrow, founder of Mary's Meals

mary's  
meals

a simple solution  
to world hunger



Magnus met His Holiness Pope Francis in St Peter's Square. The Holy Father's words to him were: **"Onwards! Onwards! Onwards! May God bless your work."** The Pope urged the Mary's Meals family to continue pursuing the vision that every child in the world might receive a daily meal in their place of education.



IT  
COSTS JUST

**\$16**

TO FEED A CHILD FOR  
A WHOLE SCHOOL  
YEAR.



## GIFT CARDS

Joyous occasions such as baptisms, marriages, first holy communions and confirmations are a time for reflecting on our own blessings. By giving a gift card, you are helping the world's poorest children to thrive. Please call 1-855-702-0330.

### A Mary's Meals prayer

Our Father  
Give us this day our daily bread  
And forgive us for the times when  
we take more than our share of the  
bread that belongs to all.  
Let us help You fill the starving  
with good things  
Not with scraps from our table.  
Teach us how to share what is  
not ours to keep.  
Clothe us with Your love  
That we may complete each good  
work You created us to do.  
Place in our hearts Your  
compassion for each starving child.  
And use our little acts of love so  
that they starve no more. Amen.

**Please continue to  
remember our work in your prayers.**

**We are looking for volunteers to support parish visits. If you can help,  
please contact [info@marysmeals.ca](mailto:info@marysmeals.ca) or call 1-855-702-0330.**



Please fill in this form and send to:

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

## 1. My details

Full name:

Home address:

Postal code:

Tel no:

Email:

## 2. 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 check one)

By email\* ☐ Yes ☐ No (please check 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.

## 3. Make a donation

Please fill out the relevant section overleaf to make your donation.

## Make a single donation

You can make a single donation online at [www.marysmeals.ca](http://www.marysmeals.ca) or by calling **1-855-702-0330**.

You can also 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.

## Make a regular donation

You can help us reach more children by setting up a regular gift online at [www.marysmeals.ca](http://www.marysmeals.ca) or by calling **1-855-702-0330**. You can also complete and send us the Pre-Authorized Debit Agreement below.

### Pre-Authorized Debit Agreement

#### Instructions

Please send a void cheque along with this completed form (please fill in ALL fields) to the following address:

**Mary's Meals Canada, PO Box 76144, Millrise RPO, Calgary, Alberta, T2Y 2Z0**  
or scan and email to [donations.canada@marysmeals.org](mailto:donations.canada@marysmeals.org).



**I want to support Mary's Meals Canada through monthly donations.**

**Please debit my bank account in the amount of** \$  **(attach VOID cheque)**

The debit will be processed to your account on the **15th day** of each month or the next business day.

**Receipt:** ☐ No ☐ Yes – by email\*\* ☐ Yes – by mail

**Full name:\***

**Email:\*\***

**Mailing Address:\***

**Phone number:**

**Preferred contact method:**

☐ By phone ☐ By email\*\*

**Signature:**

**Date:**

**This donation is made by:** ☐ an individual ☐ a business

I may revoke my authorization at any time, subject to providing notice of 30 days. To obtain a sample cancellation form, or for more information on my right to cancel a PAD Agreement, I may contact my financial institution or visit [www.cdnpay.ca](http://www.cdnpay.ca).

I have certain recourse rights if any debit does not comply with this agreement. For example, I have the right to receive reimbursement for any debit that is not authorized or is not consistent with this PAD Agreement. To obtain more information on my recourse rights, I may contact my financial institution or visit [www.cdnpay.ca](http://www.cdnpay.ca).

\*full name and address of donor are required for issuing of official tax receipt

\*\*email address is required if your preferred contact method is by email

Tax receipts are issued by the end of February for the previous tax year. For any enquiries regarding receipts, please contact [donations.canada@marysmeals.org](mailto:donations.canada@marysmeals.org).

**Thank you for your generous gift**