



Mary's Meals – Ways to Get Involved

Often when people hear about Mary's Meals, they want to know how they can get involved. Besides **making a donation** (which, obviously, helps us to continue our work), here are a few key ways that you can join our mission, and help us realize our vision that every child receives at least one good meal every day in a place of education, and that those who have more than they need share with those who lack even the most basic things:

- 1. Join our email/mailling list.** This is a great way to stay up to date on our work, as well as what is happening across Canada, with events in which you could potentially participate. You can subscribe to our email list via our website, or email info@marysmeals.ca to request to be added. If you don't have access to email, you can be added to our postal mailing list (around 1 update per quarter) by sending your request to our mailing address, or calling our toll-free number.
- 2. Help raise awareness in Canada of the work Mary's Meals.** Since Mary's Meals is a low-cost charity that depends heavily on the goodness of volunteers, one of our biggest needs is for volunteers to help share our work with others. There are a variety of ways to do this, but some common and effective ways are:
 - Become a speaker for Mary's Meals. Speakers give talks in their communities, often in venues that they find themselves, like their own homes, at schools, universities, church and community halls, and simply share our story. We provide materials to help plan an effective talk or presentation.
 - Share our films and book. We have 2 beautiful short films that illustrate our work very nicely, as well as Magnus' book, *The Shed that Fed a Million Children*. By sharing these within your communities, you will assist Mary's Meals in letting more people know about what we do.
 - Organize an event. Events organized by Mary's Meals volunteers can be large or small. They can also simply be to raise awareness, for example, have a screening of one of our films, followed by a short talk and time for questions. Events can also be fundraisers. Many creative fundraising events have been organized by Mary's Meals volunteers, but they can also be as simple as hosting a porridge breakfast/lunch and asking for donations.
 - Get in touch with local churches. While Mary's Meals is a non-denominational organization, quite often church leaders and congregations appreciate the work of Mary's Meals and love to get involved in raising awareness and/or fundraising. Introducing Mary's Meals to churches and church groups might involve asking a church leader if you can share the Mary's Meals story with the congregation after Mass, or if you can share one of our films one evening, or organizing a fundraising lunch after church one day.
 - Share our work with schools in your area. Similarly, teachers, principals and school children often make very enthusiastic supporters, and often love to organize fundraising events, involving the entire school community. For this reason, introducing schools to Mary's Meals is a great way to help our work to grow, and ultimately, enable us to feed more children in their place of education.
- 3. Start a volunteer group in your community.** With Canada's geography being so large, it can feel isolating to be a volunteer all on your own. For this reason, if you have a friend or two who might also love to help, organizing a group and having regular meetings to discuss ways to help spread the word about Mary's Meals in your communities can make volunteering a lot more enjoyable and effective. You can also send us an email and see if there are already other Mary's Meals volunteers in your area.

Mary's Meals is always looking for volunteers who can proactively help us raise awareness within their communities, after all, YOU know your community best! If you would like to get involved with Mary's Meals Canada as a volunteer, please email Jill at Jill.Mowser@marysmeals.org for more information and a volunteer application.

Thank you for your interest in the work of Mary's Meals!

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.