

MARY'S MEALS

Fundraising guide



mary's
meals

a simple solution
to world hunger

WHAT IS MARY'S MEALS?

Mary's Meals is a charity that does something very simple. It provides a daily meal for children that live in some of the poorest communities in the world when they come to school.

Our work started when our founder, Magnus, met 14-year-old Edward in Malawi during a terrible famine in 2002. Magnus asked Edward what his dreams were for his future. Edward replied:

“To have enough food to eat and to go to school one day.”

Many children in the world's poorest communities can't go to school because they do not have enough to eat and have to work to buy food instead. Without an education, millions of children – like Edward – are unable to achieve their dreams.

But thanks to Edward's words, Mary's Meals was born! Magnus decided to help children who were too hungry to come to school by providing a daily meal in between classes. That meant they could stop worrying about earning money or finding food and concentrate on learning.

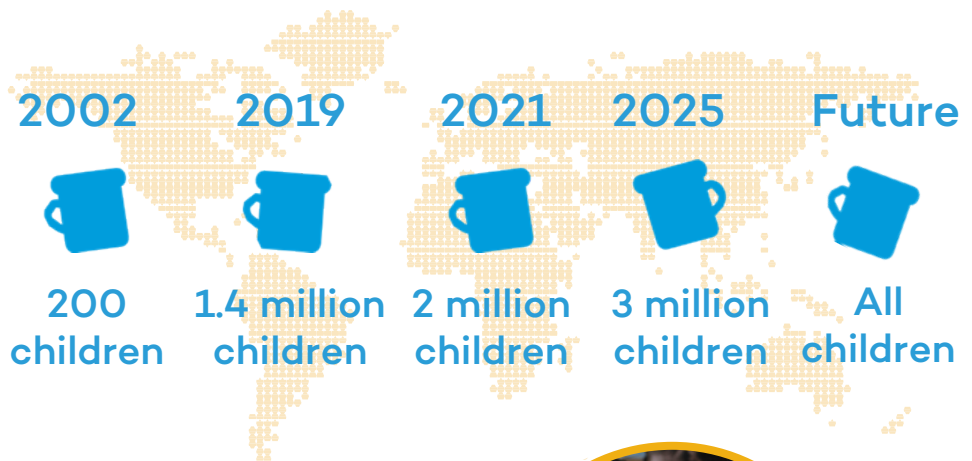


Mary's Meals began feeding around **200 primary school children** in Malawi in 2002.

The offer of a daily meal encourages hungry children to come to school, where they receive a nutritious cup of porridge and the education they need to realize their dreams.

Volunteers from the community surrounding each school take turns to cook and serve the daily meals. This low-cost, community-based approach has allowed Mary's Meals to expand, reaching children on five continents.

Today, **Mary's Meals provides more than three million children** with a daily meal every day they attend school. Our vision is that every child receives a daily meal in their place of education.



“It's not nice when we have no food at home and I often feel very weak. I feel good when I have the porridge at school. The porridge makes me happy.”

Believe, 11, Malawi



“If I work hard in school, I can realize my dream. My dream is to be a pilot.”

Enoch, 12, Malawi



“The food has encouraged my mama to send me to school, because she knows I can eat.”

Konah, 14, Liberia

HOW CAN YOU SUPPORT THIS MISSION?

There are so many ways to help Mary's Meals. Telling our story or fundraising for our vital work are great ways to contribute to our mission and show children who receive Mary's Meals that their dreams matter.

Here are some ideas that have helped Mary's Meals, but there really are so many different things you can do, so feel free to be creative!

"We love the idea of students helping students. Our students find it astonishing that it takes only a few cents to supply a lunch to a hungry child and they enjoy calculating how many lunches they can personally pay for. We have chosen to support Mary's Meals because 93 cents of every dollar is spent on charitable activities and Mary's Meals seeks out locally sourced foods."

Roxanne Pottle

Teacher/Coordinator of Mary's Meals fundraiser at Two Hills Mennonite School



DO

Organize a blue shirt day or host a World Porridge Day event.

CREATE

Bake cakes and cookies, sell arts and crafts.



EXERCISE

Host a sponsored run, walk, swim, cycle, or slo-pitch game.

WATCH

Hold a screening of one of our films:

Lettie
On the Frontlines of Hunger
Walking Together
Feeding Zambia's Future
Child 31
Generation Hope



The **Carreiro Studio Salon** in Victoria, BC, dedicated Earth Month to Mary's Meals. For the entire month of April, the salon staff held raffles and collected recyclables for bottle drives.

The **Knights of Columbus** in Lancaster, Ontario, sponsored a Valentine's Day dance at the Royal Canadian Legion. The dance included a silent auction, and all proceeds supported Mary's Meals.



Students at **Northmount School** in Toronto celebrated World Porridge Day by making and serving porridge to families that came into school early for the hearty breakfast, in solidarity with children who are served Mary's Meals in Malawi. Proceeds of the porridge sales went towards the school's fundraising to Sponsor A School in Malawi.



We would love your group to join us and help those children to build better lives. It only costs 16¢ to provide one of the special school meals that are helping so many hungry children, so it doesn't take much to make a real difference!

WHAT WILL YOUR MONEY DO?

Mary's Meals works hard to keep costs low, with at least **93% of donations** being spent on our charitable activities. It costs just **\$31.70** to feed a child every day for an entire school year!

So, every gift – no matter how small – goes a long way to helping the world's poorest children realize their potential.



WHY SUPPORT MARY'S MEALS?

Mary's Meals is about supporting children and helping them receive an education, and we believe that people all over the world can contribute to this vital work. Supporting Mary's Meals fosters an awareness of global issues of hunger and poverty and encourages compassion, while fundraising activities facilitate teamwork and initiative.



We are here to help! Please email info@marysmeals.ca for assistance, or call us on 1-855-702-0330

**WE HAVE LOTS MORE RESOURCES,
SUCH AS FLYERS AND POSTERS,
AVAILABLE ON OUR WEBSITE:**



Don't forget to SHARE your fundraising activities before your event, to spread the word and after to share your results. Share on social media, inform your local newspaper and email us so we can help promote it and inspire others. INFO@MARYSMEALS.CA

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