Media release

INSERT DATE

[Insert short detail of supporter/group e.g. A Liverpool man / school] is helping Mary’s Meals feed some of the world’s poorest children

*[Insert short detail on what the challenge / event involves e.g. Joe Bloggs will run more than 5,000 miles this year] to support the charity*

[Insert description of person or name of group and location e.g. A Liverpool man / school] is taking part in a challenge to help Mary’s Meals feed some of the world’s poorest children.

[Insert full name of individual, age, or full name of group] is raising money for charity, which serves nutritious school meals to hungry children around the world.

The challenge will involve [insert first name/group name and detail of what the fundraiser is doing].

[Insert first name/group name] says: “[Insert two / three sentence quote e.g. saying what inspired the person/group to do this for Mary’s Meals. What difference do they hope it will make? Have they done anything like this, or other Mary’s Meals activities, before?]”

Supporters like [insert full name of individual, age, or full name of group] play a vital role in helping Mary’s Meals to feed children in the world’s poorest countries.

The charity started its work in 2022, feeding 200 children at a school in Malawi, and is now reaching more than 2.4 million children around the world every school day.

Dan McNally, head of grassroots engagement at Mary’s Meals, says: “We are so thankful to [insert name of fundraiser/group] for all [his/her/their– delete as appropriate] amazing efforts, which will help us give more hungry children the gifts of food, joy and hope.

“Thanks to the kindness of those who donate or fundraise, children who might otherwise be working in fields, or begging on street corners for their next meal, can instead be sitting in classrooms with full stomachs, learning how to read and write.”

It costs just £19.15 for Mary’s Meals to feed a child at school for a whole year; and with 93p from every £1 going directly to its feeding programmes.

People in [location] can join [insert full name of individual, age, or full name of group] in fundraising for Mary’s Meals by taking part in [Move for Meals](https://www.marysmeals.org.uk/campaigns/move-for-meals). This initiative invites people to set themselves an active challenge and ask friends and family for sponsorship.

The money raised will help transform the lives of children like Epur, 12, from Kenya. Many hardships have interrupted her education, but she is now happy to be back in class thanks to Mary’s Meals.

Epur says: “I want to be a teacher. I want to work in a school like this, and help children like me to learn.”

To find out more about the work of Mary’s Meals, or to get involved, please visit [marysmeals.org.uk](http://www.marysmeals.org.uk)

To support the challenge of [insert name of person/group] visit [include link to their fundraising page.]

**— ENDS —**

Picture Captions

* [Include details of people in photo]
* Epur from Kenya, who receives Mary’s Meals at school, hopes to become a teacher when she grows up.

Notes to Editors

* Mary’s Meals is a simple idea that works. The charity provides one daily meal in a place of learning in order to attract chronically poor children into the classroom, where they receive an education that can, in the future, be their ladder out of poverty.
* Mary’s Meals feeds more than 2.4 million children every school day in 18 countries: Benin, Ecuador, Ethiopia, Haiti, India, Kenya, Lebanon, Liberia, Madagascar, Malawi, Myanmar, Niger, South Sudan, Syria, Thailand, Zambia, Zimbabwe and Yemen. The average global cost to feed a child with Mary’s Meals for a whole school year is just £19.15.
* Independently verified research from Malawi, Liberia and Zambia shows that in schools where children receive Mary’s Meals, hunger is reduced, enrolment increases, attendance improves, drop-out rates and absences fall, concentration in lessons is heightened, attainment levels increase, parents are less anxious, and children are happier.
* The Mary’s Meals campaign was born in 2002 when Magnus MacFarlane Barrow visited Malawi during a famine and met a mother dying from AIDS. When Magnus asked her eldest son, Edward, what his dreams were in life, he replied simply: “I want to have enough food to eat and to go to school one day.”
* Mary’s Meals is committed to spending at least 93% of donations directly on its charitable activities. This is only possible because much of the charity’s work is done by an army of dedicated volunteers.
* Please visit [marysmeals.org.uk](http://www.marysmeals.org.uk/) to find out more about the work of Mary’s Meals.

Contact

[Name, volunteer for Mary’s Meals]

[Phone number or email address]