

mary's  
meals

| a simple solution to world hunger



# SCHOOL+FOOD=HOPE

Mary's Meals feeds hungry children living in the world's poorest countries.

Our nutritious school meals attract these little ones into the classroom, giving them the energy to learn and hope for a better future.

Our work is named after Mary, the mother of Jesus, who brought up her own child in poverty.

More than two million hungry children eat Mary's Meals every school day. However, with 67 million primary school-age children out of school – and many more still too hungry to learn – our work is just beginning.

Together, we can reach the next hungry child waiting for Mary's Meals.

**It costs just £19.15 to feed a child for a whole school year.**

**Visit [marysmeals.org.uk](http://marysmeals.org.uk) to find out more.**



Magnus MacFarlane-Barrow, founder of Mary's Meals, 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.

# Get involved

People from all walks of life choose to support Mary's Meals by giving their time, skills, money, and prayers.

**Donate** to help feed hungry children.

**Pray** for our work.

Set up a **regular gift** to help us reach more children.

**Volunteer** to help to spread the word in your church and community.

Give a gift from our **online shop**.

Take on a **fundraising challenge**.

Bring hope to future generations with a **gift in your will**.



## The 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.



To find out more, visit [marysmeals.org.uk/get-involved](http://marysmeals.org.uk/get-involved) or scan this QR code.

You can contact us on 0800 6981212 or email [info@marysmeals.org](mailto:info@marysmeals.org).

To make a donation please fill in this form using a ballpoint pen and return to: Freepost, MARY'S MEALS.

# Make a donation

## My details

Full name:

Home address:

Postcode:

Tel no:

Email:

**Boost your donation by 25p of Gift Aid for every £1 you donate.**

Yes, I would like Mary's Meals to add Gift Aid to this donation and any donations I make in the future or have made in the past four years.

No, Gift Aid cannot be claimed on my donations.

*giftaid it*

## Make a single donation

I would like to make a single donation of £

Please debit my:

MasterCard / Visa / Maestro / CAF charity card (Delete as appropriate)

Card number:

Start date:

Expiry date:

Issue no:  
(if appropriate)

CVV:  
(3 digits on back of card)

## Keep in touch

We are so grateful for your donation, which will help to change the lives of hungry children.

We'd love to share updates on our work and let you know about opportunities to donate, volunteer and fundraise with Mary's Meals.

This will include occasionally sending you post, including special letters from our founder Magnus MacFarlane-Barrow. If you'd rather we didn't, or you want to change your preferences you can contact us on [info@marysmeals.org](mailto:info@marysmeals.org) or 0800 698 1212.

You can change your mind at any time and your details are safe with us.

## How may we contact you?

By email  Yes  No

By text  Yes  No

**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.org.uk](http://www.marysmeals.org.uk) for more information. Your details will only be used by Mary's Meals UK and Mary's Meals International (and suppliers working on our behalf) to provide the service you have requested.

