



Mary's Meals speaking notes

We have created these short speaking notes to help guide your presentation. Please don't feel you have to recite these word-for-word, it is important that your presentation is natural and focuses on the elements of our story that matter to you.

- By leaving a gift to Mary's Meals, you will feed hungry children living in the world's poorest countries. But your generosity will deliver more than just a meal to little ones.
- Your gift will have a lasting impact on the lives of children around the world. For Avito, the promise of a daily meal in school changed his life.
- Avito, 26, is a teacher at Chikowa Primary School, Mambwe District, Zambia, where he was once a pupil. Growing up, Avito's family were very poor and there was little food at home meaning he was often too hungry to attend school.
- However, the introduction of Mary's Meals' school feeding programme attracted him into the classroom. With energy to learn and concentrate on his studies, Avito was able to gain an education and achieve his dreams of becoming a teacher.
- Avito now educates the next generation, helping to lift his community out of poverty.
- Avito's story shows that leaving a gift in your will won't just feed a child for a day. It will fuel generations with hope.
- Mary's Meals also offers a free will writing service in partnership with Farewill, the largest will writer in the UK. Supporters can use this free service whether or not they include Mary's Meals in their will.
- To find out more about how to include Mary's Meals in your will, please visit www.marysmeals.org.uk/get-involved/ways-to-give/leave-a-gift-in-your-will