



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.

- Mary's Meals feeds more than 2.4 million children every school day. That's more than 350 million meals a year.
- Our supporters and volunteers grow the global movement, working together to reach the next child. They are people from all walks of life, people of hope, people like you – each carrying out a little act of love to help us reach more hungry children.
- It costs just 10p a day to feed a hungry child with Mary's Meals in school, so just £4 will provide 40 meals. This means that even the smallest donation will have a big impact.
- There are lots of other small ways you can help us keep our promise to the 2.4 million children who eat Mary's Meals.
- Some examples of small changes you can make that will have a big impact for hungry children around the world, include:
 - Share our work on social media
 - Volunteer with Mary's Meals
 - Save your small change
 - Set yourself a small active challenge, like walking 10,000 steps a day, and get friends and family to sponsor you
- Whether you give money, time, prayer, or help to spread our message – your little act of love can give children living in some of the world's poorest countries hope for a better future.
- To find out more about how your small change can make a big impact, please visit www.marysmeals.org.uk/campaigns/small-change-big-impact