MARY'S MEALS
MAGAZINE 2017

A WORK OF LOVE
The difference you are making to children in India

OUR PROMISE
Now feeding more than 1.2 million children every school day

TIME TO GIVE?
In just 30 seconds, you can help Mary's Meals
Mary’s Meals is a global movement of people from all walks of life, united by our belief that no child in this world of plenty should endure a day without a meal. Together, we are helping to transform the lives of hundreds of thousands of impoverished children.

Mary’s Meals offers hope to some of the world’s poorest children by providing them with a daily meal in their place of education. These nutritious and life-changing meals attract children to the classroom, where they can gain the education that could be their route out of poverty.

From feeding just 200 children in Malawi in 2002, we now reach more than one million children across 14 countries every school day. But with 61 million children around the world still to set foot inside a classroom and many more chronically hungry, our work is only just beginning.

Every gift entrusted to us is a promise.

In a rather uncertain – and sometimes confusing – world, the simplicity and effectiveness of Mary’s Meals becomes even more important. It is in some of the world’s most troubled places that our daily meal is a certainty that is changing things for the better.

In those situations where the priority is survival, our meals served in a place of education enable children to look beyond their struggle. It allows them to think about their future. It allows them to dream. For those children who face a daily battle with hunger, and for their parents tormented by the fear of being unable to feed them, the certainty of that meal is no small thing.

That is why ‘the promise’ at the heart of Mary’s Meals is so precious to us. We know how much depends on it and how often the world’s poorest people are the victims of broken promises. That is why when crops fail, disease terrifies a nation or war breaks out, our teams find a way to make sure every meal is served.

Of course, that promise at the heart of our mission is only possible because of a whole series of promises kept by people in the Mary’s Meals family. People who donate each month, volunteer, make huge efforts to fundraise, commit to sponsoring a school or pray for this work – all of you are making and keeping promises that deliver more than a million meals to children every school day.

And those of us entrusted in leading this work of Mary’s Meals will always strive to be good stewards of every gift entrusted to us, treating each one with deep respect and gratitude.

Thank you for your promises.
Bedtime for many children in Malawi means settling down on a mud floor in the only clothes they own, sheltered by a makeshift home. They close their eyes on a trying day knowing that their empty stomach may not be filled until many hours of sleep, work and walking have passed.

Countless numbers of these children are orphans, having lost parents to HIV and other devastating illnesses. Being alone makes an already harsh reality even more difficult. With no-one to provide them with love and support, these children fend for themselves.

For the lucky ones, the morning and the chance to go to school brings hope. Around 67% of the country’s population lives in extreme poverty. Thankfully, the Mary’s Meals school feeding programme now reaches 29% of all primary school aged children in Malawi, providing them with a nutritious meal every day they attend school.

Mary’s Meals also works in under-6 centres, providing vulnerable children aged two to five with two meals each day. These children are often suffering the effects of malnutrition, and their attendance supports their social, emotional and cognitive development, getting them ready for school.

Three-year-old Molesi, who lives in Malawi with his grandmother and three cousins, attends one of these centres. Before starting, Molesi was unwell and spent a lot of time in hospital.

There were times when the family had to survive without food. Now every morning, after being bathed and singing songs with his grandmother, Molesi is dropped off at the centre where he eats his morning porridge.

Then he has lots of energy to take part in fun activities and games! At lunchtime, the children receive another meal of maize, relish and beans, cooked by some of our amazing volunteers.

Molesi’s grandmother Mary is one of more than 80,000 volunteers in Malawi who support our school feeding programme. She spends her mornings at Mzedi Primary School, preparing and serving ‘likuni phala’, the Malawian name for our vitamin-enriched maize porridge.

Mary says: “I enjoy volunteering and preparing porridge... it’s all a part of helping children in the community. I want to see Molesi go further with his education. He loves school. His life is very difficult. And, if anything happens to me, it will get worse. Food keeps him and me both happy – it keeps us alive.”

Food and school are bringing happiness and hope to children living in extreme poverty in Malawi.
**Feed Our Future**

A huge thank you to everyone who donated to our UK government Aid Match appeal, which raised a staggering £10 million, allowing us to reach thousands more children in Malawi and Zambia with life-changing daily meals.

The Mary’s Meals family across the UK put in a huge fundraising effort, and our fantastic communications partners, including My Weekly magazine, Stagecoach and the Herald and Times Group, encouraged their kind readers and customers to back the appeal.

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**World Porridge Day**

Every year, we mark World Porridge Day on 10 October to celebrate the huge difference a daily mug of porridge makes to the lives of chronically hungry children.

In 2016, we teamed up with the oats company Stoats and encouraged everyone to join in with our fun campaign called Porridge Smiles. Our lovely supporters from across the UK held their own porridge breakfasts, and – using all sorts of delicious toppings – created smiley faces in their oats, donating money raised to Mary’s Meals.

Please contact ukfundraising@marysmeals.org to find out how you can get involved in our next World Porridge Day.

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**Leave a lasting legacy**

Including a gift in your will, no matter how small, is a wonderful way to leave a lasting legacy by offering hope to some of the world’s poorest children. If you are thinking of making or amending a will, please don’t forget to consult your solicitor.

Please call us on 0141 336 7094 or email ukfundraising@marysmeals.org for more information.

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**Universities united**

Students at the universities of Glasgow and Strathclyde joined forces to fundraise for Mary’s Meals. Both universities have their own Mary’s Meals societies but felt that by working together, they could do more to support our work.

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**Making steps towards change**

Sisters Rosamund, 8, and Felicity, 11, embarked on a 10-mile sponsored walk to feed more than 100 children with Mary’s Meals for a whole year.

It’s the second challenge the pair from Northamptonshire have undertaken for our work, having previously hiked up Ben Nevis.

Felicity said: “We wanted to help children not as lucky as us and who don’t get a chance to eat every day.”

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**Vow to make a difference**

Amanda and Duncan MacInnes raised enough money to feed an entire school by inviting their wedding guests to donate to Mary’s Meals instead of buying a traditional present.

Amanda, from Edinburgh, said: “We honestly cannot think of a better gift than knowing that we are helping give children hope and reminding them that there are people across the world who care.”

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**Little acts of love**

Your acts of kindness are changing lives.

The ways in which people fundraise for Mary’s Meals never ceases to amaze us – thank you for your precious time and commitment!

Here are just some of the fantastic things you have chosen to do in support of the world’s poorest children.

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**For fundraising ideas and help, please contact ukfundraising@marysmeals.org**
Long before the morning sun has burned through the thick layers of smog on Delhi’s skyline, nine-year-old Faujia has begun work as a domestic servant. Like so many families in India, Faujia’s loved ones rely on the extra money she earns to survive. Despite laws designed to protect young people, the country has the largest number of child labourers in the world. In many cases these children are forced to work long hours for minimal pay, which means they often miss out on an education.

Yet Faujia is one of the lucky ones. By the time the evening rush hour has hit its peak, the little girl is on her way to classes at Capaldi Vijaya Nagar, a night school run by nuns, where she receives Mary’s Meals. Life remains a struggle for Faujia, but the time she spends at school helps her to believe in the chance of a future defined by possibility instead of poverty. “My favourite subject is maths and I want to be a doctor one day,” she tells us. Today in India, our daily school meals are giving thousands of children confidence that their dreams are not out of reach.

FEEDING THE POTENTIAL OF INDIA’S CHILDREN
The disadvantages facing many of India’s children are great, but the chance of a better future is in sight.

In India, we work in both formal and non-formal education centres to offer children disadvantaged by caste, disability, gender, or HIV status, the chance of a better future. Young people who might otherwise never see inside a classroom can enjoy a daily meal and the chance to learn in a safe and welcoming environment.

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Spare some minutes for Mary’s Meals...

Mary’s Meals is made up of many little acts of love – all equally valued – that mean, together, we can change the lives of impoverished children around the world. Our mission is to enable people to offer their money, goods, skills, time, or prayer – all of which help alleviate suffering and inspire change in the world’s poorest communities.

We welcome everyone into the Mary’s Meals family and believe we all have something important to contribute to the realisation of our vision – that every child receives a daily meal in their place of education. So, no matter how much or how little time you have, there’s always a way to help!

Get social
Hit ‘like’ or ‘share’ on one of our Facebook posts, or follow us on Twitter! Find us online by searching for ‘Mary’s Meals’.

Worth a watch
Head over to our YouTube channel and watch one of our Mary’s Meals Minutes. These 60-second videos give you bite-sized messages on all things Mary’s Meals, from lots of different members of our global movement.

One More For Christmas
From 1 December, you’ll be able to set a place at our virtual table as part of our annual Christmas campaign. For less than the price of the average Christmas dinner, you can dedicate a plate to a loved one on our website, onemoreforchristmas.com, and feed a child at school for an entire year. Now that’s a gift with heart!

Commit to a small fundraising project
Whether it’s a sponsored walk with friends, a raffle at your school or a bake sale at church, there are lots of ways to get involved! You can set up your own fundraising page on our website to receive donations online and post updates about your activities.

Patricia, one of our wonderful field monitors in Liberia, gives her take on working with Mary’s Meals.

Did you know 34 minutes is all it takes to watch our beautiful film, Generation Hope? It tells the stories of just some of the young people who, having enjoyed Mary’s Meals as children, are now part of a new generation beginning to build a brighter future. You can watch online (from April 2017) or request your free screening pack on our website.

You might cosy up with a cuppa or read it on the beach – either way we know you’ll love The Shed That Fed A Million Children, our founder Magnus’ bestselling book about the remarkable journey of Mary’s Meals so far!

Full impact report: www.marysmeals.org
In Liberia, every school where we provide Mary’s Meals has created a ‘grow-your-own’ garden to teach children about agriculture, and give them the tools to learn vital new skills for the future.

The food the children receive from Mary’s Meals is supplemented by the fresh vegetables grown in their school gardens.

One of the children to benefit from our school feeding programme in the country is 12-year-old Freeda.

“I love school,” she says. “In the school garden we grow peppers, potato greens and okra. I like to plant and grow things.”

Freeda’s parents have a small farm in Bomi county, where they make a modest living from growing cassava. Like the majority of Liberians, they depend on agriculture for their livelihood and grow their own food for survival – but there is often not enough food to go around.

Mary’s Meals means Freeda knows she will receive a nutritious meal every day she attends school.

“I love to eat Mary’s Meals,” she tells us. “Here we call it ‘bada’. The food tastes sweet.”

Liberia is still recovering from a devastating 14-year civil war which uprooted the lives of its population, killing an estimated 250,000 people. Education, in particular, suffered during this time, with a whole generation of children effectively being prevented from going to school. Despite a decade of unbroken peace, Liberia faces huge challenges in re-establishing its education system.

In 2013, the country was ravaged by the devastating Ebola outbreak, forcing the Liberian government to close schools in an effort to stop the disease from spreading.

In the intervening period, Mary’s Meals mounted an Ebola crisis response, delivering food aid to thousands of affected people, including patients infected with the virus.

Today Liberia is free of Ebola, but with less than half of the country’s children enrolled in school – amongst the lowest rates in the world – there is still much to be done.

For families like Freeda’s, Mary’s Meals offers a lifeline and a ray of light in what can otherwise be a very difficult environment.

“Freeda loves school,” her mother, Theresa, tells us. “She wants to be a medical doctor. I tell her whatever she wants to choose, she can do it.”

“In a place like Liberia, the margins for survival are so narrow that a nutritious daily meal in a place of education can be the difference between success and failure for children. The variety of ways school feeding can impact the lives of ordinary children in Liberia still surprises me, though.

“Some appreciate that their meal allows them to go to school. Others are pleased they have energy for study or sport. Then there are those that revel in the free time they now have before or after school when they don’t have to work for food. You can see the joy in their smiles.”
Every day our work is powered by amazing volunteers. Could you donate your time and skills too?

Volunteers are at the heart of our work, dedicating their precious time and skills to help us change young lives.

Here, we talk to some of those unsung heroes and find out what inspires them to volunteer with Mary’s Meals.

Alison Page, 54, works tirelessly to spread the word about our work to her fellow islanders on Arran.

As well as giving local talks about our work, Alison has organised a range of fundraising activities, including forming a knitting group called ‘Knit & Natter’ which makes and sells brooches in the shape of Mary’s Meals mugs. Alison also runs a weighing-in class called ‘Arran SkinnyMalinks’, where she invites people to lose pounds while giving to Mary’s Meals.

She says: “Volunteering for Mary’s Meals is such a joy, I feel everything I do to help as a volunteer community ambassador is valued. I am playing just a tiny part in this worldwide family.”

Julian Wong from Suffolk was always daunted by the idea of public speaking. However, since becoming a community ambassador for Mary’s Meals, he is eager to talk to as many people as possible to show how easy it is for them to support the world’s poorest children.

Our fantastic UK volunteers have earned a Queen’s Award for Voluntary Service – often referred to as the ‘MBE for volunteer groups’.


After finding out more, she decided to volunteer by helping to raise funds and awareness in her own parish in Middleton, Greater Manchester, and surrounding areas.

Paula, 46, got some people together and came up with the idea of using our little collection boxes to gather small change. Thanks to her enthusiasm and drive, the initiative has really taken off, raising nearly £7,000 so far.

Paula says: “The simplicity of the charity appealed to me. With 93p in every £1 spent directly on charitable activities, I knew our parishioners would fully back it.”

To find out more about how you can volunteer for Mary’s Meals, please email us at volunteer@marysmeals.org

Rose Jackson decided to give us a helping hand after being impressed by our no-frills approach.

The 20-year-old, who is in her second year at the University of Glasgow, pops into our office once a week to offer support with a range of tasks.

Rose says: “What attracts me to Mary’s Meals is the charity’s ethos and commitment to spending as little as possible on overheads so more money goes towards helping hungry children.

“I’m keen to work in the charity sector once I finish my studies, so my time at Mary’s Meals is giving me insight into what that will be like and I’m also learning new skills along the way.”
The Backpack Project helps children to make the most of their time in school.

Many children receiving Mary’s Meals don’t have the basic tools they need to learn, such as pencils and notepads. By donating a backpack filled with educational and hygiene items, you can help a child make the most of their lessons and, for many, give them the only gift they have ever received.

Good quality second-hand items are ideal and many clubs and schools see this as a great recycling opportunity, while new items can be found in most supermarket value ranges. Complete backpacks and individual items are gratefully received!

The Backpack Project complements the main focus of our work, which will always be providing school meals for the world’s poorest children.

Collection can be arranged for donations of eight or more backpacks.

For more information, please contact us on 0141 336 7094 or email ukfundraising@marysmeals.org

What goes in a backpack?

- notepad • pencils • pens • crayons • eraser • ruler • sharpener • pencil case • towel • soap • spoon • t-shirt or dress • flip-flops or sandals • shorts or skirt • small ball e.g. tennis ball • toothbrush • toothpaste

Please label your backpack with a suggested age and whether it is suitable for a girl or boy.

In Haiti, Mary’s Meals is “the heart and soul of the school”.

In Haiti – one of the poorest nations in the world – half of the population live in extreme poverty. Many young children there live amongst violence and squalor, waking up each day in slums littered with rubbish and wandering livestock.

Chronic food insecurity means malnutrition is widespread and more than 20% of children suffer from stunted growth. This, coupled with political instability and the effects of frequent hurricanes and earthquakes, makes access to education very difficult.

Since 2006, Mary’s Meals has been supporting children in Haiti. Today, we reach thousands of children in the country with a nutritious meal in their place of education every school day.

Through our partner organisations – Hands Together and Caritas Hinche – we provide a hot meal of rice and beans to children attending school in Port-Au-Prince (including the Cité Soleil slum), Gonaïves and Hinche.

Jimmy, 27, received Mary’s Meals in school and now works with Hands Together, one of our partner organisations in Haiti, helping other children into education.

He says: “I had a chance because Mary’s Meals was providing food. It was like the heart and soul of the school because it was the one thing that kept the students learning.”

Jimmy is also a talented musician and recently performed at the International Youth Festival in Medjugorje, a pilgrim town in Bosnia-Herzegovina – where Marian apparitions have been reported since 1981 – which inspired our founder Magnus to first begin delivering international aid.

Speaking of his time on the stage performing for supporters of Mary’s Meals, Jimmy says: “It was the best moment of my whole life.”

Visit our YouTube channel to see Jimmy’s performances.
To set up a Direct Debit, you can complete the form opposite or visit www.marysmeals.org.uk.

If you would like to speak to someone about setting up a Direct Debit, please freephone 0800 698 1212.

Other ways to donate:

ONLINE
www.marysmeals.org.uk

BY CHEQUE / POSTAL ORDER
Please make payable to Mary’s Meals and send to: Freepost, MARY’S MEALS

BY BANK TRANSFER
Make a bank transfer to our account using the following bank details:
Account name – Mary’s Meals
Account number – 00609134
Sort code – 83 26 24

Why monthly donations can help more children with Mary’s Meals.

Providing a regular gift to Mary’s Meals is a wonderful way of supporting our work as it allows us to plan effectively and reach many more children with life-changing meals.

By setting up a Direct Debit, you can choose the amount you would like to donate and the frequency of the donation.

Giving in this way helps us save on administration costs, meaning more of your money can be spent directly on providing a daily meal to impoverished children every day they attend school.

Thank you for helping us reach more of the world’s poorest children with a daily school meal, and allowing them to realise their hopes and ambitions.

In order to realise our vision that every child receives a daily meal in school, it is vital that we keep in touch with our supporters.

We’ll never share your details with any other organisation. If at any time you prefer not to hear from us by mail, telephone or email, please write to us at Freepost, MARY’S MEALS, call 0800 698 1212 or email info@marysmeals.org.

I would like to make a single donation of £
Please debit my MasterCard / Visa / Maestro / CAF charity card (Delete as appropriate)
Card number: ___________________________ Signature: ___________________________
Start date: _______ Expiry date: _______ Issue no: _______ Date: _______

I would like to make a regular donation of £

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Instruction to your bank or building society to pay by Direct Debit
Please fill in this form using a ballpoint pen and return to: Freepost, MARY’S MEALS

Name and full postal address of your bank/ building society

To: The Manager
Bank/Building Society

Address: ___________________________
Postcode: _________________________

Name(s) of account holder(s)

Bank/building society account number ___________________________
Signature: ___________________________
Date: ____________________

Branch sort code ___________________________

Banks and building societies may not accept Direct Debit Instructions for some types of account.

The Direct Debit Guarantee (This Guarantee should be detached and retained by the payer)
This guarantee is offered by all Banks and Building Societies that accept instructions to pay Direct Debits. If there are any changes to the amount, date or frequency of your Direct Debit, Mary’s Meals will notify you 10 working days in advance of your account being debited or as otherwise agreed. If you request Mary’s Meals to collect a payment, confirmation of the amount and date will be given to you at the time of the request. If an error is made in the payment of your Direct Debit, you are entitled to a full and immediate refund of the amount paid from your Bank or Building Society. If you receive a refund you are not entitled to, you must pay it back when Mary’s Meals asks you to. You can cancel a Direct Debit at any time by simply contacting your Bank or Building Society. Written confirmation may be required. Please also notify us.

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Gift Aid
Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

I confirm I am a UK taxpayer and understand that if I pay less Income and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.

Boost your donation by 25p of Gift Aid for every £1 you donate.
Please tick the box to add Gift Aid to your donation and any donations you make in the future or have made in the past 4 years.

£

Signature: ___________________________
Date: ____________________

By cheque/postal order

Name: ___________________________
Address: _________________________
Postcode: _________________________

Tel no: ___________________________
Email: ___________________________

 regular giving
The extraordinary story of Mary’s Meals is making its way across the globe!

Our founder Magnus MacFarlane-Barrow’s bestselling book, The Shed That Fed A Million Children – which charts the remarkable journey of Mary’s Meals so far – is now available to read in many languages, including English, Spanish, German, Portuguese and Croatian.