MARY'S MEALS
MAGAZINE
2018/19

FEEDING FUTURES
Meet little Secret from Liberia

HAND-IN-HAND
Uniting children around the world

GET INVOLVED
Join our global movement
Many thanks to Chris Watt and Michael Schofield for photography.

Mary’s Meals is a global movement of people, united by the 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 more than one million children in 15 countries around the world!

We offer hope to some of the world’s poorest children by providing them with a daily meal in their place of education. The promise of this nutritious meal means these children are now sitting in classrooms – instead of working or begging for food – and are receiving the education that could one day free them from poverty.

But with 61 million children still out of school and millions more attending class hungry, our work is only just beginning.

“A MESSAGE FROM MAGNUS”

“It costs us just 7p to produce each copy of this magazine – the main printed publication we use to raise awareness of our work. Its compact size keeps costs down.”

“Love has a hem to her garment that reaches the very dust. It sweeps the streets and lanes, and because it can, it must.”

This beautiful little rhyme from St. Teresa of Calcutta is very much in my mind and heart these days, as your little acts of love continue to take Mary’s Meals into new corners of the world.

Ours is a work of love, and because it can reach children in many places who cry for want of food – it simply must.

Finding ways to keep serving these daily meals to children might seem impossible at times, when children are living in villages cut off by war in South Sudan, or amidst the rubble-strewn streets of Syria, or in the desperately arid lands of Turkana in Kenya. But this work of love has a persistence about it that cannot be overcome.

Every day, thousands of dedicated volunteers proudly wear blue Mary’s Meals attire in their communities as they carry water, cook and serve plates of food to hungry children in their places of education. As they do so, the hems of their garments, often bearing the words ‘Mary’s Meals’, literally sweep the dust.

Their heroic love for their children is more than a match for anything foolish enough to stand in its way.

And so, we go forward, compelled to do so by each little act of love you make, each gift offered and each cry of a hungry child heard.

Your love indeed has a hem to its garment which day-by-day is sweeping away the dust, and making something new and wonderful for each child receiving Mary’s Meals.

Magnus MacFarlane-Barrow
Founder and Chief Executive of Mary’s Meals

Mary’s Meals headquarters
Craig Lodge, Dalmally, Argyll, Scotland, UK, PA33 1AR
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Glasgow office: 0141 336 7094
London office: 0207 221 5745
Leeds office: 0113 336 5264
Registered charity: SC022140
Limited company: SC265941

Mary’s Meals is a global movement of people, united by the 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 more than one million children in 15 countries around the world!

For every pound you donate, we spend a minimum of 93p on our charitable activities.

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Full tummies, more energy, better grades – Mary’s Meals is making a big difference in Malawi.

Just last year, Malawi was gripped by a terrible food crisis – a combination of drought and flooding devastated crops, leaving many on the brink of starvation. Poor farming families like eight-year-old Tadala’s were among the worst hit.

Recent rains have brought better harvests, but communities are still struggling to put food on the table. Children wake each morning to another day of wondering where their next meal will come from, and how they will manage chores and schoolwork on an empty stomach.

This year, Tadala’s family harvested just three bags of maize, and much of the modest income from her father’s grocery store is being used to buy food at high prices.

In these difficult times, the daily meal we provide to 30% of primary school-aged children across Malawi is not just a powerful incentive to come to school – it is a vital source of nourishment, comfort and hope.

Tadala knows she can rely on a mug of hot phala (porridge) when she reaches Nkuyu Primary, a rural school at the top of a mist-covered mountain. Hunger is rife in the surrounding villages, and the head teacher tells us that most children do not eat before coming to class.

Little Tadala is glad of her porridge today. She wears a thin t-shirt and is visibly chilly on a cold morning.

“Eating phala makes me feel warm inside,” she explains. “It helps me to learn in class, because my stomach is full.”

Energised by Mary’s Meals, Tadala gleefully leaps along the hopscotch grid she has scratched out with her friend, Aida. It’s a joyful moment when she has the chance to be a child, without worrying about hunger.

Tadala’s mum, Victoria, only reached Standard 6 and is determined to see her own daughters finish school.

“I know she is disadvantaged because we live in poverty,” she says. “I hope Tadala does well in school and progresses. I am proud of my daughter.”

Tadala seems intent on fulfilling her mother’s wishes. “School is important,” she declares confidently. “I want to find employment in the future. I want to be a teacher.”

She is certainly well on her way. As the bell rings for a new school day, Tadala – who was one of the best students in her class last term – already has her hand in the air, ready to answer the teacher’s questions.

“Eating phala makes me feel warm inside.”

Tadala, 8

**DID YOU KNOW?**

Malawi is home to our largest school feeding programme.

**FROM MARY, OUR COMMUNICATIONS OFFICER IN MALAWI**

How much can a mug hold? On the surface, it seems an easy enough question to answer – just measure it! But here in Malawi, I’ve learnt that the answer goes a lot deeper. A mug of phala is a mug of hope, a mug of dreams and a mug of promises made and fulfilled.

Ruth is a 13-year-old girl from Blantyre, who dreams of becoming a teacher. But without a field to grow crops, her family struggle to find enough food, and she often goes the weekend without eating. None of her siblings have completed school, but she hopes to break that trend.

Your generosity means that when Ruth comes to school hungry because there is no food at home, there’s something for her to eat, letting her know the hopes she holds dear can become a reality.

Ruth, 13
Thank you for all your love and generous support. It never ceases to amaze us!

Every day, we hear wonderful news about the ways you are contributing to this mission we share as the Mary’s Meals family.

**Little ones’ big gift**

“I saw the Mary’s Meals film Child 31 and I knew I was lucky to have what I have,” explains nine-year-old Harris Donaldson. “I wanted to help children who don’t have anything.”

Inspired to do something to make a difference, the determined schoolboy from Perthshire cycled more than 60 miles and collected sponsorship from friends and family.

Meanwhile, seven-year-old Oscar Pirie, from Glasgow, invited friends at his birthday party to donate to Mary’s Meals instead of buying a gift.

He says: “I was amazed to find out that it only costs Mary’s Meals £13.90 to feed a child for a year, which I didn’t think was a huge amount to ask my friends to donate, instead of giving me a present.”

**Going the extra mile**

Yorkshire man Robert Thewlis – who used to be morbidly obese – set himself the incredible challenge of running more than 600 miles during 2018 to raise money for our work.

Robert, 27, weighed more than 20 stone around two years ago and suffered from a range of health issues. He has since shed several stone and found a whole new passion for fitness.

He says: “I’ve been aware of the work of Mary’s Meals for the past five years as I’ve been involved with charity fundraising through my employer, Tastecard. I’ve seen the amazing impact our fundraising has on the young people Mary’s Meals supports and their families.”

**10,000ft leap of faith**

“Despite being nervous, I remained mindful of the amazing work the charity does to support impoverished communities.”

That’s what brave Amy McSherry, from East Dumbartonshire in Scotland, told us after taking part in her first skydive for Mary’s Meals to mark her 21st birthday.

**Doubling the love**

We were overwhelmed by the response to our 2017 Double The Love match funding appeal.

Thanks to the kindness of three funders, including a pledge from players of People’s Postcode Lottery, donations to the campaign were matched, penny for penny.

Eight-year-old Oliver Clark, from Oban, supported the appeal by donating the contents of his piggybank, saying: “The children need it more than me!”

**Fabulous feat!**

Amazing Graham Eastbury walked 80 miles to celebrate turning 80! He trekked from Eastbourne Parish Church, where he is the church warden, to Canterbury Cathedral and shared the money raised between Mary’s Meals and his other favourite charity.

Feeling inspired? You can lace up your trainers or get baking for Mary’s Meals too! Get involved at: marysmeals.org.uk

Together, we’re changing the future for so many hungry children.
MEALS MADE WITH A MOTHER'S LOVE

Mary’s Meals works alongside local communities – in India and around the world – to bring hope to hungry children.

India is a melting pot of colours and cultures. Amid this richness and vibrancy, the country is also home to a third of the world’s poor.

Inequality is rife, particularly in urban slums and remote rural villages but, with the help of local communities, Mary’s Meals brings India’s vulnerable children the chance of a brighter future.

Widowed mum-of-six, Mariam, prepares food at St Michael’s Primary School in Cheta. Like many cooks in Mary’s Meals kitchens around the world, her son, Pradip, is among those receiving life-changing meals.

Mariam says: “When I started cooking here, there were only 90 children – now there are 249! They come to school to learn because they will eat a tasty meal.

“I’m illiterate and I don’t want the children of my community to be the same. I’d like Pradip to finish school with good results.”

In India, gender and tribal discrimination, and a caste system which assigns people a class depending on the occupation of their ancestors, means those born into poverty have few opportunities. More than six million primary school-age children are not in education. The food prepared by Mariam gives Pradip and his friends the energy to learn and play.

“I come to school hungry so I look forward to eating the food,” he says. “My mum cooks for all the children here. I like the food she cooks. It makes me feel so good and full.”

In India alone, dedicated cooks like Mariam feed almost 20,000 hungry children every school day. Without incredible volunteers serving Mary’s Meals with love around the world, this work would not be possible.

The support of so many people, and organisations, makes our life-changing work possible.

INSPIRED BY A SHARED GOAL!

You can change young lives by teaming up with Mary’s Meals.

Whether volunteering in your community, inspiring colleagues at work, or coming up with a novel way to get a whole organisation involved, every single act of support – big or small – helps to create real change.

Join the team!

It was knowing that his volunteering would have a real impact that led John Kilbride from Cumbernauld to offer his digital and media expertise.

“T”

United by kindness

Staff at the Scottish Sun were moved to help after seeing our film, Child 31, while Celtic FC Foundation – which raised funds to build 67 kitchens at schools where children receive Mary’s Meals – encouraged fans to support Mary’s Meals as part of celebrations to commemorate the 1967 Lisbon Lions’ success.

Our story also touched the hearts of employees at TUCO, the university caterers, who went on to raise awareness of Mary’s Meals in the sweetest possible way – by putting our logo on top of delicious cupcakes!

There are so many ways to help grow this amazing grassroots movement – please email info@marysmeals.org to find out more.
FRIENDS AROUND THE WORLD

Peter and Hope live in different parts of the world, but together they are walking towards a brighter future.

**Peter** from Leeds bakes some delicious cakes to sell at his school for Mary’s Meals. He then counts up his coins and sends his donation to: www.marysmeals.org.uk

Peter’s donation ensures children around the world can receive a daily meal, in countries including Malawi.

The promise of a nutritious daily meal encourages children like Hope to come to school.

Mary’s Meals is owned and run by local communities. Hope’s mum, Gladys, is one of more than 80,000 volunteers in Malawi who cook and serve Mary’s Meals.

Now that Hope has a full tummy at school, she can concentrate in class and has plenty of energy to learn and play.

Wherever possible, we use locally produced food to support small-holder farmers and the local economy.

Hope grows up – well-nourished and well-educated – and is able to find a job where she can help her community.

Hope sends her own children off to school!

MARY’S MEALS

is a grassroots global movement of people, united in our belief that every child deserves a daily school meal. That’s why Peter and Hope are walking hand-in-hand.

WHAT’S IN A MEAL?

Research shows that our nutritious meals:
- Encourage more children to come to school
- Improve attendance
- Reduce hunger, making children happier and healthier
- Make it easier for children to learn and do better at school
- Increase community support for education

**START HERE**
In 2017, we added Lebanon as the latest country to receive Mary’s Meals, to support Syrian refugee children and their Lebanese classmates.

Sawson’s family fled the war in Syria to find safety in Bourj el-Barajneh refugee settlement on the outskirts of Beirut. Although she misses home, 11-year-old Sawson loves school – and the healthy sandwich wrap provided by Mary’s Meals.

“It’s important to come to school,” she says. “I enjoy the meal here. It helps me study better and not have stomach ache. In the future, I want to become a teacher, and hope to go back to Syria when the war ends.”

Mary’s Meals provides a welcome safety net for vulnerable children like Mulu and Sawson. Thank you for helping to spread joy far and wide through Mary’s Meals.

Supporting a charity is, for many people, a wonderful way to leave a lasting legacy or to remember a loved one.

For the family of the late Reverend Philip Jepps, supporting Mary’s Meals was a way to celebrate his life – and help the next generation at the same time.

Philip’s daughter Helen, 42, says: “My dad was passionate about making a difference and truly believed Mary’s Meals was the way to do that for children across the world.”

Her father’s humanity in the weeks leading up to his death last year was truly inspiring.

After learning that his treatment for cancer had been unsuccessful, Philip asked his family and friends to begin fundraising to feed an entire school of children in Liberia for a whole year.

His second request was to preach a sermon in his local church to launch the project.

Philip fulfilled both wishes before he passed away peacefully, aged 82, in his North Yorkshire home in October 2017.

The funds were raised to sponsor Dillon Public School in Liberia, which has 308 pupils, and the family has gone on to fundraise for a second school through our Sponsor A School campaign.

Remembering Mary’s Meals in your will is one way to leave an amazing gift that will transform children’s lives for years to come.

Call 0141 336 7094 or email ukfundraising@marysmeals.org for more information, and please remember to consult your solicitor if you are thinking of making or amending a will.

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Faith in the Future

You are bringing real change for Liberia’s children.

Despite more than a decade of peace, the legacy of Liberia’s brutal civil war still casts a shadow. Many schools, reduced to rubble during the fighting, have yet to be rebuilt. A staggering 62% of children are missing out on their education.

The Ebola outbreak of 2014 also had a devastating impact on the country’s children. Many lost their parents and months of precious education, as schools closed to stop the disease from spreading. Mary’s Meals is helping to attract vulnerable children, like Jallah, into the classroom, where they can learn and play, fuelled by a nutritious daily meal.

Jallah is known to everyone as ‘Secret.’ His nickname was chosen by his mother before he was born. Sadly, she passed away in childbirth. When his father died last year, Secret moved in with his grandmother. She scrapes together a living doing work wherever she can find it, but Secret often comes to school hungry. Mary’s Meals is his first – and sometimes only – meal of the day.

His teacher, Musu Vinton, sometimes gives him food when she has it. She says: “Mary’s Meals is really helping him a lot because sometimes his grandmother has nothing, so that’s what he lives on.”

Secret, who is in the nursery class at John and Beryl Stevens School, loves the energy Mary’s Meals gives him. Mrs Vinton tells us that he is always the first with his hand up. “When I ask them a question, his voice always comes out on top,” she says, smiling.

Secret would like to be a pastor when he’s older. He gets up early most days to attend church on the other side of town with a local pastor, who shares the name Jallah.

Mrs Vinton says: “Even early in the morning, he’s only got church activities on his mind.”

Secret also loves playing football with his friends, Christian and Elijah. Stewart Camp has its own football field beside the school, and the boys love to play there during break time.

If he can’t be a pastor, Secret wants to become a football coach. “I will teach people to play well and to score,” he says.

In trying times, Mary’s Meals lets children like Jallah know that whatever future they choose, we believe in them.

“I can feel my stomach pinching.”

This is a common reply when I ask children what it’s like to go to school without eating. I can’t imagine the hunger that some children here experience – having no energy, and just wanting to sleep. Without Mary’s Meals, some children face that uncertainty regularly, nothing to eat before school and returning home to a bare table.

So there’s nothing better than seeing them after they have eaten: the younger ones skipping, running, throwing, jumping, catching; and the older ones talking, laughing, joking and teasing.

And the word “pinching” is nowhere to be heard.

Secret, 7

Visit our website www.marysmeals.org.uk to find out how you can help us reach more children like Secret.
TOGETHER, WE’LL GROW TO REACH MORE CHILDREN

Do something amazing today... become a regular giver.

Giving by Direct Debit makes a huge difference – it gives us confidence to expand to schools waiting for Mary’s Meals and, because it saves on administration costs, it helps us keep our commitment to spending at least 93% of your donation on providing meals for the world’s poorest children.

You can choose the amount you would like to give and the frequency of your donation.

To those who have already committed to regular donations, thank you for placing your trust in Mary’s Meals in such a wonderful way!

Join this amazing movement

If you are new to Mary’s Meals and would like to find out more about our work, please fill in Section 1 and Section 3 of the form opposite.

Alternatively, please call the team on 0800 698 1212 or visit www.marysmeals.org.uk/contactdetails.

You are free to change your communications preferences or unsubscribe at any time – just let us know!

Please note, with new data protection legislation in place, existing supporters were asked to re-register their details, from March 2018, to continue receiving updates about our work. If you have still to let us know about your communications preferences, please complete Section 1 and Section 3, visit www.marysmeals.org.uk/contactdetails or give us a call.

Thank you to the thousands of you who have already chosen to stay in touch!

1. My details

Full name:

Home address:

Postcode:   Tel no:

Email:

We would like to keep you informed about our latest news, fundraising appeals, other ways to get involved, and how your support is bringing hope to hungry children every school day.

We promise to keep your information safe and secure and we will never give it to other organisations to use for their own purposes. You are free to unsubscribe at any time, which you can do by emailing contact.uk@marysmeals.org or change your preferences by calling 0800 698 1212. You need to be 16 or over to join our mailing list, but please contact us for other exciting ways for under-16s to get involved.

Please fill out the relevant section overleaf to make your donation.

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 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.

2. Gift Aid

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 thanks.

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.

3. We can’t do this without you

We would like to keep you informed about our latest news, fundraising appeals, other ways to get involved, and how your support is bringing hope to hungry children every school day.

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Pupil power
Big-hearted pupils at Langbank Primary School in Renfrewshire filled 40 backpacks.
Principal teacher, Heather Davis, said: “The children chose to support Mary’s Meals and The Backpack Project because they knew it could make a real difference.”

Milestone moment for The Backpack Project
An incredible 500,000 backpacks have been gifted to children who receive Mary’s Meals! What a wonderful milestone – thank you to everyone who made it possible.

This aspect of our work has truly captured the hearts of so many people, especially children, who find great happiness in filling used schoolbags with educational and hygiene items. They know that their gift will soon be bringing joy to other children and helping them to get the most from their learning in school.

It’s also a great way to recycle school bags, PE kits, skirts and t-shirts at the end of each school year!

Don’t forget – we’re always happy to collect donations of eight or more backpacks.

Here’s to the next 500,000!

For more information about The Backpack Project, please call us on 0141 336 7094 or visit www.marysmeals.org.uk.

Here is a handy list of items you can pack:
- notepad
- pencils
- pens
- crayons
- eraser
- ruler
- sharpener
- pencil case
- towel
- soap
- t-shirt or dress
- shorts or skirt
- spoon
- toothbrush
- toothpaste
- flip-flops or sandals
- small ball e.g. tennis ball

Please label: girl or boy and age
No matter how much time you have, there are lots of ways to help change children’s lives.

2 SECONDS
Follow, like, share – join us on social media!

1 MINUTE
Spread the word – share this magazine with a friend.

5 MINUTES
Turn the first few pages on the remarkable story of Mary’s Meals.

3 MINUTES
Feed a child for a year – donate online to give hope to hungry children.

2 MINUTES
Check out the trailer for our award-winning film, Generation Hope.

It costs just £13.90 to feed a child for a whole school year.