



Our vision

Our vision is that every child receives one daily meal in their place of education, and that all those who have more than they need, share with those who lack even the most basic things.



mary's
meals

a simple solution
to world hunger

Registered charity: SC022140
Limited company: SC265941

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Our mission

Our mission is to enable people to offer their money, goods, skills, time, or prayer, and through this involvement, provide the most effective help to those suffering the effects of extreme poverty in the world's poorest communities.

Find us online
marysmeals.org.uk



Become a Mary's Meals volunteer

There are many ways to help hungry children by giving your time to Mary's Meals. To find out about becoming a Community Ambassador or to enquire about other ways to get involved in your local area, please contact info@marysmeals.org or call 0800 698 1212.

It costs just **£15.90**
to feed a child for a
whole school year.



Bringing hope to a hungry world

Mary's Meals sets up school feeding programmes in some of the world's poorest communities, where poverty and hunger prevent children from gaining an education.

Our idea is a simple one that works:

- We provide a daily meal in a place of learning to attract chronically hungry children into the classroom, where they receive the education that could be their ladder out of poverty.
- In schools where children receive Mary's Meals, there is a rise in enrolment, attendance, and attainment.
- We are 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 more than two million impoverished children every school day.

With 58 million children still out of school and many more chronically hungry, our work is only just beginning.



We are committed to keeping our running costs low. From every £1, we spend at least 93p on our charitable activities.

Each meal, served in a place of education, costs just 8p.



Little acts of love

Mary's Meals was born in 2002, when our founder, Magnus MacFarlane-Barrow, visited Malawi during a famine and met a mother named Emma, who was dying from AIDS. When he asked her eldest son, Edward, what his dreams were in life, he replied simply...

"I want to have enough food to eat and to go to school one day."

These words from Edward ignited our mission – and from humble beginnings feeding just 200 children at a school in Malawi, we now reach more than two million children across four continents every school day.

It is thanks to the efforts of our global family of supporters that we are able to keep our promise of a nutritious meal every school day to these children. Today they sit inside a classroom with full stomachs, gaining the education that could be their path to a brighter future.

Most of our work is done by thousands of volunteers all over the world, who carry out lots of little acts of love on behalf of Mary's Meals.

Our work is named after Mary, the mother of Jesus, who brought up her own child in poverty. We consist of, respect, and reach out to people of all faiths and none.

"If you cannot feed a hundred people, then feed just one."

Saint Teresa of Calcutta

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

1. My details

Full name:

Home address:

Postcode:

Tel no:

Email:

2. Gift Aid

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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.

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.

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 info@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.

IMPORTANT: How should we contact you?

I would like to receive updates from Mary's Meals:

By post ☐ Yes ☐ No (please tick one)

By email ☐ Yes ☐ No (please tick one)

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.

4. 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:
(last 3 digits on back of card)

To set up a regular gift, please call **0800 698 1212** or visit **donate.marysmeals.org.uk**