




10 October

Your Porridge Party Pack

Celebrate World Porridge Day and raise funds to feed hungry children with Mary's Meals by holding a Porridge Party for your colleagues, friends and family.



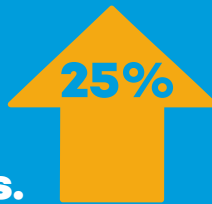
The **impact** of our work

99% 
of children in Malawi and Zambia
had some energy or lots of energy
after eating Mary's Meals.



In Malawi, after one year of eating Mary's Meals, children were **29 times** more likely never to feel hungry while at school than those not receiving Mary's Meals.

In Malawi, the percentage of children who felt happy at school **rose by 25%** after five years of receiving Mary's Meals.



In Zambia and Malawi, **100% of communities** where children receive Mary's Meals said it was 'important' or 'very important' that children get an education.

Why we celebrate World Porridge Day

Mary's Meals provides one good meal every school day for hungry children living in 18 of the world's poorest countries. The promise of these meals attracts children to the classroom, where they can gain an education and grow up well-nourished and well-educated to become the men and women who will lift their communities out of poverty.

In Malawi, Zambia and Zimbabwe, we serve the little ones steaming mugs of vitamin-enriched porridge, helping them to learn and grow. That's why we celebrate World Porridge Day on 10 October every year – we know that porridge has the power to change lives.

For Ruth in Zambia, the nutritious porridge she receives motivates her to go to classes. Ruth said:

“Every time I am in school, I enjoy Mary's Meals porridge.”

“The porridge gives me energy to participate in class. I can concentrate in class better after I eat my porridge.”

Daily school meals give Ruth energy to learn, allowing her to dream for the future.

She said: “My favourite subject is English, and I hope that when I complete my secondary education, I can become a nurse.”

Every day, our meals have a life-changing impact on children like Ruth. Thanks to your generosity, Mary's Meals feeds more than 2.4 million children in some of the world's poorest countries, and we constantly strive to feed the next hungry child waiting for a nutritious daily meal in school.



Ruth



How to throw a Porridge Party

1. Set a date! World Porridge Day is on 10 October but you can throw your Porridge Party any time in October. You can invite colleagues, friends, family, classmates or your church to join you.
2. Think about your menu. You can serve up porridge, flapjacks, smoothies, cranachan, or even haggis – anything with oats in it! If you're having a virtual celebration, you can share our Perfect Porridge recipes with your guests in advance (see page 6).
3. Using the information on page 2, share the story of Mary's Meals with your guests and explain why we celebrate World Porridge Day. And if they are game why not hold a World Porridge Day quiz! See page 5 for our oatly questions.
4. Encourage your guests to make a donation to Mary's Meals. Funds raised at your Porridge Party will make a huge difference to the children who rely on our daily mug of porridge. See page 4 for ways to donate.
5. Alternatively, why not consider taking on a sponsored porridge challenge? Eat only porridge for the whole day and ask your colleagues, friends and family to make a donation to Mary's Meals for your efforts!

Thank you for your support. We hope you have a wonderful World Porridge Day!

“As we strive to reach the next hungry child waiting for Mary's Meals, we need your support more than ever. Use this pack to put on a great Porridge Party.”

Gemma, Supporter Engagement Officer



MasterChef Gary Maclean

How to pay in your donations



Set up a fundraising page

Visit [justgiving.com/campaign/world-porridge-day](https://www.justgiving.com/campaign/world-porridge-day)

Donate by cheque

Send cheques payable to Mary's Meals along with a covering note confirming your name and address to Freepost, MARY'S MEALS.

Donate online

Make your donations using a debit or credit card at [worldporridgeday.com](https://www.worldporridgeday.com)

Donate in cash

Using a pre-printed paying in slip, you can pay donations directly into our bank account, free of charge, at your local branch of Royal Bank of Scotland (other banks may charge a small fee).

Royal Bank of Scotland
Account name: Mary's Meals
Account number: 00609134
Sort code: 83-26-24
Reference: WPD

Using the bank details above you can also make a transfer directly to Mary's Meals. If you choose to send funds by bank transfer, please email info@marysmeals.org to confirm the donation amount, your name and address.



It costs just **10p** to feed a child with Mary's Meals for a day.

It costs just **£19.15** to feed a child with Mary's Meals for a whole school year.



World Porridge Day Quiz

1. Which country in the world produces the most oats?
2. What did Oliver Twist ask for more of in the Charles Dickens novel of the same name?
3. What do people in Malawi call their version of porridge, made with soya and maize?
4. Name one of two English regions that produces famous oatcakes, which are more pancake in texture than the Scottish food of the same name?
5. What is the name of the rice porridge eaten in Asian countries: is it congee, sadza or kinche?
6. Who wrote Goldilocks and the Three Bears?
7. What is the name of the annual World Porridge Making Championships held in Scotland?
8. In the TV series Outlander, what does the character Jamie Fraser call porridge?
9. Bircher Muesli, the overnight oats breakfast with grated apple originates from what country?
10. What was the name of the sequel to the 1970s British sitcom Porridge?

Tiebreaker questions

- A. What is the world record for the biggest bowl of porridge?
- B. What is the latin name for the oat?

Answers

1. Russia, 2. gruel, 3. likuni phala, 4. Staffordshire, Derbyshire, 5. congee, 6. Robert Southey, 7. The Golden Spurtle, 8. parritch, 9. Switzerland, 10. Going Straight

Tiebreaker questions

A. The largest bowl of porridge is 1812 kg (3994 lb 12.42 oz), achieved by Melvit S.A. (Poland), in Miedzzydroje, Poland, on 17 August 2018).
B. The latin name for the oat is Avena Sativa



Perfect Porridge recipes

We hope that you're inspired by these Perfect Porridge recipes from some of our favourite foodies. You could serve some of these delicious dishes at your Porridge Party or suggest your guests try them out at home if you're hosting a virtual party.



Charlotte Oates' Strawberry, Maple and Pistachio Overnight Oats

Charlotte Oates writes the food blog Charlotte's Lively Kitchen – a place where she shares her personal cookbook with recipes and cooking tips for everyone to try.

Ingredients (serves 1)

- 50g porridge oats (rolled or steel cut)
- 120ml almond milk or cow's milk
- 2 tsp maple syrup
- 1 tbsp deshelled pistachio nuts (either chopped or whole)
- 1 handful strawberries

Method

1. The night before you want to eat them, put the oats in a bowl and cover with the almond milk. Cover with clingfilm and leave in the fridge overnight.
2. In the morning, slice a handful of strawberries.
3. Remove the oats from the fridge and mix in the sliced strawberries, pistachio nuts and maple syrup – alternatively don't just mix them in, arrange them beautifully and take a quick picture for social media.
4. Serve!

Sophie Thompson's Porridge Bars

Sophie Thompson is an English actress who has worked in television, film and theatre. Five-times an Olivier Award nominee, she won the 1999 Olivier Award for Best Actress in a Musical for the London revival of Into the Woods. She has appeared in films including Four Weddings And A Funeral, Emma, and Harry Potter And The Deathly Harrows – Part 1. Sophie won Celebrity Masterchef in 2014.

Ingredients

- 250g porridge oats
- 125g butter (salted is best!)
- 150g agave syrup
- 80g currants
- Vanilla essence
- Sea salt

Method

1. Turn on your oven to 180°C.
2. Put your oats into an oven tray and into warm oven to gently brown for approximately 20 minutes. Check and shoog around now and again to brown.
3. Remove from the oven and sprinkle with salt.
4. Melt the butter and agave syrup together and stir in the oats with the currants and generous sploosh of vanilla essence.
5. Press your mixture into an approximately 10 by 8 inch buttered oven tin.
6. Cook in the middle of the oven until lightly golden for approximately 12 minutes.
7. Whilst still warm, score into bar sizes.
8. When nearly cool, spatula out from tin and don't be afraid to press and cajole and encourage the bars to stick together.



Feeding dreams

In Malawi, where a third of all primary school-age children eat Mary's Meals, we serve a maize and soya porridge, fortified with essential vitamins and minerals. Known locally as 'likuni phala', the porridge attracts little ones to the classroom and gives them energy.

Patrick and Hannah are both 16 and when they were younger, they ate Mary's Meals in school every day, like over a million other children in Malawi.

In summer 2023, the duo, who both have additional needs, won gold together in the tennis mixed doubles at the Special Olympic World Games in Berlin. There was further joy for Patrick, who won a second gold medal in the singles tournament.

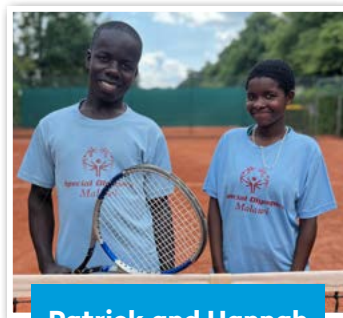
Patrick said: "I was able to train relentlessly because the phala [porridge] I received every day from Mary's Meals gave me energy.

"Tennis has changed my life. Without tennis, I would never have known that I could do anything really well."

By holding a Porridge Party and asking your guests to make a donation, you can help us continue to reach hungry children with a life-changing meal.

For the last six years, pupils at St Andrew's & St Bride's High School in East Kilbride have organised a five day 'porridge pledge', eating only plain foods, to raise funds to feed 313 children at Damu Primary School in Malawi.

Beth, one of the pupils who took part said: "The porridge pledge was nowhere near as hard as the hunger people face every day, but it helped us to understand a bit of that experience."



Patrick and Hannah



St Andrew's & St Bride's High School

Our work to feed hungry children is made possible by an army of dedicated volunteers around the globe who carry out lots of little acts of kindness on behalf of Mary's Meals.

Would you like to join our volunteering movement in the UK? By raising awareness of our work in your local community, you can help us reach the next hungry child waiting for a life-changing meal.

Visit marysmeals.org.uk/volunteer to find out more about opportunities in your area.



The power of porridge

Wherever possible, our food is locally produced. This supports the community and its farmers, as well as the wider economy. It also means that our porridge looks, tastes and smells different in each of the countries where it is served – and it is very different to the porridge that we have here in the UK!

In Malawi and Zambia, children enjoy a nutritious mix of soya and maize-based porridge called likuni phala, whilst in Zimbabwe the porridge is made from a blend of corn and soya. Our meals are always fortified with the essential vitamins and minerals that help children to grow and thrive.

Decorate your Porridge Party!

Feel free to use your own decorations, however here are some handy images you can use to help you get started.



mary's
meals

a simple solution
to world hunger

Thank you for hosting a Porridge Party!



Don't forget, you can also celebrate World Porridge Day by sharing photos from your Porridge Party, or a photo of you enjoying a bowl of porridge on social media, tagging [@marysmeals](https://www.instagram.com/marysmeals). Why not also share photos of your porridge recipes on your work intranet page to encourage your colleagues to get involved?



Visit [marysmeals.org.uk](https://www.marysmeals.org.uk) for more information and inspiration. If you have any questions about holding a Porridge Party, please email info@marysmeals.org or phone us on **0800 6981212**.