

From

DALMALLY

mary's
meals

a simple solution
to world hunger



MALAWI

Every mile counts towards
Malawi – how will you add yours?



SAT	SUN	MON	TUE	WED	THU	FRI
1 ADD IN YOUR DAILY MILES	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	My total target miles is				



Take part in any
way you choose – walk,
run or swim, it's up to you!

