



Mary's Meals speaking notes

We have created these short speaking notes to help guide your presentation. Please don't feel you have to recite these word-for-word, it is important that your presentation is natural and focuses on the elements of our story that matter to you.

- Promise Pledgers is a special community of regular givers, made up of more than 15,000 people who simply can't accept that millions of children around the world should go hungry.
- Promise Pledgers are united by the belief that children should have the opportunity to realise the promise within them and that hunger should not stand in the way of that. Not only do they believe it – they do something about it.
- By joining the Promise Pledgers, you will make a promise. Not to Mary's Meals, but to the three million children who eat our school meals every day.
- By pledging your long-term support, you also help to realise another promise: the promise and potential within each of the three million children who eat Mary's Meals every school day. By opening the door to their education, you give them the chance to fulfil the beautiful promise carried within every one of them.
- Promise Pledgers is the foundation of our ability to expand our programmes and reach the next hungry child who is waiting for Mary's Meals. The security of regular gifts allows us to plan sustainably for the future and to share that special promise with thousands, perhaps even millions, more children who need us.
- It costs just 10p to provide a nutritious meal for a hungry child. A regular gift of £5 can provide a meal to 50 children, £10 can feed 100 children. And at just £19.15 to feed a child every day for a whole school year, any regular gift, no matter how large or small, can make a huge difference.
- Supporters can also donate through their salary as payroll giving, workplace giving or Give As You Earn (GAYE) are easy and tax-efficient ways to become a regular giver to Mary's Meals. More information on how to set up a donation via your employer can be found on the Mary's Meals website.
- To find out more about Promise Pledgers and how to set up a regular gift, please visit www.marysmeals.org.uk/get-involved/ways-to-give/regular-giving