

**“What I really enjoy is the feeling  
of making a little difference.”**

**John, Mary's Meals volunteer**



# Volunteer with Mary's Meals



Use your skills and passion to make a real difference to the lives of hungry children around the world. There are lots of ways you can help:

- Tell our story – give talks at schools, groups and churches in your community
- Organise fundraising events such as coffee mornings, quizzes and challenges
- Spread the word – promote our work through social media or by handing out information

We have volunteer groups across the UK – these are open to all, including students and young people. Everyone can get involved in supporting our mission!

Visit [marysmeals.org.uk/volunteer](https://marysmeals.org.uk/volunteer) or contact us at [info@marysmeals.org](mailto:info@marysmeals.org) or 0800 698121 to find out more.

**mary's  
meals**

a simple solution  
to world hunger

## What does Mary's Meals do?

Mary's Meals provides meals at schools in some of the world's poorest countries, where poverty and hunger prevent children from gaining an education.

Our life-changing meals attract hungry children into the classroom, giving them the opportunity to learn so they can grow up to become the men and women who will lift their communities out of poverty.



Scan to find  
out more!



## How can you help?

By volunteering with Mary's Meals, you can help to spread the word about our mission and encourage people in your area to support our work. The more volunteers we have, the more children we can reach with our life-changing schools meals.

All our volunteers receive training and – with more than 60 volunteer groups across the UK – you'll have the chance to meet regularly with people, in your area or online, who all want to make a difference.

Emma Hutton, head of grassroots engagement, says:

**“Our work simply wouldn't be possible without the incredible generosity of our volunteers who use their time, skills and passion to help us feed children living in some of the world's poorest countries.”**

To find out how you can help or to join your local group please visit [marysmeals.org/volunteer](https://marysmeals.org/volunteer) or contact us at [info@marysmeals.org](mailto:info@marysmeals.org) or 0800 6981212

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