



Activity pack

marysmeals.org



The Fill Mugs story

Christopher from Cavan wants to help children in poor communities that do not have enough to eat.



He makes his favourite mug/takeaway coffee cup and reuse ♻️ into a special Mary's Meals **collection box** and starts collecting coins.



When his **mug is full**, he counts his coins and sends his donation to Mary's Meals.

Every 10p/11c/13c\$

he collects provides a school meal for a hungry child.



Hope from Malawi used to be too hungry to go to school ... but now she eats Mary's Meals and never misses a lesson!



Her mum, Gladys, helps to cook and serve the **meals**. Now Hope can concentrate in class and do well at school.

Education

helps children like Hope to free themselves from poverty...



... and give their own children a **better life** too!



Christopher and Hope

live in different places, but they are both part of the Mary's Meals family.

How to take part

- Print out your Fill Mugs kit and turn your mug/takeaway coffee cup into a collection cup. Don't have a printer? Check out our tips for creating your own label!
- Save, earn or search for coins to fill up your mug
- Count the contents of your mug and send your donation to Mary's Meals
- Get to know some of the children who receive Mary's Meals in school by reading their stories on our website marysmeals.org
- To find out more, email hello@marysmeals.org

Decorate your mug/takeaway coffee cup

Why not decorate your collection mug? You can colour in the label below, cut it out and stick it to your favourite mug (ask an adult for help). Or use your imagination and decorate your mug yourself!



We'd love to see your decorated mugs!
Why not take a photo of your finished collection cup and post it on social media?
Remember to use the hashtag [#FillMugs](#)



Hope in the classroom

The meals you are helping to provide mean children like Hope can go to school to learn and play with their friends. Can you draw Hope and her friends in her classroom or the playground?



How many meals can you give?

You can work out how many meals you can give children with the money you have collected. Just count up your coins and do the sum below.

$$\div \quad 10\text{p}/11\text{c}/13\text{c}\$ \quad =$$

Amount collected

**The number of
meals I can give**

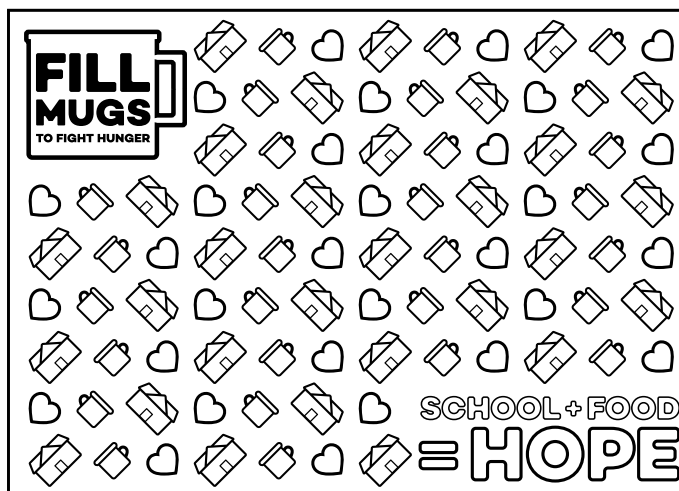


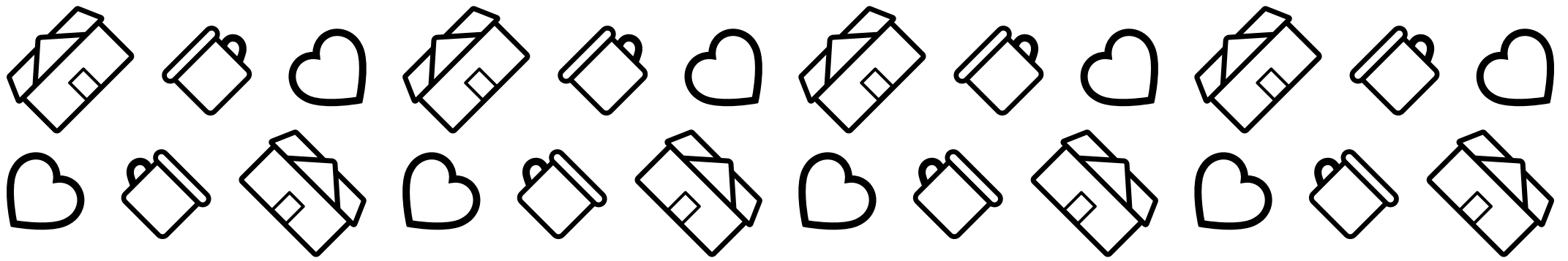
**Each meal, served in a
place of education, costs
just 10p/11c/13c\$.**

Fill your windows

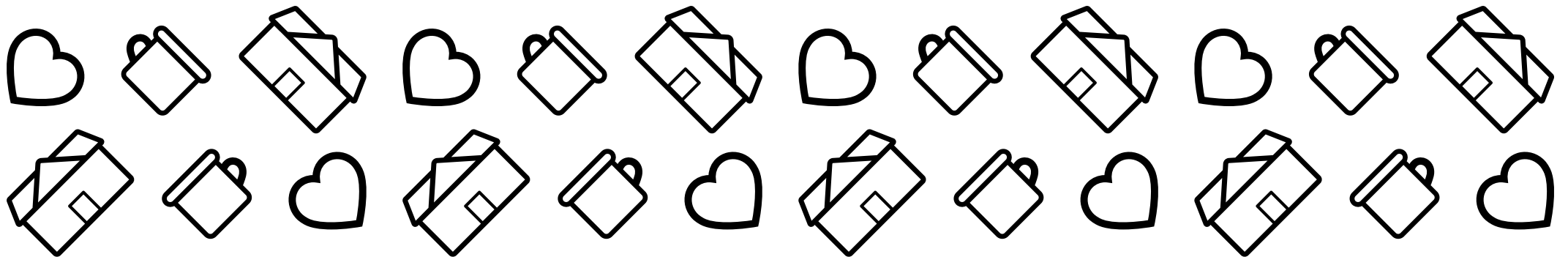
Spread some joy in your community by colouring in one, or more, of our fill mugs posters and displaying them in your window to let people know how you're supporting Mary's Meals from the safety of your home. If you don't have a printer, why not design a poster of your own?

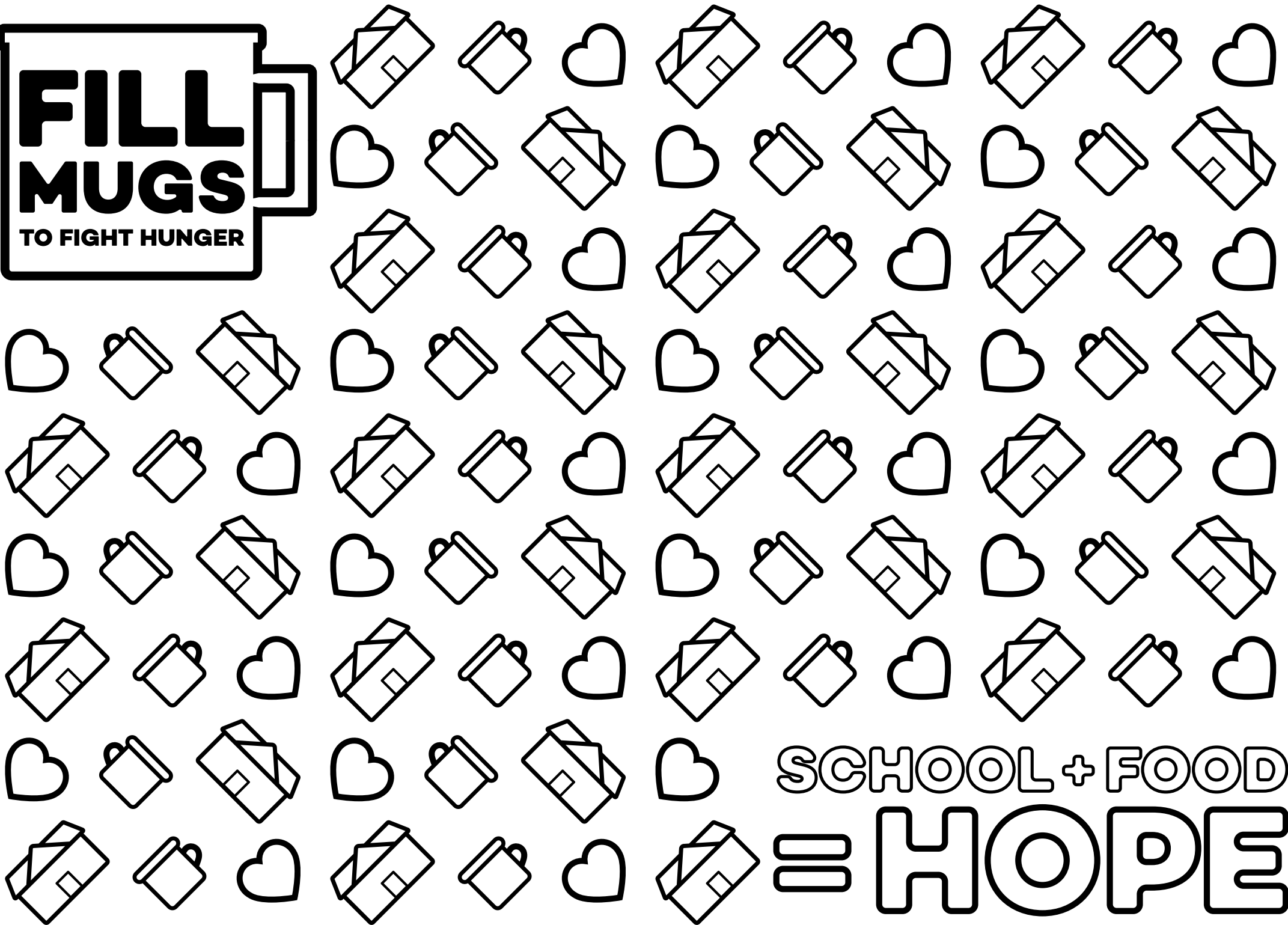
#FillMugs





I AM FILLING
MUGS FOR
MARY'S MEALS





SCHOOL + FOOD
= HOPE

